



Parenting and Family Life Resource Catalog

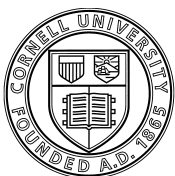
❖ Videos

❖ DVD's

❖ Curricula

❖ Games

❖ Classroom Activities



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Cornell University Cooperative Extension provides equal program and employment opportunities.

Parenting and Family Life Resource Catalog

A Brief Introduction from the Family and Consumer Sciences Department . . .

As part of our educational outreach and programming, Cornell Cooperative Extension Orange County is pleased to offer a lending library consisting of a large number of professional resources that cover many different areas of human development. These resources are meant to educate and enhance the work you do with students, parents, caregivers and families.

Listed in this updated *Parenting and Family Life Resource Catalog* are over 200 Videos/DVDs, curricula, books, games and classroom tools for you to borrow. The subjects range from Pre-parenting to Aging resources and are divided into 12 topical sections.

Due to the generosity of our funding agencies and partners, these materials are available for professional loan at *no cost*. We suggest that you "reserve" the items in advance should you plan to use them for a dated program; a two-week loan program is the usual arrangement. Additionally, our educators would be happy to make recommendations of appropriate resources for your area of interest. Please call us at 845-344-1234 to learn more about our lending library or reserve a resource.

Cornell Cooperative Extension is pleased to offer this resource catalog as one more way to help you put knowledge to work!

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Parenting and Family Life Resource Catalog

PRE-PARENTING EDUCATION/TEEN PARENTING EDUCATION

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- A3. Learning About Parenting: Learning to Care
- A4. Voices: A Vision of Pre-Parenting Education in our Schools
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- A15. The Real Deal about Birth Control
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- A17. Relationships: Knowing the Good from the Bad

PERINATAL/INFANT CARE

- B1a. Clear Vision
- b. Journey to Birth
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- B4. Growing Into Parenthood
- B5. "Postpartum: A Bitter Sweet Experience"
- B6. Diapers & Delirium: Care and Comfort for Parents and Newborns
- B7. Baby Basics
- B8a. Before It Is Too Late, Vaccinate (English)
- b. Before It Is Too Late, Vaccinate (Spanish)
- B9. Seeing Infants with New Eyes with Magda Gerber

- B10.** Breastfeeding is Best Feeding
- B11.** Breastfeeding Techniques that Work
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- C2a.** The Impact of Couple and Marital Relationships on Parenting & Child Outcomes (Part 1)
- b.** The Impact of Couple and Marital Relationships on Parenting & Child Outcomes (Part 2)
- C3.** Your Baby and You: Parenting 1-3yrs.
- C4.** The Terrific Twos
- C5.** The Confident Learner: Self-Esteem in Children
- C6.** "Mirrors" A Film on Self-Esteem
- C7.** Developing Capable People: A promotional video
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- C20. Touch points: One Year Through Toddlerhood
- C21. The First Two Years: What Lily Learned
- C22. Years 3-5: What Lily Learned
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- C24. Lily's Ten Best Ideas for Being a Better Parent
- C25. Learning Starts With Parents, A Child's First Teacher
- C26a. Infant and Toddler Emergency First Aid, Volume 1: Accidents
 - b. Infant and Toddler Emergency First Aid, Volume 2: Illnesses
- C27. Parenting Works!
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- C33a. Systematic Training for Effective Parenting (STEP)-Video - and supplemental text
 - b. Systematic Training for Effective Parenting (STEP)-DVD - and supplemental text
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- C34. Child Development Video Series (UNICEF Videos):
 - a. Off to a Good Start
 - b. A Time of Adventure
 - c. Pathways to Learning
 - d. Ready for School
 - e. Growing and Changing: A Guide to Early Childhood Development
- C35. Love and Anger
- C36. Disciplining Kids (without screaming or scolding)
- C37. Parent's Guide to Temperament
- C38. Jumpin' Johnny Get Back to Work! (also suitable for young children)
- C39. Learning Before School & How Parents Can Help
- C40. Mr. Roger's Neighborhood Video Series: (*for young children*)
 - a. Caring for the Environment
 - b. Going to the Doctor
 - c. When Friends Fight
 - d. Hellos and Goodbyes
 - e. When Dinosaurs Seem Real
 - f. What Do You Do With the Mad That You Feel
- C41. World Song

- C42a. The First Years Last Forever
 - b. Your Healthy Baby
 - c. Safe From the Start
 - d. Discipline: Teaching Limits with Love
 - e. Ready to Learn
- C43. That's A Family
- C44. World Birthdays

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- D1. Child Development: Adolescence
- D2. Signals of Change: Jr. High Child
- D3. Signals of Change: Sr. High Child
- D4. Parents and the Young Teen: A Delicate Balance
- D5. Raising Responsible Teens
- D6. Teen-Parent Conflict: Making Things Better
- D7. Healthy Teen Development - Lawrence Steinberg Ph.D.
- D8. Teen Sexuality and the Role of Communication and Decision Making
- D9. Parenting Your Teen - Lawrence Steinberg Ph.D.
- D10. Middle School Confessions

CHILD CARE ISSUES

- E1. Families in the Balance: A Video About Child Care
- E2. Family Matters
- E3. School Age Child Care: Guidance and Discipline
- E4. When Mom Has to Work
- E5. Basic Life Support - Slide Series
- E6a. Off to a Good Start: Quality Programs for Young Children (Spanish)
- b. Off to a Good Start: Quality Programs for Young Children (English)
- E7. Child Care....Is It the Job for Me?
- E8. Working Parents: Balancing Kids and Careers
- E9. Middle Childhood: Meeting the Needs of 5 to 8 year olds
- E10. Pre-Adolescence: Meeting the Needs of 9 - 12 year olds

CRITICAL ISSUES FOR YOUTH, PARENTS & EDUCATORS

- F1. Make Up Your Mind About Alcohol
- F2. Child Abuse
- F3. Parenting a Child with an Eating Disorder
- F4. Eating Disorders: The Inner Voice

- F5.** Adult Children Living at Home
- F6.** Conflict Resolution
- F7.** And We Were Sad, Remember?
- F8.** Youth to Youth: A Video About Violence
- F9.** Putting the ADA to Work
- F10a.** HIV/AIDS: A Challenge to Us All (Spanish)
 - b.** HIV/AIDS: A Challenge to Us All (English)
- F11.** Talking to Kids About Sex: A Guide for Families
- F12.** If Your Parents Break Up
- F13.** Kids Talking to Kids About Drugs
- F14.** Not in My School, Not in My Community
- F15.** A Safer Community for Children and Youth: 10 Things You Can Do
- F16a.** What's a Parent to Do? Bullying (Part 1)
 - b.** What's a Parent to Do? Bullying (Part 2)
- F17.** Breaking the Silence About Hate and Violence
- F18.** Building Caring and Safe School Communities
- F19.** Using Your Wits: Strategies to Stop Bullying

AGING / KINSHIP CARE

- G1.** Grandparents
- G2.** Aging Parents
- G3.** You and Your Aging Parents
- G4a.** My Mother-My Father
 - b.** Where Did the Caring Go?
- G5.** Surrounded With Love: Grandparents Raising Grandchildren
- G6.** Going to Grandma's House... To Live
- G7.** Surfing for Life: Portraits of Healthy Aging
- G8.** Grandparenting
- G9.** Big Mama
- G10.** Mediation for Kinship Caregivers: An Alternative to the Courtroom
- G11.** Caring for Caregiver Families
- G12.** Why Can't We Be a Family Again?
- G13.** Grandparents Caring for Children
- G14a.** RAPP Family Portraits: Grandfamilies Tell Their Stories (Video)
 - b.** RAPP Family Portraits: Grandfamilies Tell Their Stories (DVD)
- G15.** The Adoption & Safe Families Act of 1997: Creative Strategies for Permanency
- G16.** Protecting Your Retirement and Other Financial Information for Caregivers

- G17. RAPP Attack!
- G18a. Lean on Me (English)
 - b. Una Labor de Amor (Spanish)

MEDIA LITERACY EDUCATION

- H1. Meat
- H2a. Body Talk 1 (ages 12 and up)
 - b. Body Talk 2: Its a New Language (ages 8-11)
 - c. Body Talk 3: My Special Body (ages 6-9)
- H3. Picture Perfect
- H4. What's in the News? Spin, Hype & Blitz: The Advertising Assault
- H5. Spin the Bottle: Sex, Lies and Alcohol
- H6. Affluenza
- H7. Taking Charge of Your TV: The Family and Community Critical Viewing Project
- H8a. Buy Me That! A Kid's Survival Guide to TV Advertising
 - b. Buy Me That! A Kid's Survival Guide to Food Advertising
- H9. The Glitter: Sex, Drugs, and the Media
- H10. Teen Sexuality in a Culture of Confusion
- H11. Dream Worlds 2: Desire, Sex and Power in Music Videos
- H12. Game Over
- H13. In the Mix - Self Image: The Fantasy, The Reality
- H14. Killing Us Softly 3: Advertising: Image of Women
- H15. In the Mix - Media Literacy: TV - What You Don't See!

EMERGENT LITERACY EDUCATION

- L1. School Readiness: Tips to Help Your Child Succeed
- L2. National Reading Panel - Teaching Children To Read

CURRICULA & EDUCATIONAL RESOURCES

- J1. Child Development: The First Six Years
- J2. 15 Easy Folktale Fingerplays
- J3. Learning About Early Adolescent Development-
Training for Adults and Teens Who Work With 9-14 yr./olds
- J4. Successful Parenting: Self-Esteem is the Key
- J5. Detroit Family Project Curriculum
- J6. Exploring Life Skills
- J7. Workwise: Job Skills, Career Skills, Life Skills
- J8. Learning About Family Life, Families, Friends, and Feelings

- J9.** When I'm Grown, Life Planning Education:
 - a.** Grades K-2
 - b.** Grades 3-4
 - c.** Grades 5-6
- J10a.** Bookstart: Introducing Books and Language
- b.** Bookstart: Supplementary Materials
- J11.** Teens Teaching Tots
- J12.** Life Planning Education, A Youth Development Program
- J13.** Advancing Youth Development
- J14.** Building Life Skills: Teacher's Resource Binder
- J15.** Celebrating Children: Issues and Teaching Plans for Parent Educators
- J16.** Developing Capable People, Participants Workbook
- J17.** Teaching Body Confidence - A Comprehensive Curriculum for Girls (grades 6-9)
- J18.** What's Up as You Grow Up Work Book
- J19.** Learning Relationship Skills (grades 5-9)
- J20.** Changing Bodies, Changing Lives
- J21a.** My Body Myself for Girls
- J21b.** My Body Myself for Boys
- J22.** JAM: The Performance Edge
- J23.** Handling Relationships: 50 Problem Solving Activities
- J24.** Families, Friends, and Feelings: A Journal By...
- J25.** Solutions to Ten Common Parenting Problems
- J26.** National Reading Panel: Teaching Children To Read
- J27.** Multimedia: Teen Pregnancy
- J28.** Audiovisual Resources for Family Programming
- J29.** Positive Images: Teach Abstinence, Contraception and Sexual Health
- J30.** Empowerment and Family Support
- J31.** Talking With Kids About AIDS
- J32.** Helping Teens Stop Violence
- J33.** Creative Conflict Resolution: More than 200 Activities for Keeping Peace in the Classroom
- J34.** Making Peace: A 15 Session Violence Prevention Program
- J35.** Parent Caregiver Partnerships
- J36.** Prevention of Youth Violence
- J37.** Backyards and Butterflies: Ways to Include Children with Disabilities in Our Outdoor Activities
- J38.** Too Smart for Trouble
- J39.** A Volcano in My Tummy: Helping Children Handle Anger
- J40.** Teaching Young Children in Violent Times: Building a Peaceable Classroom

- J41.** Playing with Fire: Creative Conflict Resolution for Young Adults
- J42.** Cooperative Communication Between Home and School
- J43.** Media Toolkit for Anti-Drug Action
- J44.** It's Your Choice: Preventing Teen Pregnancy and STD's
- J45.** Project Alert: A Drug Prevention Program for Middle Grades
- J46.** Unequal Partners: Teaching About Power and Consent in Adult-Teen and Other Relationships
- J47.** It's Perfectly Normal
- J48.** National Seminar Series: Supporting Young Children in Challenging Times
- J49.** It's About Time: Balancing Work and Family
- J50.** Parenting 101- Because Kids Don't Come With Instructions
- J51.** Teens as Parents of Babies and Toddlers
- J52.** Food, Culture and Reading – curriculum and CD set
- J53.** Parenting Skills Workshop Series- A Manual for Parent Education
- J54.** Elder Abuse Prevention Manual
- J55.** Parent Making
- J56.** Strengthening Families Program
- J57.** Facts... Just the Facts About Child Support
- J58.** The Developing Child: Understanding Children and Parenting
- J59.** Training Child Care Staff to Work with 9 to 14 year old.
- J60.** Help for Grandparents Raising Children with Developmental Disabilities
- J61.** Preparing Tomorrow's Parents Today
- J62.** Parenting: Rewards and Responsibilities
- J63.** Fragile: Handle with Care: Shaken Baby Syndrome Prevention
- J64.** Developmental Profiles: Pre-Birth Through Eight
- J65.** The Decision is Yours Series
- J66.** Violence Prevention Resource Guide for Parents
- J67.** Parenting The Second Time Around
- J68.** Caring for Infants and Young Children
- J69.** Discipline is NOT a Dirty Word
- J70.** A Smart Start: Nutrition for Life
- J71.** Sex Can Wait: A Middle School Program
- J72.** Assignment: Media Literacy
- J73.** Beyond Blame - Challenging Violence in the Media: Introduction and Overview
- J74.** Beyond Blame - Challenging Violence in the Media: Teen/Adult, Parent/Caregiver
- J75.** Media Alert: 200 Activities to Create Media Savvy Kids
- J76.** Parenting in a Media Age

- J77.** Break the Ties That Bind: Sexism in the Media
- J78.** Act Against Violence
- J79.** The Ties that Bind
- J80.** Prenatal Alcohol and Other Drug Exposure: A Tool Kit for Caregivers

CURRICULA TOOLS

- K1.** Parenting Jeopardy Game
- K2.** The Cost of Raising a Child: The Price is Right - Classroom Activity Game
- K3.** Babyopoly: An Educational Game . . . About Life!
- K4.** Families and Aging: Dilemmas and Decisions: Activity Game
- K5.** My Very First Mother Goose Nursery Rhyme Matching Game
- K6.** Candy Matching Game
- K7.** Harold and the Purple Crayon Game

ADDITIONAL RESOURCES

- 1.** Empathy Belly
- 2.** Real Care Babies
- 3.** Health Information Project Top-Ranked Videos

Pre-Parenting /Teen Parenting Education

A1. It Only Takes Once: (1986)-18min/color video.

This video gives an introduction into what it is like to be a teen parent, and also how to say no. The teens in this video talk about the myths behind sex, such as “supposedly everyone is doing it”. The film stresses communication between teens about having sex. This video is a good way to start a discussion with teens about the realities of pregnancy and pregnancy prevention.

A2. Look Who’s Balking: The Baby Who Wouldn’t Come Out: (1990)-15min/color video.

This video is a story of two young, teen parents who are about to give birth. It is a humorous way of explaining the responsibilities of a having a child. It gives a brief explanation of the dos and don’ts of child rearing, including how to child proof a home and the high cost of child rearing. It is a very entertaining video that should be followed up with a discussion. Targeted at pregnancy prevention, this video can also be used with expectant parents.

A3. Learning About Parenting: Learning to Care: (1988)-15min/color video.

This video explores a curriculum for teaching young students to be parents and caring human beings, through a focus on infant development. The classes meet with one child and their mother each month during the year, which enables the students involved to ask questions of the parent. The student learns the difficulties and complexities of being a parent, and that it is a long-term responsibility. This video is good for anyone interested in offering pre-parenting education.

A4. Voices: A Vision of Pre-Parenting Education in our Schools: (1993)-17min/color video.

Pre-parenting programs in school provide guided experiences for students to observe and practice effective ways to interact with young children. The video reviews Pre-Parenting Education. What is it? Why do we need it?; and Why we need it in our schools? Through visits with three schools in Orange County, NY that have implemented pre-parenting programs, one will hear how it has been received by the students the teachers and administrators. This video is good for anyone interested in finding out about implementing this program and, will put you in touch with people who can help you get started.

A5. The Parents’ License: (1992) - 15 min./color video

An upbeat, “futuristic” video geared to Middle and High school students that focuses upon the responsibilities of parenthood. This case-study approach challenges viewers to ask themselves if they would be qualified to pass the toughest test of all... the test for a “parent’s license.”

A6. The Job of Your Life - The Reality of Teen Parenthood: (1992) - 15 min./color video

Designed for use with Middle & High school youth, this video explores the “minimum qualifications” for parenthood. Through a fantasy like visit into the world of teen parenthood, the following issues are graphically introduced: financial responsibility, relationship changes, demands of young children and loss of personal time.

A7. Tough Roads - Teen Parents Tell Their Stories (1997) 40 min./color video

True stories of six teen parent families, shared through short interviews and glimpses into the realities of their lives. This video includes sections on: financial responsibilities of parenthood; changing relationships and single parenthood; personal sacrifices; emotional and physical changes; stress; and difficulties with education and careers. There is a nice section on responsibilities of fatherhood, and what it means “to be a daddy.” The message that this video gives: Think twice!! It’s Overwhelming!!

A8. Baby Think It Over - Some Decisions Last a Lifetime: (1996) - 14 min./color video

This video serves as an introduction to the development and use of the “Baby Think It Over” infant simulator. This short video features compelling interviews with teachers and students who have used the infant model as a prevention tool. The intended use of, and programming of the simulator is demonstrated.

A9. Talking About Sex: Thinking Ahead: 10 min./color video

This video focuses on the meaning of crushes, love and sexual relationships, and the need to make responsible choices that reflect the young person's values. While avoiding preaching, this video looks at the difference between crushes and love that comes from knowing and trusting another person. The effect of alcohol and drugs on decisions about sex is explored. The program promotes the idea that, for teens, abstinence is the best choice.

A10. The Empathy Belly (1992) 15min/ color video

This is a demonstration video to explain the recommended usage of the "Empathy Belly" pregnancy simulator. The empathy belly was created to simulate pregnancy in a medically accurate fashion. It was originally designed to help expectant fathers understand the changing needs of their partners. The empathy belly has also been found to be an important teaching tool for teenagers, by helping demonstrate the realities of teen pregnancy.

A11. Resistance: Preventing Teen Fatherhood (1999) 30:08 min./color video

The goal of this video is to allow young men to understand that if they stay focused on their life goals and reject the pressure they may feel to "prove their manhood", they will be far more likely to avoid the pitfalls of early fatherhood. For those young men who are already teen fathers, the program reinforces the importance of fathers as active participants, both emotionally and financially, in their children's lives. This video also comes with learning objectives, student worksheets and review questions, topics for a research project, class debates, and other exercises.

A12. Preparing Tomorrow's Parents: The Parenting Project (2000)— 13 min/color video

This video is meant to give insight into parenting education for young people. It provides information about various types of programs across the country that can help to reduce teen pregnancy, discourage child abuse, and promote better mental health.

A13. Who Do You Listen To? Choosing Sexual Abstinence — 34 min/color video.

This video uses music, interviews, and situational reenactment to get the message of abstinence across to viewers. Sex education, health, peer pressure, values and guidance and contemporary issues are all discussed in this video. Teenagers are given the facts and are told about some of the risks and consequences of sexual activity before marriage. A question and answer segment allows teens to discuss their feelings about sex, and get honest answers to some of their most basic questions.

A14. A Walk in Your Shoes: Teen Pregnancy and Parenthood Prevention (2002) - 25 minute color video

This television series takes youth from all walks of life and gives them the opportunity to see what the day in the life of two teen parents is like. After feeding, diaper changes, shopping for baby supplies, and working to support their child, these two teens realize that being a parent is not easy, and being a teen parent is even harder. This program was filmed with the help of Cornell Cooperative Extension of Orange County and uses teens from the Orange County area.

A15. The Real Deal About Birth Control (2001) - 18 minute/color video

A short video for teens by teens about hormonal methods of birth control. A visit to Planned Parenthood empowers teen women to sort through the myths and rumors they've heard about hormonal methods, and to make their decisions based on "the real deal."

A16. Imagine: The Real Cost of Teen Pregnancy (2000) - 4 min/color video

The statistics and facts of teen pregnancy are featured in this short video.

A17. Relationships: Knowing the Good from the Bad - 36min/Color video and supplemental materials

This program teaches the key aspects of healthy relationships, including setting boundaries and communicating clearly and assertively as well as maintaining self-respect. It also includes guidance on when and how to leave an unhealthy relationship.

Perinatal/Infant Care

B1a. Clear Vision: How Adolescent Males View Teenage Pregnancy. (1987) -25 min./color video

This video uses role reversal to make a critical point about male responsibility in relationships and parenting. (Zap is a 16 year old pregnant male and his girlfriend Donna will not acknowledge the baby is hers.) This video will trigger discussion among viewers about the responsibilities of both teen parents to each other, their baby, and to themselves.

B1b. Journey to Birth: (1975)-20min/color video.

This video resource begins at the development of the fetus, and stresses the reasons why nutrition is important. In this video there is an expectant mother who explains the precautions she has taken to help ensure that her baby will be healthy. There is a brief synopsis of what occurs if a pregnant woman drinks, and an explanation of fetal alcohol syndrome. This is a video that all expectant mothers should watch, but it could be updated.

B1c. Cocaine's Children: (1975)-9min/color video.

This is a very brief but informative video. It explains what happens to a fetus whose mother is taking cocaine. There is also a section in the video, which briefly explains the increased risks to mother and infant from drug use. Even though it is a brief video, it should definitely be shown to every expecting mother who is suspected of drug use.

B1d. It's Up to Me: (1984)-12min/color video.

This is a video resource which shows three women who are expectant mothers and the choices they make. The first woman changed her habits of smoking and drinking, and received prenatal care. The second woman drank and smoked during three of her pregnancies; she explains her children's problems now that they have grown. The third woman who is expecting is still in High School but she has decided that she will do what is needed to have a healthy baby. This video expresses the importance of taking care of oneself while pregnant. This should be shown to all expecting mothers.

B2a. Helpful Hints to Prevent Pre-term Labor (1987)-15min/color video of slides.

This video gives information on how to reduce the risk of premature labor. The program lists the symptoms of pre-term labor and who is at high risk. It explains briefly of what to do when symptoms occur. The video also explains the problems associated with premature birth, including low birth weight and retarded development. The most appropriate use of this film would be for all expecting women, at the end of their first trimester.

B2b. Smoking, Drinking and Drugs

This videotape briefly describes the birth defects, which are commonly produced by an expectant mother's use of drugs, alcohol, and tobacco. The topics discussed in this video need more time to be developed, as it is just an overview. The content is appropriate for all audiences.

B2c. Inside My Mom (1990)-11min/color video of slides.

This video is narrated by a cartoon caricature of a baby. The baby narrator explains how his mother needs to eat right as he is developing in her womb. The video briefly stresses the importance of expectant mothers eating balanced meals, not skipping meals, and not dieting. It also revises healthful nutrition recommendations during pregnancy. This short video would be good for young expectant mothers.

B2d. Fitness for Two (1987)-10min/color video.

This video briefly explains the benefits of exercise during pregnancy. It specifically examines what kinds of exercise and the level of intensity that is right for the expectant mother. This program stresses the importance of listening to one's body. Two athletic expectant mothers explain their exercise changes while pregnant. This video is for the expectant mother who wishes to know basic information on exercise while she is pregnant.

B3. Preventing Shaken Baby Syndrome (SBS) - 50 min DVD

Produced for the New York State Office for Children and Family Services for use in SUNY Early Childhood Education Training Program.

B4. Growing Into Parenthood: (1986)-28min/color video.

This video resource involves five couples who are expectant parents. The video is broken into two parts: Before birth, the parents' expectations and emotions; and Postpartum, the realities of parenthood. In the first part the parents express their feelings about careers & toward their marriage. The video even adds the father's emotions and concerns. The second part expresses the mixed emotions they experienced after the birth of their children. This video is good for audiences with a middle to upper middle-class background, and should be seen a month or two before birth.

B5. Postpartum: A Bitter Sweet Experience (1986)-32min/color video.

This video features Jeanne Watson Driscoll and is a very entertaining and informative video resource. The video focuses on the transition from being a couple to becoming a family and emphasizes the emotions of a couple after the birth of their baby. During the course of the video, couples share their expectations and how their experiences differed from their expectations. There is also brief discussion on breastfeeding. This video should be seen during the last trimester.

B6. Diapers & Delirium: Care and Comfort for Parents and Newborns; (1987)-27min/color video.

The narrator of this video resource is Jeanne Watson Driscoll. Driscoll discusses the emotions of the parents, and how the parents must take care of themselves during the postpartum period. Parents throughout the video share their experiences, and how their expectations of the birth differed from reality. The video includes a small section on Dad's postpartum experience. This is a very informative and entertaining video. The video should be seen during the last few weeks before birth.

B7. Baby Basics: (1987)-110min/color Video.

This is a very extensive video resource. It explains in detail about the newborn at birth, how to care for yourself postpartum, your first days at home, daily care, feeding, health & safety, crying & sleeping, and growth & development. It also explains how the woman's body regains its shape and the products which make cleansing easier after birthing. The video also goes over what to expect the first few days at home. This video is very important for all expecting parents to see, but has a clear middle class orientation.

B8a. Before it is Too Late, Vaccinate (1996)-15min/color video.(English)

b. Before it is Too Late, Vaccinate (1996)-15min/color video.(Spanish)

This video resource explains the importance of vaccination and is available in English and Spanish. It takes a look into the past history of childhood diseases, and gives statistics on how measles are on the rise due to lower amounts of children being vaccinated. It also dispels the myth of how children do not need to be vaccinated before they are school age. Included are parents' accounts of when their children contracted diseases that would have been avoided if they would have had their child immunized. This is a good video for all audiences especially those of low-economic background.

B9. Seeing Infants with New Eyes with Magna Gerber: 1984 - 26 min/color video

This is an enjoyable film about the teaching of Magda Gerber. Her philosophy includes letting babies be babies, respecting your baby, observing during uninterrupted play and interacting with your baby during caregiving times. The video focuses mainly on the first three years of a baby's life and the relationship between a baby and her parent. Excellent for first time parents as well as parents who have new babies.

B10. Breastfeeding is Best Feeding (1982)-18min/color video.

Finally a practical and realistic look at beginning breastfeeding! This resource follows a black mother through her daily routine as a new parent. Focusing on the breastfeeding relationship, the program explores the initiation of lactation, breast care and hygiene, benefits and advantages, and basic techniques related to breastfeeding. References to newborn care and the importance of early interaction are interspersed throughout. Family support is stressed, with the family in this case illustrated as the grandmother and sibling. This program has a most thorough section on nutrition, including specific food and caloric guidelines, ethnic examples of the daily requirements, advice on alcohol and smoking, and information on the use of over the counter medications. There is even a mention of birth control! This program is aimed at new or expectant mothers from lower socio-economic backgrounds. Although there is no mention of formula feeding, this video is so well done that it should be recommended for all pregnant audiences.

B11. Breastfeeding Techniques that Work: Vol. 1 First Attachment: (1986)-15min/color video.

This video is an informative resource for all mothers who wish to breastfeed. The video explains the theory of proper attachment and shows the actual technique. There are also illustrations of how lactation works and a review of different breastfeeding positions. At the end of the volume there is a brief section that explains the other volumes in the series.

B12. Touch...A Parent's Guide to Infant Massage: 20 min/color video

Studies from Touch Research Institutes, indicates that massage can help your baby sleep longer and more soundly, promote healthy weight gain, improve muscle development, and strengthen the bond between you and your infant. You'll also learn how to use various techniques to develop the message your baby likes best.

B13. Your Healthy Baby: (1990)-45min/color video.

This video is narrated by Lamaze Instructors and is a two-part program. The first part explains the advantages of breastfeeding. It shows the techniques used when holding the newborn, also, the nutrition, skin care, and diapering of the newborn. The second part of the program considers the mother during the postpartum time. The mother's body, nutrition, and weight loss and weight gain are discussed. This video touches on many topics but does not take an in-depth look at any of them, considering the length of the video. It is appropriate for most audiences.

B14. Special Delivery: (1988)-43min/color video.

This video resource looks at birthing in three different settings. The video emphasizes that expectant parents should choose a birthing environment that meets their needs. The video includes the birthing sequences at home, traditional hospital birth, and in a free standing birth center. The video includes interviews with expectant and postpartum mothers and fathers regarding their choice in the child birthing experience.

B15. Protecting Your Newborn: (1997)-29 min/color video

Current, basic information regarding car seat use for new and expectant parents. This video includes a review of: car seat selection; car seat safety, including proper positioning of seats; accident prevention and basic childhood safety. Information is delivered in context of the immediate postpartum period.

B16. Smarter Than You Think: (1996)-19 min./color video

An examination of the perinatal and infant stages of life, with a focus on how "smart" babies really are! This video highlights the four stages of a baby's emotional development, the critical importance of parental responsiveness, and several case studies highlighting newborn reactions to physical, social and emotional stimulation. Classic research on deprivation studies is included. Most appropriate for pre-parents, expectant and very new parents.

B17. Feeding Your Baby: Infant Feeding (1995) – 32 min/color video

This "special video for new mothers", developed and produced by lactation consultants, doctors, nurses, and breastfeeding mothers, provides helpful information on the benefits of breastfeeding, infant reflexes, getting started, frequency of feeding, milk supply, problem solving, and the signs of a good feeding.

B18. Amazing Talents of the Newborn - 30 min/color video

Designed to enhance appreciation of the innate and often over-looked abilities of the newborn and in so doing of the newborn's developmental needs.

B19. Pregnant and Fit (60 min/color video)

This video workout for the most important and thrilling nine months of a pregnant woman's life allows her to have fun while she gets fit for two! The workout includes warm-up and stretch, pre-aerobics, low impact aerobics, a cool-down, strengthening, and stretch and relax exercises.

B20a. Portrait of Promise: Preventing Shaken Baby Syndrome – 11 min. (English)

b. Portrait of Promise: Preventing Shaken Baby Syndrome – 11 min. (Spanish)

This is a brief video that touches on the serious and sometimes fatal outcome that can occur when a parent shakes their baby. This video should be used in conjunction with other material and can be effective as an introduction to understanding the serious effects that can occur when babies are shaken. It is also a good tool to prompt group feedback and further discussion on this critical subject.

B21a. Back to Sleep: Sudden Infant Death Syndrome – 3:46 min/color video (English)

b. Back to Sleep: Sudden Infant Death Syndrome – 3:46 min/color video (Spanish)

This short video warns parents of the dangers that an infant can be faced with if not attended regularly and properly. It also gives suggestions for sleeping and environment precautions to help reduce the risk". This video is simple, concise and to the point! Also available in Spanish.

B22. Small Wonders: Early Brain Development– 12 min/color video

This video takes a detailed look at the development of a baby's brain. Research shows that interaction with babies and sensory integration are vital parts to the brain's growth. Importance of early language and literary development is emphasized.

B23a. Helpful Strategies for Keeping Infants and Young Children Safe (2006) - 30 minute color DVD, video (English)

b. Estrategias que Ayudan a Proteger la Seguridad de los Niños (2006) - 30 minute color DVD, video (Spanish)

This clear and simple educational program was developed to help educate parents and caregivers about ways to prevent the devastating consequences of Sudden Infant Death Syndrome (SIDS), Shaken Baby Syndrome (SBS), and other traumatic brain injuries. Can be used effectively with students in parenting education and critical health issues programs.

B24 Knowing the Unborn - 29 min. color video

This video includes scientific information and photographs of the developing infant, and focuses on the sensory and mental abilities of the fetus before birth. To be used with students or expectant parents as a means to motivate life-style changes that lead to a healthy and safe birth environment.

Child Development / General Parenting Information

C1. Child Development Birth to Five: (1989)-30min/color slide video.

This video is broken up into two parts. The first part consists of child development from birth to age two. The second part is from ages 2 to 5. The resource stresses that it is important for parents to know the sequences of development for children so that they can be a better parent. With this knowledge, a parent will know what to expect from the child at different ages and understand why their child is behaving the way that they are. This video is quite lengthy but very informative.

C2a. The Impact of Couple and Marital Relationships on Parenting and Child Outcomes (Part 1)

A National Satellite Program held on December 2, 2005 for professionals and volunteers who work with families. Learn how the quality of married and unmarried couple relationships affect parenting quality, father involvement and the child's well being.

C2b. The Impact of Couple and Marital Relationships on Parenting and Child Outcomes (Part 2)

See above description C2a

C3. Your Baby and You: Parenting 1-3yrs. (1995)- 15min/color video.

This video mostly explains what a parent should do to childproof their home. Because children at ages 1-3 years are constantly learning by exploration, the video recommends child resistant closures and poison control center numbers posted in the home. The video also gives tips on toy safety, the use of walkers, and other safety issues. This video is appropriate for all audiences and should be seen by all parents.

C4. The Terrific Twos: (1986)-15min/color video.

This is a wonderful video resource, and is both informative and entertaining. This video follows one typical two-year-old, in his home and in the grocery store. This video stresses that parents should know that at the age of two, children become their own person. The advice of this video is for parents to give the child choices so that the amount of conflict can be lessened. Also, the video stresses the limitation of the word "no" and that childproofing ones home also lessens many foreseen problems. This video should be seen by all parents when their child starts this stage of development.

C5. The Confident Learner: Self-Esteem in Children: 15min/color video includes discussion guide.

This video is quite informative even though it is so short. This video can be used as supplement to a training. The video explains how self-esteem can change at any age. It stresses that educators can help children build a positive self-image. The video covers three principles, which aid in the building of self-image in children. The video is narrated, and also contains real classroom scenes.

C6. "Mirrors" A film on Self-Esteem: (1988)-11min/color video

This video resource adds insight into self-esteem in relation to children. It briefly explains self-esteem and self-image, and the roles each plays in who we are. In this video children talk about what they like about themselves and what they do not like. The video also stresses that low self-esteem in children has many negative affects in later life. The video explains to parents that what they say to their child can be hurtful, in that parents are like a mirror to their children. This video is good for parents, but especially focuses upon the school age child.

C7. Developing Capable People: A promotional video: 30min/color video.

This is a promotional video on a program that H. Stephen Glenn has developed. This program teaches people how to empower themselves and be respectful to others. The people on this video explain how the program has worked for them, and how it has affected them, at work, at home and in social relations. The program also comes with a workbook. (see J16)

C8. How Young Children Learn to Think: A Discussion with Dr. Constance Kamii: (1985)-18min/color video.

This video explains how children learn mathematics and other basic cognitive skills. Dr. Kamii explains that children learn numbers logically. As the child develops, the child reacts differently to a number of exercises. This is a video specifically for those who work with young children, study child development, and are interested in the way children learn.

C9. "Where Did I Come From?" (1990)-27min/animated color video.

This video is a way for parents to introduce children to human reproduction. This video makes it fun for both the parent and the child, and answers the sensitive questions children ask. It explains the role of sperm, conception, and the birthing day. This tape is informative and educational in an entertaining way. This video should be watched by the parent and child together.

C10. Winning at Parenting...Without Beating Your Kids: (1989)-125min/color video.

This video features Barbara Coloroso who is a lecturer, teacher, and mother. She stresses that parents need to give their children choices, but those choices need to include natural and logical consequences. She also stresses that parents need to decide the responsibilities that the child will have and the responsibilities that the parent will have. She is an advocate for children and parents alike! Topics include: discipline, limit-setting, bedtime, fighting, etc. This video is excellent for both parents and educators.

C11. Loving Your Child is Not Enough: Positive Discipline that Works: 1987-90

Nancy Samalin's proven approach to child-raising is dedicated to two principles: Teaching parents to set clear and consistent behavioral guidelines and enhancing children's self-esteem. On this cassette, Samalin offers indispensable advice on: Avoiding daily battles; why punishment doesn't work and what does work; dealing with anger guilt; sibling rivalry; alternatives to yelling, nagging, bribing and threats; and much more.

C12. Step Parenting: (1987)-28min/color video.

This video resource is very informative for parents and stepparents. It explains the difficult job of step parenting and the importance of having realistic expectations. In the video stepparents explain how they felt when they first became step-parents, their expectations and their realities. This video also explains how the child feels when they are introduced into a stepparent family arrangement.

C13. Impacts of Single Parenting: (1990)-15min/color video.

This video resource gives the general background information on single parenting. The video explains the three types of single parents: never married, widowed, and divorced. In each situation the parent talks of what it is like being a single parent. There is also a brief section, which explains the child's point of view. This is a good video for single parents to watch.

C14. Shaking, Hitting, Spanking-What To Do Instead: (1990)-28min/color video.

This video has four parts. Each part has a dramatization where a parent and child are seen in a common situation. After each dramatization the video stops to allow for group discussion, then the narrator explains the danger in what the parent did and gives alternative ways to handle the situation. This video is good for parents of children aged birth through 12 years.

C15. Your Place in the Family: (1991)-22min/color video and guide.

This video resource helps viewers understand both themselves and their children in the context of birth order. This video explains how due to birth order a child deals with problems, relates to siblings, parents and peers, and views the world. It also explains how parents treat each child differently according to birth order. This is a very interesting video for both parents and middle to high school youth.

C16. Clap Your Hands: (1995) - 12 min./color video

This video illustrates creative, enjoyable and inexpensive ways to play with young children in a developmentally appropriate manner. The importance of stimulating fine and large motor skills, language development and positive interaction between young children are stressed. Appropriate for parents, pre-parents and caregivers of young children.

C17. Parents...or Pushovers: (1997) - 13 min./color video

A video that shadows two families in which the parents are having difficulty setting limits. The underlying theme is who rules the house - parents or their children? This vivid portrayal of families "out of control" emphasizes the importance of establishing guidelines and boundaries for young children that are clear, logical and developmentally appropriate.

C18. From No to Yes (1995) – 12 min/color video

This video illustrates common causes of temper tantrums and how parents can deal with their 2-6 year old without spanking. The developmental aspects of temper tantrums are explored and useful techniques for calming children are shown. Some strategies demonstrated in this very realistic program include: time-out, allowing children to make chores, setting limits, and using praise. This video is appropriate for all who live or work with children.

C19. When They Never, Ever Listen: (1990)- 17 min./color video

This video presents five case studies about families that have to cope with a "difficult child(ren)." The reality that neither parent nor child is to be blamed for a child's behavior is stressed; rather, both need to learn to engage in a new process of interaction. By setting firm rules, avoiding power struggles and responding to children calmly and consistently, families can improve even the most frustrating situations involving difficult child(ren).

C20. Touch points: One Year Through Toddlerhood (1991) 45min/color video

The third volume exploring T. Berry Brazelton's "Touch points" developmental philosophy. The predictable Touch points will help parents predict and work with the developmental needs of one – three year olds. The issues of sibling rivalry, discipline and toileting are addressed.

C21. The First Two Years: What Lily Learned - (1991)-13 min./color video

This video program reviews the many major responsibilities of a parent during the first two years of life. Lily's mother discusses all the things she needed to learn to raise a healthy infant and toddler and gives advice on how young mothers can care for themselves. Included are discussions about: physical check-ups, feeding, signs of illness, safety and play. This program is especially nice for teen parents.

C22. Years 3-5: What Lily Learned (1991) – 15 min/color video

This video covers a host of topics including disciplining your child; limit setting and understanding and meeting the needs of your child. Parents learn a few of the basic skills needed to be a good parent. This video is presented in a simple and concise manner, and is appropriate for parents of all ages.

C23. It's a Jungle Out There: Lily Plays It Safe (1998) – 13 min/color video

This video is an excellent review of basic safety precautions from infancy through early childhood. Viewers learn how to childproof their homes and create a safe environment, both inside and outside. The program also relays the importance of keeping a close watch on children and talking with them about safety.

C24. Lily's Ten Best Ideas for Being a Better Parent – 12 min/color video

This video shares with viewers what the narrator, Lily, believes are the ten most important things to know about raising children. In addition, it reminds parents that help and support are readily available. This video is especially useful to parents with very young children.

C25. Learning Starts With Parents, A Child's First Teacher – 18 min/color video

This video emphasizes how the role of a first teacher is a significant and essential role that a parent will have in their child's life, especially in the child's first few years. It encourages parents to take an active role in their child's life by showing how their everyday activities and interactions set the foundation in which the development of language, physical and social skills are built. By recognizing the role of the parent as the first teacher, the video discusses ways in which parents can help to enhance their children's development skills. The importance of parental involvement is stressed, along with the reminder that parents need to continue this involvement once their child is in school. This video is an informative video that addresses all parents, including single parents and parents who have children with disabilities.

C26a. Infant and Toddler Emergency First aid, Volume 1: Accidents (1994) – 36 min.

If you are looking for a good first aid video that provides parents with clear and easy to understand step by step instructions, this is the one! This video shows parents what to do when faced with some of the most common childhood accidents. Parents learn how to treat pet and insect bites, heat exhaustion, burns, fractures and other common childhood accidents. Parents also learn what preventative measures they can take to ensure the safety of their children. This video covers all the bases, so when an accident occurs you know what to do and who to call. This video contains many valuable life saving tips and is suitable for all audiences, including child caregivers and babysitters.

C26b. Infant and Toddler Emergency First aid, Volume II: Illnesses (1994) – 43 min.

This video explains the proper action to take when your child becomes ill. Created in cooperation with Pediatric Emergency Medical Physicians from leading children's hospitals, the tape explains what to do when your child is confronted with fever, poisoning, seizures, dehydration, croup, choking and more. "Illnesses" will also show you tips on child-proofing your home, what signs and symptoms to report, and review the latest CPR techniques based on the newest American Health Association guidelines.

C27. Parenting Works! – 15 min./color video

This sampler video of the Parenting Works! program is good and purchasing the series could be a worthwhile investment. The topic on "Snapshots" is about problems at bedtime. The video illustrates real life parenting issues that are then discussed by the host and panel of "everyday" parents. Along with tips and insight into the problem, the viewer becomes a participant in a support group environment. This video can be very effective and informative when used with the program series.

C28. Arthur's Baby – 30 min./color video

This is a basic introductory video that looks at some of the issues and concerns that siblings might encounter with the news of, and then the arrival of, a new baby brother or sister. Arthur and his younger sister D.W. talk about some of their feelings and experiences that they encountered when their baby sister arrived home from the hospital. This video is for young children.

C29. Sesame Street: Lead Away! Lead Poisoning Prevention Project: (1996)- 15 min/color video

This video is targeted for young children. It uses *Sesame Street* characters to give information to children about preventing lead poisoning. It describes lead and the dangers of lead, and tells children how to avoid lead from entering their bodies. A song is also used to help bring the point across.

C30. Get Ahead of Lead – 15 min/color video

This video give information on lead poisoning by answering a series of questions, such as, what is lead poisoning, how can lead get into my body, what are the risk to children, and how can one avoid lead. Also covered are sources of lead, proper lead testing, and ways to limit contact.

C31. Children in the Middle and Parenting Wisely/color Video

This video is a preview of the parenting program material offered through Family Work Inc. This program is designed for separated and divorced parents with children.

C32. Parenting Wisely: An Effective Interactive Program

This video is a preview of the Parenting Wisely program materials offered through Family Work Inc. This program is designed for parents of adolescents and pre-adolescents (age 9-18)

C33a. Systematic Training for Effective Parenting (STEP) - Video & Supplemental Text.

This video series provides a practical approach to raising children. For parents and caregivers who are interested in the STEP Program but are unable to attend an actual series.

C33b. Systematic Training for Effective Parenting (STEP) - DVD & Supplemental Text.

This DVD series provides a practical approach to raising children. For parents and caregivers who are interested in the STEP Program but are unable to attend an actual series.

C33c. Systematic Training for Effective Parenting (STEP) - Audio Tapes & Supplemental Text.

This audio tape series provides a practical approach to raising children. For parents and caregivers who are interested in the STEP Program but are unable to attend an actual series.

C34. Child Development Video Series (UNICEF Videos): 1998 - Five, 10-37 min./color video series

This animated video series explores the development of a child. Video titles:

- a. Off to a Good Start (10 min.)
- b. A Time of Adventure (10 min.)
- c. Pathways to Learning (10 min.)
- d. Ready for School (10 min.)
- e. Growing and Changing: A Guide to Early Childhood Development (37 min.)

C35. Love and Anger: The Parental Dilemma: 1991 - 90 min/audio tape

Nancy Samalin's *Love and Anger* is an indispensable tool for the guilt-free parenting - one that will help you discipline your children lovingly, effectively, and consistently. Her goal is not to eliminate anger, but to help parents express it without hurting their children. This tape offers easy to follow techniques which can provide loving alternatives to the bribing and threatening which many parents feel forced to use.

C36. Disciplining Kids (without screaming and scolding): 1997 - 20min/color video

This video paints a dramatic picture of the wrong way to discipline kids and gives clear practical ideas on a better way. Parents often repeat the style of discipline used in their own upbringing. Parents who pay attentions only to "bad" behavior teach their children that misbehavior is the best way to gain attention. This video shows how to use effective encouragement, and how to use effective reprimand, when needed.

C37. Parent's Guide to Temperament: Four Video Tape Series

This series of four video tapes was developed to introduce parents to the temperament approach of understanding the behavior of pre-school aged children.

Knowing Your Child: 14 min/color video

In this video parents learn about the nine different temperament traits children have and the combination of temperament traits that may cause behavioral problems. Some techniques that parents might try in order to prevent these temperament based problems that are identified and demonstrated.

Understanding Your Active, Slow Adapting Child: 16 min/color video

In this video, parents learn about the different behavior issues that are common for children with the temperament combination of high-activity, slow-adaptive, and low rhythmicity. Children are shown at home and at play demonstrating some of the main characteristics of this combination. Parents are offered some techniques that they might try to prevent these behaviors and increase adaptability.

Understanding Your Intense, Slow Adapting Child: 17 min/color video

In this video, parents learn about the different behavior issues that are common for children with the temperament combination of high-intensity and slow-adapting, the pre-existing conditions that may precipitate behavior problems by reduction adaptability, events that act as "triggers", and some technique parents might try in order to prevent these behaviors.

Understanding Your Sensitive and Withdrawing Child: 15 min/color video

In this video, parents learn about the different behavior issues that are common for withdrawing children with high sensitivity and intensity, and some techniques parents might try in order to prevent these temperament based problems.

C38. Jumpin' Johnny Get back to Work!: A Child's Book & Video Guide to ADHD/Hyperactivity: 1994

This book that has become a good friend to thousands of ADHD youngsters now hits the video screen. This delightful animated cartoon tells Jumpin' Johnny's story so cleverly that even the most fidgety of youngsters will pay close attention. ADHD children can finally learn about their problem in a format that will hold their interest and motivate them to become part of the treatment process. The whole family will learn from and enjoy this captivating program. This video is suitable to be used with young children.

C39. Learning Before School: How Parents Can Help: 2003 19min/video

Every family wants to give a child the best chance to succeed in school. With this video, parents learn how to give kids a head start in three key areas: Communicating, self discipline and curiosity. These skills are far more crucial than getting a jump start on reading or math.

C40. Mister Rogers' Neighborhood Video Series (Child Care Video Library) - 6 min/videos

Series of videos dealing with childhood issues. Each video includes letter from Fred Rogers, description of the special qualities of the television series, three suggested activities and discussions to follow viewing of video, a list of related children's books. This video set is for young children.

Video Titles:

- a. Caring for the Environment
- b. Going to the Doctor
- c. When Friends Fight
- d. Hellos and Goodbyes
- e. When Dinosaurs Seem Real
- f. What Do You Do with the Mad that You Feel?

C41. World Song: (1992)-15min/color music video.

This beautiful music video resource shows the life cycle from birth to death. It follows a few children's lives as they go through the stages of life. Each of the people are from different countries, it illustrates cultural diversity and differing customs. It is appropriate for all ages and could be shown at the beginning of a program on cultural diversity, nutrition and health, or human development.

C42a. The First Years Last Forever: (1997)-29min/color video.

This is an informative video focusing upon the connection between brain development and early childhood stimulation. Sections on bonding and attachment, communication, health & nutrition, discipline, self-esteem, childcare & self-awareness, provide important information for pre-parents, expectant parents, and new parents.

C42b. Your Healthy Baby: 26 minute/color video

In this video, Phylicia Rashad delivers expert advice on how parents can help their children establish healthy habits, with information on: Maintaining good health during pregnancy, bottle-feeding versus breast-feeding, visiting the doctor, feeding your child and the importance of exercise.

C42c. Safe From the Start: 23minute/color video

This video provides information on how to keep children safe starting with the first car ride your baby takes on the way home from the hospital. Car Seats and Car Safety, Feeding and Food Safety, Sleep/Bedtime, Bath Time and Bathroom Hazards, Childproofing at Home, Toy Safety, Kitchen Safety, Safety outside the home, and Kids and Gun Safety are just some of the safety issues covered in this film.

C42d. Discipline: Teaching Limits with Love: 27 minute/color video

Discipline - setting limits - is one of the most difficult challenges parents face. In this video, Dr. T Berry Brazelton, America's foremost pediatrician, shows parents that setting limits is not punishment, but a loving way to teach a child how to control his or her own behavior. Information includes: why a child looks for limits, techniques for setting effective limits from the start as well as managing your own emotions and avoiding physical punishment.

C42e. Ready to Learn: 24 minute/color video

There are many things parents and caregivers can do to help build a child's literacy skills from the time he is born. This video provides helpful information about: Communicating with your newborn, establishing reading routines, materials that prepare your child for reading and writing, activities to spark your child's interest in learning, the importance of quality childcare, and incorporating literacy into everyday activities.

C43. That's a Family: (2002) 34min/color video

A highly entertaining half-hour documentary that breaks new ground in helping kids see and understand many of the different shapes that families can take today.

C44. World Birthdays: (2002) 1 hour 24 min/video

This video is a TLC production that follows various births that take place around the world on the same day, July 10, 2002, as children are born in "times of trouble". It follows these births in various regions of the world and talks about the different experiences of families giving birth and also the challenges and dangers of childbirth. This video is very graphic and would need to be used with appropriate teacher supervision in a high school classroom.

Parenting Pre-Teens & Teenagers

D1. Child Development: Adolescence: (1990)-12min/color video.

This video resource helps to explain adolescent development. It includes teens talking about how they feel, and what they worry about. It also briefly explains their physical changes, such as how the pituitary gland works during puberty, acne, and hair growth. The video briefly examines emotional changes and problems, confusion and mood swings. This video stresses the benefits of respectful and positive communication between the parent and the adolescent. This video should be seen by both those working with adolescents and parents of adolescents, as well as adolescents themselves.

D2. Signals of Change: Jr. High Child: (1979)-23min/color video

This video shows clips of adolescents at school involved in their wide range of activities. It discusses that adolescents of this age have a need for autonomy from their parents. It also briefly explains their emotional changes and their perceptions of their physical changes. This video should be seen by parents. It is not appropriate for adolescents in that it is a very dry account of what they are experiencing.

D3. Signals of Change: Sr. High Child: (1979)-23min/color video. It is the second part in the Vital Link Series.

This video has many teens discussing the problems that are on their minds. These problems include: college, peer pressure, grades, and social acceptance. There is also a discussion between the moderator and a headmaster of a school. The headmaster stresses parent-child communication. This video is very dry and the most appropriate audience would be parents of older adolescents.

D4. Parents and the Young Teen; A Delicate Balance: (1980)-27min/color video.

This video explains to parents that the time of adolescence is a time where their child pushes for independence. It is also a time when parents may feel they are either being too strict or not strict enough on their child. In the video students talk about their feelings when it comes to certain parent-teen situations. This discussion is followed by a discussion between a group of parents. The parents discuss what their concerns are toward their child. This video should be viewed by parents. It is a bit outdated and may not hit on all the concerns a parent is facing.

D5. Raising Responsible Teens: (1993)-55min/color video.

In this video resource teens discuss alcohol use, the pressures teens feel from peers and the media. The teens also look at the pressures they face compared to the pressures their parents had faced as teens. Two professors of the University of Wisconsin are also introduced who have studied and who work with teens about drinking. This video stresses that teens need to communicate with their parents about the pressures and stresses they feel. The video also illustrates ways for a teen to say no to alcohol at a social gathering and explains how to maintain an alcohol free lifestyle. This video is good for both parent and teen to watch together, or for use in the classroom.

D6. Teen-Parent Conflict: Making Things Better: (1988)-29min/color video and teacher's guide.

This video resource is sectioned into two parts: Part one - sending the messages and Part two - learning to negotiate. This video explains in detail message types and the steps in negotiation. This video would be helpful to both parent and teen. This video could be used as part of a parent education program or with middle or high school youth.

D7. Healthy Teen Development: (2002)- 2hr/Video

This video is appropriate for professionals and can be used, at least in part, with parent groups. This excellent video features the work of Dr. Laurence Steinberg, Dept. of Psychology, Temple University, whose research focuses on the study of contemporary adolescence and explores the critical issues and needs of teens, including practical tips for promoting positive parent-adolescent relationships. This is a recording of a two part satellite conference addressing healthy teen development and can be used with D8 or on its own.

D8. Teen Sexuality and the Role of Communication and Decision-Making: (2002) - 1hr 50min/video

This video is appropriate for professional use and is designed to help educators understand how and why adolescents make the choices they do regarding sexual behavior. The video features two presenters: Dr. Robert Blum and Jennifer Oliphant, both from the University of Minnesota. Pregnancy prevention practices, models, and strategies are explored in a rather clinical manner. This is a recording of a two part satellite conference addressing healthy teen development. This video can be used with D7 or on its own.

D9. Parenting Your Teen: (2002) - 9min/video

This video featuring Dr. Laurence Steinberg discusses the 10 basic principles for parenting teens and is appropriate to be used with parent groups.

D10. Middle School Confessions: (2002) - 75min/color video

Sex, sexual orientation, violence, alcohol abuse and depression are no longer issues that parents and teachers should start looking out for in teenagers. It now begins much earlier. Video features candid interviews with students (aged 11-14) of different socioeconomic backgrounds from across the country. They reveal how the intervention of concerned parents and school faculty members is essential to helping them navigate what can be a treacherous rite of passage.

Child Care Issues

E1. Families In the Balance: A Video About ChildCare: (1989)-23min/color video.

This video is an overview of quality day care and views four families who have different needs when it comes to day care. The video shows each of the families' arrangements. The video briefly explains state licensing standards and reviews what one should look at when searching for high quality, affordable day care. The video also explains why government and large corporations need to support childcare. This video is appropriate for all parents at all economic levels, as well as for businesses who are considering on-site childcare services.

E2. Family Matters: (1984)-29min/color video.

This video resource provides a compelling look at two American families and shows both the positive and negative impacts that jobs, friends and relatives, neighborhoods and schools have on their lives. The video gives the parents' point of view on the critical importance of family support. This video deals with many of the problems that families face today, and it a useful tool in presentations involving the need for school-community-family-collaboration.

E3. School Age Child Care: Guidance & Discipline: (1994)-43min/color video.

An excellent training video designed for school age childcare providers, focusing on guidance and effective discipline in the child care/school/camp setting. Issues addressed include: using the environment to its best advantage; program planning and scheduling; project opportunities; clear expectations and boundaries/guidelines; dealing with misbehavior; conflict resolution and much, much more! Also includes basic child development information about school age children.

E4. When Mom Has to Work: (1992)-22min/color video

This video resource explains three major problems that working mothers face. It discusses emotional conflict, good childcare, guilt, marriage problems, and family responsibilities. This video stresses that there are ways women can have a family and a career without being overcome by them. This is important for both mothers and fathers to watch.

E5. Basic Life Support (1988)-slide series

The goal of this program is to reduce the number of childhood injuries and deaths. To do this, parents and caregivers need the information about how children are injured and how to help prevent hazardous injuries in the child's environment by promoting safe practices in everyday living. As you learn the steps of basic lifesaving you will learn how to: recognize an infant or child in distress; act quickly and effectively to obtain help; help a choking infant or child by performing the appropriate maneuvers for relieving a Foreign Body Airway Obstruction; use the Emergency Medical Services system, and help an infant or child who is not breathing and/or is without a heartbeat by CPR. By taking this course, you will have taken a big step toward our goal of reducing childhood injuries and deaths.

E6a & b. Off to a Good Start: Quality Programs for Young Children (1994)-16min/color video. (English and Spanish)

This is a brief video of what an effective childcare program should contain. This video stresses that the program must fit the needs of the children by developing their emotional, physical, and learning skills. It also explains the type of environment needed for such a program to work. The environment must be a child-centered nurturing place with designated work areas for quiet and active time. The toys and activities should help the child's developing skills. The eight elements of effective learning are briefly explained. This is an important video for both parents, teachers, and childcare administrators to watch. Available in Spanish and English.

E7. Child Care..Is it the Job For Me? -32 min./color video

This video is a good first step for those thinking about caring for other kids in their own homes. It provides some questions that will help you determine if providing in-home childcare is or isn't for you and points you in the right direction for various areas of this "business." Further thought is emphasized on setting rates, income and expenses, finding families, meal preparation, paper work, and scheduling as the provider doesn't just babysit, but supplies quality-care for other children.

E8. Working Parents Balancing Kids and Careers: (1992)-25min/color video and guide.

This video resource explains a variety of working alternatives, such as: maternity leave, part-time work, telecommuting, shared jobs, flextime scheduling, self-employment and sequencing. The video also lets the viewer carefully evaluate the many child-care alternatives open to working parents. This video is good for both parents and employers.

E9. Middle Childhood: Meeting the Needs of 5 to 8 year olds: (1997)-16min/color video with teaching guide.

An excellent training video, designed to acquaint caregivers and youth workers with the developmental needs of children, aged 5 to 8 years. Specifically designed for school age child care providers, basic information on physical growth, cognitive ability and social development is included; with sound recommendations on program organization and developmentally appropriate activities.

E10. Pre-Adolescence: Meeting the Needs of 9 - 12 year olds: (1997). 13min/color video with teaching guide.

An excellent training video designed to acquaint caregivers and youth workers with the developmental needs of children, aged 9 - 12 years. Developed as a training video for school age child care providers. Basic information on physical growth, cognitive ability & social development is included; with sound recommendations on program organization and developmentally appropriate activities.

Critical Issues for Youth, Parents & Educators

F1. Make Up Your Mind About Alcohol: (1984)-9min/color video of a non animated cartoon.

This video resource is wonderful for grades 3-7. It stresses that one should know that they can make an educated choice on whether to drink alcohol. The facts about alcohol are described in an understandable way. The video explains how alcohol works and what it does to the body. It also explains that people are affected by alcohol in different ways. This video should be followed by a discussion.

F2. Child Abuse : (1990)-14min/color video.

This video resource explains the 5 kinds of child abuse. It explains how the abused child feels, and that the child learns under these circumstances that pain and love are interchangeable. The video takes a brief look into the long-term effects of abuse on the child. It also includes testimonials of victims who explain their experiences and feelings toward the abuse that they were exposed to.

F3. Parenting a Child with an Eating Disorder Conference: 2004 55min/video

This video is a candid discussion with one couple whose two daughters are struggling with eating disorders. It assumes an understanding of the spectrum of eating disorders, and does not review the different symptoms/diseases/addictions. Rather, the video addresses: The seriousness of eating disorders, family coping strategies, how parents can take care of themselves during crisis, children living away from home while in treatment, expenses of treatment and impact of media messages. This video is not targeted for students or youth. Instead intended for professionals and/or parents of children with suspected or diagnosed disorders.

F4. Eating Disorders- The Inner Voice – 30min/color video

This video provides information on societies preoccupation with body image and it's consequent manifestation through eating disorders- Anorexia and Bulimia. The video contains testimonial as well as expert commentary.

F5 Adult Children Living at Home: (1990)-11min/color video.

This video resource deals with "boomerang kids". It explores the reasons why adult children today find themselves living at home with their parents. The video takes a look into the lives of a mother and daughter who live together after the daughter's divorce. The video stresses that to be able to cope with this type of living arrangement, the parent and adult child must communicate on an adult to an adult basis. This is a very brief video resource, but is informative and will start a discussion between the adult child and the parent.

F6. Conflict Resolution: (1992)-26min/color video, includes teacher's guide.

This video and guide are helpful in teaching a program on conflict resolution. The video explains the use of "I" messages in communication. It also gives an overview of problem solving and the keys to good listening. The video briefly describes the importance of body language. This program can be shown in parts as a supplement to a program on communication and/or conflict resolution. Designed for middle and high school youth, but effective for parents and educators as well.

F7. And We Were Sad, Remember? - 22min/color video.

This video shows parents how to help children understand death. The program explains why children need to know about death and how parents can help children deal with death. This video follows a family whose grandmother has died. The father of the family does not want the children to attend the funeral, but, with the help of his wife, he realizes that the children also need to deal with the death of their loved one. This video should be watched by parents.

F8. Youth to Youth: A Video About Violence: (1992)-29min/color video include a teacher's guide.

This video resource is made up of teens who express their feelings about youth violence. There are also discussions between teens on racism and violence. The teacher's guide provides lessons and activities dealing with the topics. This video should be shown to teens and to educators of teens to better understand violence when it pertains to youth. This video can be supplemental to a structured program on conflict resolution, mediation and/or violence prevention.

F9. Putting the ADA to Work

This video gives information about what the American's with Disabilities Act is, and what it can mean for people with disabilities and for those who work with them.

F10a. HIV/AIDS: A Challenge to Us All: (1993) color video with guide. (Spanish)

This video, featuring Magic Johnson, provides parents with accurate information about HIV/AIDS. The video also gives examples of appropriate responses in answering children's questions about HIV. The first videotape and guide will help any adult to set up a community meeting about HIV/AIDS. The second tape demonstrates how parents can respond to children's questions about AIDS. The program includes a written guide, is available in English and Spanish, and is suitable for parents and educators who work with children ages 2-14.

F10b. HIV/AIDS: A Challenge to Us All: (1993) color video with guide. (English)

See description in F10a.

F11. Talking About Sex: A Guide for Families (1996) - 30 min./color video with guide

This animated and engaging resource provides parents and educators with an effective way to help young people, ages 10-14, understand their emerging sexuality and to promote healthy decision making about their sexual behavior.

F12. If Your Parents Break Up: (1991) - 34 min./color video

Made specifically for the teenage population, this video looks at the psychological impact on the children of divorce. The video is broken up into three short dramatized segments. The first segment titled "Separation" deals with issues that pertain to the initial splitting up of the family. In this segment the main focus is on feelings of guilt, sadness, anger, and the fear of abandonment that some teenagers experience during this period. The second segment titled "Divorce" focuses on how important it is for teenagers to have "Emotional resources" in order to deal effectively with this experience. The third segment titled "Moving Ahead" follows the outcome of the stories. Though this video has a positive message, unfortunately it may go unnoticed by some teenagers.

F13. Kids Talking to Kids About Drugs: 26:30min/color video

This video gives the "straight scoop" about the impact of illegal drugs on young people. Teens candidly share their perceptions, attitudes and experiences with drugs, as well as their real-life stories about drug abuse.

F14. Not in My School, Not in My Community: (1999) - 1 hour 45 min./color video

This video features Dr. James Garbarino, former Director of the Family Life Institute at Cornell University, speaking in the immediate aftermath of the school massacre at Columbine in Littleton, Colorado. Included are candid interviews with students who feel alienated and displaced within their schools, including honors students and others who feel that schools cater to a select few (athletes, etc.) at the expense of building a sense of inclusiveness and school community. Successful community programs involving youth are also included as potential replication models.

F15. A Safer Community for Children and Youth: 10 Things You Can Do (2001) color video set

February 2, 2001, Video conference. These two videos feature Dr. James Garbarino from Cornell University Family Life Development Center. Each satellite conference addresses the issue of school and community safety, with suggestions for policy makers, school administrators, educators and parents.

F16a What's A Parent to do? Bullying (part 1): 2004 2hr/video

What's a Parent To Do? This two video set is a recording of a video satellite conference on the topic of bullying. The reasons behind bullying behavior are explored along with a discussion of a bullying prevention model. This resource is clearly intended for professional use only.

F16b What's A Parent to do? Bullying (part 2): 2004 2hr/video

What's a Parent To Do? This two video set is a recording of a video satellite conference on the topic of bullying. The reasons behind bullying behavior are explored along with a discussion of a bullying prevention model. This resource is clearly intended for professional use only.

F17 Breaking the Silence About Hate and Violence: (1999) 28min/video

Students are encouraged to break the silence about hate and violence and are shown why they must stop keeping dangerous secrets about their friends and fellow students. By exploring the hidden conflicts and unspoken pain that are the breeding grounds of violence; students learn to identify potential flashpoints in their schools, as well as signs of stress in their friends, to get adults to help in troubling or frightening situations and how they can become their school's "early warning system". Issues of student privacy, secrets between friends and tattling are explored; as students learn their fundamental responsibility to keep adults informed about potential violence. Leader's Guide included.

F18. Building Caring and Safe School Communities: (1999) 28min/video

"In-groups" and social cliques are as old as high school itself and are a basic dynamic of teen life. However, when they are used to constantly exclude individual students and stigmatize them as outsiders, dangerous dynamics often develop. This program explores and details ways students can ease the social isolation of any and all students by creating a caring and inclusive school culture. Topics include: Why students join groups, how groups achieve status, how outsiders are treated, how racial, gender and sexual identity issues affect school communities, and how we can create school cultures that value include all students. Leader's Guide included.

F19. Using Your Wits: Strategies to Stop Bullying: 11min/color video

Proven effective in elementary school trials for reducing bullying, this research-based program consists of six dramatizations that show elementary school students sure-fire ways of defusing and prevailing in common bullying situations. Students are taught to use their WITS, which stands for *Walk* away, *Ignore* the person, *Talk* it out if you can or *Seek* help. This video also includes student activities and fact sheets.

Aging/Kinship

G1. Grandparents: (1984)-26min/color video. It is a part of the Vital Link Series.

This video is a resource which explains the unique relationship that grandparents and grandchildren share. This unique love has a great deal of emotional power. The video interviews children about how they feel about their grandparents. It also shows how grandparents feel about their grandchildren. This video also touches on the subject of the death of a grandparent.

G2. Aging Parents: (1988)-25min/color video.

This video helps to give the adult child an understanding of what is happening to their parents as their parents age. It also helps the adult child understand the physical and emotional needs of the aging parent, as well as his or her own feelings of frustration and anger. This is a very informative video for adult children to watch. This video can be watched alone, or as a supplement to a program for adult children dealing with this topic.

G3. You and Your Aging Parents: (1986)-1hr 50min/color video. (This is part three and four of a six part seminar series.)

This video resource gives an in-depth look at the relationship between an aging parent and their adult child. The video is in a seminar format. The first seminar is 50minutes long and is entitled, "Breaking Down Barriers". The second seminar is called, "Fostering Positive Communication". The instructor of the seminar is Richard Johnson Ph.D. Dr. Johnson explains that to be able to cope with your aging parent, one must get in touch with one's own feelings about getting old. This video is very informative, but quite lengthy.

G4a. My Mother-My Father: (1984)-30min/color video.

This video resource explores the lives of four families who are dealing with an aging parent. One family's father has been afflicted with Alzheimer's. They explain how they have learned to take care of him. Another family's mother has Organic Brain Syndrome, which causes forgetfulness. They explain about the adult day care facility that the mother goes to while they are at work. Another family on the video explains how they feel now that their mother had to be placed in a nursing home. This video covers many of the situations people find themselves when they need to take care of an aging parent.

G4b. Where Did the Caring Go?: (1984)-18min/color video.

This video resource is narrated by a woman who tells her story about her aging mother. She explains her emotions of anger and frustration when it came to the doctors and the nurses not telling the family what was going on with their mother. She also discusses what each sibling had to do to make sure their parents had adequate care. This video is important for people with aging parents who require care outside of the home.

G5. Surrounded With Love: Grandparents Raising Grandchildren – 22 min/color video

In this video three grandmothers explain, in their own words, the reasons for their caregiving and parenting decisions while also sharing their rewarding experiences from raising their grandchildren. This video explores both the positive and negative feelings of the parenting grandparent: the hard work, the challenges, and the added responsibilities, through three different situations of grandparents raising their grandchildren.

G6. Going to Grandma's House... To Live: (1998) - color video

This video takes on the issue of grandparents who become responsible for raising their grandchildren. Among other things, the video provides statistics on grandparents as caregivers, information on why this might occur, and dispels many of the myths surrounding this situation.

G7. Surfing for Life: Portraits of Healthy Aging - 55 min/color video

This film depicts healthy aging from the perspective of 9 surfers, ranging in age from 60-93. Through these elders, the film challenges the images and stereotypes of aging currently held by society, while inspiring older viewers to redefine what it means to grow older.

G8. Grandparenting – 30 min./color video

This film begins with testimonials of people of all ages on what it means to be influenced by a grandparent. The video then proceeds to describe the joys and conflicts of being a grandparent, as well as the overall effects of grandparenting on ones life.

G9. Big Mama: (2000) 40 min./color video

Winner of an Oscar in the Documentary Short category, Big Mama depicts the devoted grandmother's struggle to raise her orphaned grandson under the watchful eye of a complex and difficult social welfare system.

G10. Mediation for Kinship Caregivers: An Alternative to the Courtroom 30 min./color video

This video presents a brief introduction to the concept of mediation, and suggests ways this approach can be used to mitigate disputes among family members surrounding the issue of kinship care.

G11. Caring for Caregiver Families: (2003) 10 min./video

Video represents the culmination of a three-year project to develop and evaluate a national network of support groups for grandparents and other relatives raising children in the formal foster care system.

G12. Why Can't We Be a Family Again? 60min/video

This Academy Award nominated film tells the story of two brothers who are being raised by their grandmother, yet still hold out hope for their mother's recovery from drug addiction, even after she's given up hope herself. This video shows the strength that brings two brothers together who long to be a family again.

G13. Grandparents Caring for Children: (2001) color video

Grandparents Caring for Children is a recording of a group of presentations at the Government Law Center of Albany Law School by grandparents who are serving the role of primary caregiver for their grandchildren. These short "stories" illustrate the diverse reasons why a growing number of grandparents and relatives are doing the work of parents. Their challenges, joys and needs are shared in an informative and poignant manner.

G14a. RAPP Family Portraits: Grandfamilies Tell Their Stories: (2005) - color video

G14b. RAPP Family Portraits: Grandfamilies Tell Their Stories: (2005) - color DVD

This short, locally produced documentary features youth, caregivers, and professionals involved in the Orange County RAPP Program as they share the importance of a formal kinship care program, and explore a specific project designed to assist RAPP youth and their families to tell their personal and familial stories. The Family Portraits project was designed to help youth and their relative caregivers recognize and share their individual and familial strengths through various art forms. Winner of the 2006 NEAFCS National award for "4-H Excellence in Afterschool Programming."

G15. The Adoption and Safe Families Act of 1997: Creative Strategies for Permanency (1999) 25 min./color video

Professional video documenting the law and recommendations for implementation.

G16. Protecting Your Retirement and Other Financial Information for Family Caregivers. DVD/VHS

This helps family caregivers not only have the financial information and documents to perform their caregiving duties, but also think about protecting their assets and preparing for the future.

G17. RAPP Attack!: (2008) - 7 min/DVD

This locally produced project illustrates how youth can work with their caregivers to learn about their families cultural history. A fun, game show format; includes a short RAPP "commercial."

G18a. Lean on Me. DVD only. (English)

G18b. Una Labor de Amor. DVD only. (Spanish)

A film about grandparents and other relatives raising children, designed to help kin caregivers know where to go for assistance and resources available. Available in both English and Spanish versions.

Media Literacy Education

H1. Meat (1993) -7 min./color video

A graphic exposé of media's sexual, and often brutal, portrayal of women and the ramifications for teens, young women and men. The topic of date rape is introduced in a clear manner. For use with older teen and young adult audiences.

H2a. Body Talk 1: The Body Positive (1999) - 28min./color video

This video is geared toward teens 12 and older dealing with body acceptance issues. In the video, teens of diverse backgrounds discuss the messages they receive from the media, family, and friends, and the effects of those messages on their body image and self esteem.

H2b. Body Talk 2: It's a New Language (2002) - 20 min./color video

In this video on body acceptance issues for children ages 8-11 years, children of diverse backgrounds and sizes talk about body esteem, puberty, trying to fit in and finding support.

H2c. Body Talk 3: My Special Body (2004) 20min./color video

This video is geared toward children ages 6 to 9 years to teach them that health can come at any size, to eat when hungry, stop when full and move. Children of diverse backgrounds, shapes and sizes talk about how they look, solutions for coping with teasing and the benefits of healthy eating and exercise.

H3. Picture Perfect (2002) 40min./color video

Is a look at the impact of media images on women and girl's physical, psychological and emotional health. The video examines body image, the interplay of race and ethnicity, dieting and eating disorders and early media influences. Is a valuable educational tool for school, agencies, families and other organizations. Serves as an excellent discussion starter, it prompts critical thinking skills and empowers viewers to be critical consumers of mass culture.

H4. What's in the News? Spin, Hype & Blitz: The Advertising Assault (1987) - 15min./color video

This educational video takes a look at some of the strategies advertisers use to influence what we eat, wear and think. This is a good introduction to media literacy and smart consumerism for children.

H5. Spin the Bottle: Sex, Lies and Alcohol (2004) - 44min./color video

By exploring the college party scene, Spin the Bottle shows the difficulties students have in navigating a cultural environment saturated with messages about gender and alcohol. Interviews with students, health professionals, and award winning media literacy critics provide a clear picture of the power and seductive role media plays across America's college campuses.

H6. Affluenza (1997) - 27 min./color video

Affluenza will expose students to the problem of over consumption and its effects on society and the environment. The one-hour program takes a hard, sometimes humorous look at the American passion for shopping; and how it leads to debt and stress for families, communities, the nation and the world. It also explores the strategies used by marketers to sell products to young people. The program is appropriate for students in grades 6-12, and in universities, and will be a useful resource for teachers of communications, mathematics, social studies, environmental studies and the arts.

H7. Taking Charge of Your TV: The Family and Community Critical Viewing Project (2002) - 4 min./color video

This short video hosted by Rosie O'Donnell reviews the four steps to making you and your children better television viewers. It warns parents about program interpretations and violence of many forms, as well as the sweets and toys that a child may be tempted to want.

H8a. Buy Me That! A Kid's Survival Guide to T.V. Advertising (1990)-28min./color video.

This is a very entertaining video resource for children. The video informs children of the editing tricks that advertisers use in the making of toy commercials. It also explains food advertising. This is a video that every child should watch, and it is even good for parents to watch it with them.

H8b. Buy Me That!: A Kid's Survival Guide to Food Advertising (2002) - 29min./video

This *Consumer Reports* program takes a bite out of misleading food commercials, exposing the numerous marketing gimmicks that food advertisers employ to get children to eat, drink and buy their products.

H9. The Glitter: Sex, Drugs, & the Media (1994) - 23min./color video

This video resource is very entertaining and informative. The video encourages adolescents to examine the content of what the media portrays. The video is full of commercials, which the teens in the video discuss and explain. They discuss the meaning behind the messages that media sends to teenage viewers, and the fact that the media sells beliefs as well as products. This video helps viewers begin questioning the role, and the influence, media plays on one's life, and is good for audiences beginning in the teenage years.

H10. Teen Sexuality in a Culture of Confusion (2002) - 40 min./color video

A thorough look at media's influence on sex and sexuality. Candid stories, told by teens, are interspersed with sound and insightful commentary by media experts. This video includes several good scenarios on choosing abstinence.

H11. Dream Worlds 2: Desire, Sex and Power in Music Videos (2002) - 1 hr. 52min./color DVD

This program raises critical questions and suggests new answers about the effect of music videos. Shocking and often disturbing, this DVD powerfully illustrates the systematic representation of women in music videos, and explores how these images have defined a very narrow and dangerous view of what it means to be male and female.

H12. Game Over (2002) - 41 min./color DVD

This documentary addresses the most unscrutinized media form of them all - video/computer games. By asking the questions: What are the messages these games deliver? Why are players mostly male? Do they desensitize children to violence? How do they represent race? What are the images of masculinity and power? and What are the images that women portray in the video game world; this program assists older youth and adults to understand the significance of this persuasive media entertainment form.

H13. In the Mix - Self-Image: The Fantasy, The Reality (1998) - 30min/color video

This episode of the award winning PBS series for pre-teens candidly explores the issues of gender, self-concept and sexuality, and the ways in which media's unhealthy and unrealistic sexual images can affect youth and young adults. The topic of eating disorders is addressed in a clear and informative manner, including information on where and how to get help.

H14. Killing Us Softly 3: Advertising's Image of Women (2000) - 34min./color video

The most recent addition to the award winning video series, *Killing Me Softly*. This video explores if and how the image of women in advertising has changed over the last 20 years, asking the question, "What does advertising tell us today about women?" Through the use of common place commercials, coupled with insightful dialogue, viewers are helped to look at familiar images in a new way and to learn to question them.

H15. In The Mix - Media Literacy: TV - What You Don't See! (1999) - 30min./color video

This video is a production by teens, for teens, about the world of media production. It provides a good overview of media literacy principles, including clear examples of the ways in which the media attempts to influence teens as consumers, as well as their beliefs, attitudes and behaviors.

Emergent Literacy Education

L1. School Readiness: Tips to Help Your Child Succeed (2004) color video or DVD

This colorful video, produced by Penn State Cooperative Extension, is designed as a tool to use with child care providers and parents of pre-school children as a simple means of illustrating the seven steps helpful in promoting school readiness. The why's, what's and how's of pre-school preparation are reviewed, along with specific suggestions of activities to do in the home or child care center/ family day care home for parents and caregivers. Physical, Cognitive, Social and Emotional readiness issues are included.

L2. National Reading Panel - Teaching Children To Read (2002) - color video

This video is about the National Reading Panel's research on reading and it's implications for reading instruction. Research on phonemic awareness, phonics instruction, reading fluency, reading comprehension, and computer technology is explored. Parts of this video can be used with parents in a class on early literacy. This video can also be used with the curriculum J26.

Curricula & Educational Resources

J1. Child Development: The First Six Years

By Susan Puffer. This series of worksheets is intended to help students understand the innate and growing abilities of a child from conception to age six.

Includes worksheets on:

The Embryo

The Newborn

Food and Play at Three Months

The Toddler's Personality

The Friendly Two Year Old

Friendly Fives

Success and Six

J2. 15 Easy Folktale Fingerplays

By Bill Gordh. These multi-cultural tales, and the accompaniment of "fingerplays" is meant to delight children while keeping them involved. The tales come from areas such as the US, Caribbean, Sweden, Russia, Middle East, and Brazil.

J3. Learning About Early Adolescent Development-Training for Adults and Teens Who Work with 9-14 yr/olds.

By Sally Jo Crosias, Curriculum and Training Specialist, Cornell Cooperative Extension, Cornell University. The training modules in this text were prepared to help adults understand and work with children 9-14 years of age.

Includes modules on:

What are 9-14 year olds like?

Nurturing Positive Self-esteem

Program Development

Succeeding with kids

Encouraging Partnership with Families

Leadership Development

Leadership & Discipline

Be a Great Communicator

Peace and Equity Development

We're Different and We're Alike

Gender Equality: An Issue of Fairness

J4. Successful Parenting: Self Esteem is the Key

By Barbara Lynn Taylor, M.Ed. This book is designed for parents in a workbook format on three areas of parenting: Self-Esteem, Communication and Discipline.

J5. Detroit Family Project Curriculum, Center for Urban Studies, Wayne State University

The curriculum is designed to offer a broader range of options for parenting. The "Choices and Consequences" unit provides the context for the topic areas.

Includes Modules on:

Choices and Consequences

Communication

Family Conflict Resolution

School Success

Substance Abuse and Health Issues

Sexual Responsibility

J6. Exploring Life Skills

This text, and accompanying workbook, is written specifically for middle school learners. The text, composed of six units, explores units on your personal best, consumer sciences, your relationships, your appearance, your home, and your diet.

J7. Workwise: Job Skills, Career Skills, Life Skills

Workwise is an effective and convenient teaching tool meant to give students an understanding of the world of work and helps them develop an awareness of themselves, and their career interest.

J8. Learning About Family Life, Families, Friends, and Feelings.

This text is in "journal" format and could be used in conjunction with other Home Economics curriculum and for programming.

Some topics covered:

My Family

Caring for Others

Healthy Food

Feelings About HIV/AIDS

J9a-c. When I'm Grown, Life Planning Education, K-2, 3-4, 5-6.

When I'm Grown is a curriculum designed for adults who assist children in the process of growing up. The curriculum also introduces the basic knowledge, attitudes and skills that children need in order to participate successfully and fully in adolescence and adult life.

J10. Bookstart: Introducing Books and Language

By Jennifer Birkmayer and Bonnie Jo Westendorf. This program is designed to help adults instill in young children a love of books that will benefit them later in school. This 104-page publication also includes activities to help adults strengthen their relationships with children and communicate values and interests. It tells how to assess the quality of books, choose developmentally appropriate books, use books to begin conversations with children, and help a child compose a simple book. Ideas for field study and hands-on projects are also included.

J10a. Bookstart Supplementary Learning Materials

Information and materials to supplement the Bookstart curriculum

J11. Teens Teaching Tots

This guide consists of service learning projects to help students understand and apply the fundamental concepts of service learning. The guide is meant to help students positively impact the lives of others; by identifying a community need and working cooperatively; by developing team building and group management skills. Also, guide calls for teens to prepare a presentation for younger children and evaluate the service learning project through reflection and discussion.

J12. Life Planning Education, A Youth Development Program

This program is intended to help young people find out who they are and who they hope to become, and most importantly, how best to get there. When it was first released, **Life Planning Education** was the first program to integrate the two major task of adolescents, preparing for the world of work and dealing with sexual and reproductive development, feelings, and behavior. Overall, the program is designed to teach teens that their educational and vocational goals will effect plans for a family, and that sexual decisions will in turn affect their vocational options.

J13. Advancing Youth Development

This curriculum was designed to assist facilitators in training youth workers in the core concepts of a youth development approach. The goals of the curriculum are to help participants become highly familiar with a “youth development approach” to working with youth, and understand the ways in which this approach can be applied effectively to the daily challenge of working with youth. Participants will also learn practical service strategies associated with the youth development approach and the ways in which to integrate these strategies with those strategies they currently use, while also enhancing their ability to work with young people. Finally, the program is meant to help participants become stronger resources to their communities and organizations by acquiring the knowledge and skill necessary to teach others the applications of a youth development approach.

J14. Building Life Skills: Teacher’s Resource Binder

Building Life Skills is an introductory level, comprehensive home economics text. The goal is to assist students learn about themselves and develop the life management skills they will need as they gain independence.

Includes Modules on:

Learning About Yourself

Managing Your Life

Understanding Children (Parenting)

Health & Nutrition

Reaching New Heights

J15. Celebrating Children: Issues and Teaching Plans for Parent Educators

Developed by Rutgers University Press. This curricula consist of 18 Teaching Plans for “Celebrating Children,” how they feel, how to enrich them and what they face in today’s society.

Topics covered include:

My Values/My Children’s Values: What’s the Difference?

Families and Television

Refining Praise

Creating a Musical Environment

Helping Out Children Learn Problem Solving Skills

Blended/Step Families = Strong Families

Talking to Your Children About Sexuality

J16. Developing Capable People, Participant’s Workbook

This workbook is composed of activities created to develop children into “capable people.” Includes worksheets on assessing ones environment, relationships, and sense of self.

J17. Teaching Body Confidence: A Comprehensive Curriculum for Girls (grades 6-9)

This curriculum was written for educator and professionals to be used with girls I grades 6-9. Includes handouts and lesson plans on the issue of body acceptance, body diversity and self-esteem. The lessons explore four significant themes: assertiveness, awareness, acceptance and action.

J18. What’s Up as you Grow Up?

A workbook for parents to use with children about sexuality. Is a good way to open dialogue between an adult and child.

J19. Learning Relationship Skills, Student Workshop with 37-min. color video

Student Workshop: Learning Relationship Skills, is a skill-building program designed specifically to teach adolescents the techniques needed to maintain positive relationships with peers, siblings, parents, and authority figures. This is done by teaching students to evaluate their friendships, be assertive without being aggressive, communicate effectively and respectfully, and to avoid and resolve conflicts peacefully.

J20. Changing Bodies, Changing Lives

Being a teenager is tough. This text is a tool for adolescents to use to make informed decisions about their lives, from questions about sex, love, friendship and how your body works; to dealing with problems at school and home and figuring out who you are. It's packed with illustrations, checklists, and resources for the answers you really need.

J21a. My Body Myself For Girls

This book covers everything that happens with the onset of puberty; from body image, height, weight, pimples and cramps, to first periods, first bras, and first impressions.

J21b. My Body Myself For Boys

This book covers such subjects as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, the emotional problem of puberty, diet and health.

J22. JAM: The Performance Edge Program

The Performance Edge, 9-min. video, and Leader's guide and Performance Magazine

For young people ages 12-15, this guide and magazine appeals to young peoples' desire to perform: for leaders, peers, parents, teachers, and coaches, and-most-importantly-for themselves. The video focuses on the effects smoking and drinking have on physical performance. The magazine uses athletic performance as a starting point but had a much broader message, encompassing performance in school, at work, and at play. It concentrates on supporting the majority of the students who do not use alcohol, tobacco, and other drugs. This set can be used in a variety of youth group, junior high, and high school settings- by teachers in physical education classes, health classes, or other classes; by coaches, either before or after practices; by school officials on parenting nights or at student assemblies, and by community or youth group leaders. It is most effective when it complements and supplements policies and other curricula- especially those that teach refusal and negotiation skills.

J23. Handling Relationships: 50 Problem-Solving Activities

By Steve Bunnell. This book contains activity sheets that present ideas that are intended to help students recognize the many ways that they can, and do, effect the outcome of their interactions with others. Each activity sheet introduces a short case study narrative which dramatize a specific relationship problem to be solved.

J24. Families, Friends, and Feelings: A Journal by...

Developed by Rutgers University Press, 1992. This workbook is designed to help children explore their imagination while having fun drawing pictures and creating descriptive stories or journal entries. The variety of exercises, including "My Family Tree", "Caring for Others", and "Healthy Food" will keep your child motivated.

J25. Solutions to Ten Common Parenting Problems

This parenting guide is designed to educate the child caregiver on vital subjects, such as: temper tantrums, overly active and hyperactivity, toilet training, eating problems, and sibling rivalry, to name a few.

J26. National Reading Panel: Teaching Children to Read (Second Edition 2002) 10min./color video and text

An evidence based assessment of the scientific research literature on reading and its implications for reading instruction. Information given by the National Reading Panel on their research into: Phonemic awareness, reading fluency, reading comprehension, teacher education, computer technology and identify gaps in current reading curricula.

J27. Multimedia Teen Pregnancy: With Interactive CD ROM

This is designed to provide a comprehensive lesson to help students learn how to set goals, improve their self-esteem, and make decisions. Some students may wish to complete only individual sections covering subjects in which they need improvement, while others will benefit from completing each of the sections of the program.

J28. Audiovisual Resources for Family Programming

Compiled by Barbara Jordan and Noreen Stackpole, 1995. The Family Education Audiovisual Directory includes descriptions and resource information for more than 1,700 non-print items on topics of interest to parents, parent educators, social workers, school and community groups, and librarians developing collections on family resources. This directory reflects the audiovisual holdings of the Suffolk Family education Clearinghouse, a resource center for family-serving professionals located at the Middle County Public Library in Centereach, New York. Originally compiled as an access tool for Clearinghouse users, this directory has great value as a buying guide and sourcebook for those looking for audiovisuals on topics related to family life and family wellness.

J29. Positive Images: Teaching Abstinence, Contraception and Sexual Health

By Peggy Brick and Bill Taverner. This book is distributed by Planned Parenthood, and is a resource for teachers who want to help students figure out what is really important in the area of sexuality. This curriculum focuses not simply on the mechanics of prevention behavior but on the crucial developmental, social, emotional, interpersonal, historical, cultural, and even cross cultural forces that shape it.

J30. Empowerment and Family Support

A Cornell Cooperative Extension publication. The articles contained in this two-volume six-issue book were written as part of a research, program development, and dissemination project funded by the Ford Foundation.

J31. Talking With Kids About AIDS

By Jennifer Tiffany, Donald Tobias, Arzeymah Raqib and Jerome Ziegler. This curriculum is designed especially for parents, to help provide children with basic knowledge on HIV and AIDS, including exercises providing general information on HIV and AIDS. Also exercises on how to explain HIV and AIDS to children, risk factors for contracting the disease. Includes color video.

J32. Helping Teens Stop Violence

A guide for adults who work with and care about young people, this book provides a step by step program to empower young people to resist abuse and prevent violence in their relationships.

Includes sections on:

Preparing to Work With Teens

Liberation Theory and Practice Workshops

Teen Support Groups

J33. Creative Conflict Resolution: More than 200 Activities for Keeping Peace in the Classroom

By William Kreidler. This book helps teachers respond creatively and constructively to the conflicts that occur in every K-6 classroom by offering conflict resolution techniques. The book comes complete with examples, worksheets, classroom-tested activities, and cooperative games.

J34. Making Peace: A 15 Session Violence Prevention Curriculum for Young People

By Paul Kivel and Allan Creighton with the Oakland Men's Project. This is a book, with a series of handouts, meant to take on many of the issues that can sometimes lead to violence in today's society.

The worksheets cover issues such as:

Racism

Anti-Semitism

Homophobia and Heterosexism

Self-Directed Violence

J35. Parent Caregiver Partnerships

By Christiann Dean, a Cornell Cooperative Extension Publication. Aimed at parents of children in any form of daycare, as well as caregivers, this book presents a program meant to teach parents and caregivers to communicate effectively about children's needs, as well as their own. In addition, it is meant to encourage parents and caregivers to act together in informing policy makers about their needs.

J36. Prevention of Youth Violence

By Heidi Haugen, Youth and Families at Risk Initiative. The focus of this book is helping develop family and life professionals and volunteers to help children grow up safely and sanely. Included in the book is information on the prevention and risk factors for violence among youth.

J37. Backyards and Butterflies: Ways to Include Children with Disabilities in our Outdoor Activities

By Doreen Greenstein. This book contains ideas to make the outdoors more accessible and safer for all children by presenting different ideas for activities and insight into accessibility and safety. Within the book, there are chapters on Nature, Animals, Gardening, the use of Wheels, Swings and Slides, as well as Measurement and Materials.

J38. Too Smart For Trouble

By Sharon Scott. This book is designed as a read-a-long guide to help children learn how to say no, yet still be liked by their peers.

Includes sections on:

Making Decisions

Stories on Bad Peer Pressure

Practicing Techniques

J39. A Volcano in My Tummy: Helping Children to Handle Anger

By Eliae Whitehouse and Warwick Pudney. Through activities, stories, articles, games, and learning, this book is designed for schools and community groups to help children live successfully, healthy, happily, nonviolently, and with motivation. These activities are also meant to allow children to have good relationships and love without fear.

J40. Teaching Young Children in Violent Times: Building a Peaceable Classroom

By Diane E. Levin, Ph.D. This guide is aimed at violence prevention and conflict resolution for children in preschool through grade 3. It is a tool to help teachers create a classroom where young children learn peaceful alternatives to the violent behaviors modeled for them in the media and beyond. The guide can also be used to help children learn to respect one another's differences.

J41. Playing with Fire: Creative Conflict Resolution for Young Adults

By Fiona Macbeth and Nic Fine. This book presents a complete training program for helping teens and young adults deal creatively with interpersonal conflict and violence by exploring anger, hurt, conflict, communication, assertiveness, and conflict defusing skills.

J42. Cooperative Communication Between Home and School

This text is a guide for developing effective parent involvement programs. The program attempts to help parents and teachers learn to communicate better with each other and to involve parents in schools in meaningful ways. Included are parents and teacher lesson plans and video.

J43. Media Toolkit for Anti-Drug Action, with CD-ROM

This kit serves as a blueprint to help educators in the fight against youth drug use, by stressing the ideal of choosing to live drug free.

J44. It's Your Choice: Preventing Pregnancy and STD's, with color video (1996, 28:32 minutes)

This kit is meant to inform teens of the issues associated with sex. In addition, the kit encourage those who are sexually active to consistently practice risk reducing behaviors, so as to reduce the spread of STD's and slow pregnancy in the teen population. Includes worksheets.

J45. Project Alert: A Drug Prevention Program for Middle Grades, with color videos

A 14-lesson drug prevention program, this kit is aimed at middle schoolers. The goal of the Project Alert is to reduce substance abuse my children, by pushing student involvement, interaction, and development of skills. The program develops the motivation needed to not abuse substances, by showing the consequences — both long and short term — of using, and reinforces skills for resistance.

J46. Unequal Partners: Teaching About Power and Consent in Adult-Teen and Other Relationships

By Sue Montfort and Peggy Brick. This book, distributed by Planned Parenthood, is meant to help teach young people the characteristics of healthy relationships and how to avoid, change, or end unhealthy relationships. Also, the book aims to help young people avoid life-limiting problems, such as substance abuse, pregnancy, and STD's.

J47. It's Perfectly Normal

By Robie H. Harris. This book serves as a colorfully illustrated guide to the process of growing up. It covers such topics as physical development, questions of sexual attraction, contraception, menstruation amongst many other things.

J48. National Seminar Series: Supporting Young Children in Challenging Times-

A Presentation by T. Berry Brazelton et al. This curricula covers presentations, given at Cornell University by various experts on supporting children during challenging times. These presentations cover:

Emotional Competence of Children

Development

Coping with Stress

Community Involvement

J49. It's About Time: Balancing Work and Family

By Aid Association for Lutherans. This is a board game for families with children ages 6 and up. It's objective is analyzing how a family works together to accomplish tasks on time.

J50. Parenting 101- Because Kids Don't Come With Instructions

By Melanie Bazarte Ed. D. This curricula, which includes an index by age, is aimed at parents with 'truly no time to read.' It is meant to cultivate good parenting habits, such as unconditional love, good management habits, and a sense of humor.

Includes sections on:

Social Emotional Growth

Physical Development

Discipline

Nutrition

Play and Toys

Reading and Books

J51. Teens as Parents of Babies and Toddlers

A Cornell Cooperative Extension Publication, by Jennifer Birchmayer and Bonnie Jo Westendorf. A resource guide for educators, this 40 session curriculum is meant to offer a set of ideas for educators to use when working with teen parents. Includes sections, with background information and suggested hands-on activities on:

The Social World of Teen Parents
Babies
Toddlers and Two Year Olds
Health and Safety

J52. Food, Culture and Reading - curriculum and CD set

By Diane Mincher, Nutrition and Food Specialist, U of Vermont Extension, 2006. This simple and fun nutrition education program is designed to use with children in pre-school through grade two. Using picture books and experiential activities to learn about food and different cultures, these six lessons highlight healthy foods that children eat from around the world. Each lesson includes an activity sheet, recipes and a parent newsletter.

J53. Parenting Skills Workshop Series- A Manual for Parent Education

This short-term program is useful to parents who need immediate and practical parenting skills, by presenting chapters on, amongst other topics, basic parenting skills, structured learning, and empowerment. The program is especially designed for parents with limited skill or limited interest in reading.

J54. Elder Abuse Prevention Training Manual

This manual is meant to provide information on elder abuse, including understanding the risk factors, challenges, and the role of community in combating the problem.

J55. Parent Making

This book presents a practical program for teaching parent classes about babies and toddler. The book comes complete with handouts and homework assignments for parents.

J56. Strengthening Families, with Color Videos

By Virginia K. Molgaard Ph.D., Karol Kumpfer Ph.D., Elizabeth Fleming. This is a video based curriculum to be used with parents and youth ages 10-14. The Strengthening Families is a seven session program focusing on reducing family related risk factors for adolescent problem behaviors and building protective factors for adolescent children and their parents/caregivers. Curriculum includes activities to help parents learn nurturing skills that support their children, teach parents how to effectively discipline and guide their youth, give youth a healthy future orientation and an increased appreciation of their parents and to teach youth skills for dealing with stress and peer pressure. Also includes a version of program to use with parents who may not relate to video tapes (i.e. non-English speaking, parents whose ethnic background may render video tapes inappropriate). A booster session to be used 6 months after program is available.

J57. Facts...Just the Facts about Child Support, with color video

NYS Office of Temporary and Disability Assistance. This study guide, and accompanying tape, are parts of a campaign to prevent teenage pregnancy and encourage the establishment of paternity and child support of for the children of unmarried teenage parents. The campaign is targeted at youth ages 12-24, male and female, parents and non-parents.

J58. The Developing Child: Understanding Children and Parenting (1997)

A basic yet thorough child development text for students in early childhood, health and/or family and consumer sciences education. Units include: Children, Parenting and You; Pregnancy and Birth; The Baby's First Year; The Child From One to Three; The Child From Four to Six; and Special Areas of Study. Provides suggested opportunities for student observation and self-reflection.

J59. Training Childcare Staff to Work with 9 to 14 Year Olds (1994)

By Sally Jo Crosiar, Polly Spedding, Cornell Cooperative Extension

The handbook contains thirteen workshop outline that have been field tested by Cornell Cooperative Extension Agents in training school-aged childcare staff across New York State. The outlines are designed to help staff members enhance the quality of care for children – especially older children- in their SACC programs.

J60. Help for Grandparents Raising Children with Developmental Disabilities (1999)

By Janette Dennis Cohen Cornell Cooperative Extension Broome County. A workshop curriculum designed for those who work with relative caregivers who have assumed a parenting responsibility for grandchildren or relative children with developmental disabilities. The workshops are each written to provide practical and useful information to grandparents in a user-friendly way. These workshops include topics on: recognizing special needs; coping; discipline; education; legal issues; and youth and teens. Sample publicity, evaluation forms and additional resource suggestions are also available.

J61. Preparing Tomorrow's Parents Today

A guide to give insight into parenting education for young people. The Parenting Project educates the public about the importance of parenting preparation for children and teens, and provides guidance and resources for educators and advocates. It provides information about various types of programs across the country that can help reduce teen pregnancy, discourage child abuse and promote better mental health. To be used in preparenting education programs. (use with video A12)

J62. Parenting: Rewards & Responsibilities: Textbook & Supplemental Materials 6th edition (2003)

This text book prepares students for the challenges and joys of parenting. Feature topics include: Building parenting skills; Importance of commitment, Alertness, Patience, and Creativity as a Parent; Raising Children with Character; Parenting Questions and Answers; and Exploring Career Options. Health, safety, and cross-curricular information are integrated throughout the text. This teaching tool includes the text book, re-teaching activities workbook, Practicing Parenting workbook, Parent and Home Involvement workbook, and a student workbook.

J63. Fragile: Handle With Care: A Shaken Baby Syndrome Prevention Facilitator's Guide

This facilitators guide goes along with the Portrait of a Promise Video, giving you the materials you will need to present this very important topic to parents, and anyone working with children and families. The guide includes a presentation script, numbered transparencies, two videos, and brochures to share with participants.

J64. Developmental Profiles: Pre-Birth Through Eight, 3rd Edition

This small text offers a comprehensive, yet concise guide to the development of young children. Parent, caregivers, and educators alike will find this book interesting and informative. It describes developmental milestones from pre-birth through age eight in a non-technical style. Developmental Profiles provides basic knowledge, informing readers of what they can expect and how they can provide appropriate learning experiences at each stage of development.

J65. The Decision is Your Series

A three paperback book series that presents realistic situations to allow the reader to choose their own path and see the consequences of their decisions. Book titles are *Bully on the Bus*, *Finders Keepers*, and *Making the Grade*.

J66. Violence Prevention Resource Guide for Parents

By Peggy Patten and Anne S. Robertson. This publication has been organized to offer easy access to information on the three primary developmental stages in childhood: The Early Years, The Middle Years, and The Teen Years. Within each section are subsections that identify some of the issues that have an impact on violence in children, and over which parents have a significant amount of control. In addition, each subsection has been summarized as a one-page handout for busy parents and professional (this can also be easily copied and shared with others)

J67. Parenting The Second Time Around (2001, 2004, 2008)

By J. Birckmayer, J. Cohen, I. Jensen & D. Variano. A curriculum for people who wish to lead workshops for relative caregivers who have assumed a primary parenting role. This eight-week series contains outlines, handouts and supplementary material for the leaders. Each workshop is estimated to take 2 hours. Topics include: It Wasn't Supposed to Be Like This: Life as a Parenting Grandparent; Getting to Know You and Your Grandchildren; Rebuilding a Family (Grandparent/Child/Grandchild Relationships); Discipline is Not a Dirty Word, But It May Look Different Today; Protecting and Planning for Your Grandchild's Future: Finding Help with Legal Issues; and Standing Up for Grandparents and Grandchildren's Rights: Advocacy. Two new lessons: Grandparents and Teens Living Together and Living with Teens Can be Challenging were added in 2008.

J68. Caring for Infants and Young Children: Teachers Guide (1989)

A guide for teachers about working with infants and young children. This guide includes 54 reproducible masters, audio cassette and teachers guide with answer key.

J69. Discipline is NOT a Dirty Word (1987, 1995, 2001)

By Jennifer Birckmayer. This curriculum lists seven principles of discipline that parents, teachers, and others can use with children. These include focusing on "do" instead of "don't" statements; helping children to feel lovable and capable; offering children appropriate choices; changing the environment rather than the child's behavior in certain situations; working with rather than against children; giving children safe limits they can understand; and setting a good example. These seven principles are designed to help you remember them during difficult times.

J70. A Smart Start: Nutrition for Life-Grades 9-12

This easy to use curriculum addresses the many important health issues related to teenage pregnancy and parenting. The materials seek to help mothers promote the healthy development of their babies and prevent such harmful consequences of premature parenthood as low birth weight, infant mortality, and child abuse and neglect. Lesson topics include: Changing bodies, the Inside story, Gaining Well, Breast or Bottle?, What Babies are Like and Taking Care.

J71. Sex Can Wait: A Middle School Program

Modified by the staff from the Health Education Projects Office at the University of Arkansas. This curriculum is a five week sexuality program designed to promote sexual abstinence. The activities in the abstinence based program are designed to teach young people life skills that can help them to act in their own best interests. Skills covered involve respect for self and others, making wise decisions, communicating clearly and effectively and considering how present behavior can influence future goals and plans. Includes modifications for Title V and Federal AFL Projects, Approved by OAPP (Office of Adolescent Pregnancy Programs).

J72. Assignment: Media Literacy (2000) color video/curriculum with lesson plans

This set of curriculum resources is designed to introduce media literacy concepts and activities into the K-12 classroom. Through these hands-on lessons, children get the opportunity to reflect on the role of the media in our society and relate the issues explored to character and values.

J73. Beyond Blame: Challenging Violence in the Media – Introduction and Overview

This set of "user friendly" resources is designed to help older students, parents, caregivers, educators and policy makers understand the links between "make believe" media violence and real violence, and learn how to challenge these images and behaviors. Camera-ready masters, background reading material and videotapes are all included.

J74. Beyond Blame: Challenging Violence in the Media: Teen/Adult, Parent/Caregiver

See Description in J73. Materials and activities are designed for use with Teens/Adults, and Parents/Caregivers.

J75. Media Alert: 200 Activities to Create Media Savvy Kids (2000)

By Sue Lockwood Summers. Littleton, Colorado

This slim resource contains excellent and user friendly material to help teach pre-school through HS students critical thinking skills about the media. Contains 50 hands-on lessons.

J76. Parenting in a TV Age

An excellent introductory media literacy kit, designed to reach parents, caregivers and educators who live and work with young children. Using the model of: Awareness, Analysis, Reflection and Action, this program explores the how's and why's TV affects children's behavior, values and attitudes. Excellent activities and suggestions for smart consumerism and making realistic family changes are included.

J77. Break the Lies That Bind: Sexism in the Media

This media literacy workshop kit contains six creative learning modules to introduce, explore and evaluate the pervasive and powerful issue of sexism in the media. Designed for older students and all adults, materials include a leaders' guide, handout masters and background reading material for educators.

J78. Act Against Violence

A short booklet and companion materials detailing how understanding child development can help prevent violence. Excellent recommendations on teaching to young children.

J79. The Ties That Bind (2001)

A series of 25 reader-friendly fact sheets created to address the problems of parental substance abuse and its impact on kinship care. Excellent resource to assist caregivers to understand and cope with these issues.

J80. Prenatal Alcohol and Other Drug Exposure: A Tool Kit for Caregivers (2006)

A set of fact sheets and curriculum designed to be used with caregivers who may be caring for a child who has been prenatally exposed to alcohol and drugs, and the effects on the child both prenatally and in the postnatal and early childhood environment.

Teaching Tools

K1. Parenting Jeopardy Game: 2002/ Classroom Activity Game

This game highlights parental responsibilities and information necessary to make an informed decision on when is the right time to become a parent. Through this game, teams of students can test their knowledge and gain information on the realities of parenting, and the consequences of becoming a parent before you are ready.

K2. The Cost of Raising a Child: The Price is Right?: 2002/Classroom Activity Game

Through this interactive game "The Price is Right," teams of students will learn about the real cost of raising a child for the first year of life.

K3. BABYOPOLY An Educational Game... about life!

An interactive way students can learn the consequences of taking on the role of a parent before you are ready.

K4. Families and Aging: Dilemmas & Decisions: Activity Game

An educational game during which players confront problems, dilemmas, and decisions families face in later years. These include placing a parent or spouse in a nursing home, providing care to an ill, older relative, and responding when a person says, "Let me Die." Players are challenged to examine their values and attitudes, to identify alternative approaches to problems, to view issues from the perspective of various family members, and to consider the impact of decisions on themselves and others.

K5. My Very First Mother Food Nursery Rhyme Matching Game

Is a game for children ages 3-6. This game will help players to develop listening, visual, matching and memory skills as well as important social skills such as rule following, sharing respecting other.

K6. Candy Matching Game

Is a game for children ages 5 and up to help them develop visual, matching and memory skills.

K7. Harold and the Purple Crayon

Is a game for 2-4 players ages 4-7 years. It helps players develop drawing, reading, storytelling, sequencing and memory skills.

Additional Resources

1. Empathy Belly

An effective tool to be used within the classroom under the guidance of the teacher. It allows the students to physically feel what it is like to be pregnant. It is appropriate for both male and female students. Includes an instructional video.

2. Real Care Babies

A tool to be used with students to give a realistic demonstration of what it is like to care for a baby. The "babies" can be used for classroom demonstration or be programmed and sent on an overnight with the students. The "babies" need to be cared for when they fuss, are hungry, tired, or need a diaper change. Babies are available in several different ethnicities.

Our babies and belly have found a new home at Maternal-Infant Services Network! Please call 845-928-7448 for more information about this free loan.

3. Health Information Project Top-Ranked Videos

These videos, reviewed and recommended by teens for teens, are available for free loan with a Mid-Hudson System library card, or through your local public library. For detailed borrowing information, please see the project website: <http://hip.midhudson.org> (See pages 49-56 for the complete listing)

DVD/VIDEO TITLE	FORMAT	LENGTH	DATE	GRADE
Healthy Body, Healthy Body Image	DVD/VHS	23 min.	2005	7 – 12
Wasting Away (Teens At Risk Series)	DVD/VHS	16 min.	2005	7 – 12
Memoir to My Former Self	DVD/VHS	15 min.	2004	6 – 12
Understanding Anorexia and Bulimia	DVD/VHS	21 min.	2004	6 – 12
Fat Like Me: How to Win the Weight War	DVD/VHS	40 min.	2003	6 – 12
Preventing Eating Disorders Promoting Positive Body Images	VHS	12 min.	2003	6 – 12
Understanding Eating Disorders	VHS	27 min.	2003	7 – 12
Body Image for Boys	VHS	18 min.	2002	6 – 12
Tattooing and Body Piercing: Thinking Smart About Body Art	VHS	22 min.	2001	6+

BULLYING (see also VIOLENCE PREVENTION)

7 Ways to Block a Cyberbully NEW	DVD	20 min.	2008	6 - Adult
Bully Girls	DVD	19 min.	2006	6+
Cyberbullies	DVD/VHS	17 min.	2006	6+
Standing Tall: Learning Assertiveness Skills	DVD/VHS	24 min.	2006	5 – 9
Teen Truth: An Inside Look at Bullying and School Violence	DVD	24 min.	2006	9 – 12
Bullying: The Internet and You	DVD/VHS	22 min.	2005	5 – 9
Stop Bullying! Take a Stand!	DVD	29 min.	2005	5 – 9
Bystander Issues and Bullying (Urban Improv)	VHS	26 min.	2004	7 – 12
No Name-Calling: Creating Safe Environments	VHS	27 min.	2004	6 – 8
Taunting, Gossiping, Hazing: It's Harassment	VHS	24 min.	2004	9 – 12

CAREERS, EDUCATION AND FINANCE

Stash That Cash	DVD	22 min.	2007	7 – 12
Now What? Non-College Opportunities for High School Graduates	DVD	16 min.	2007	7 – 12
Stolen Futures: Working to Resolve Identity Theft NEW	DVD	11 min.	2007	9+
You're Hired! Skills You Need to Get the Job You Want NEW	DVD	17 min.	2007	8 - Adult
Dude I Need to Find a Job	DVD/VHS	16 min.	2004	10 – 12
Credit Card Abuse/Gambling Addiction	VHS	21 min.	2002	6 – 12

CLUB DRUGS (including ECSTASY & GHB)

Club Drugs: When the Party Is Over	DVD/VHS	28 min.	2005	6 – 12
Ecstasy: Just How Dangerous Is It?	VHS	13 min.	2003	6 – 8
GHB: The Facts	VHS	23 min.	2003	7+
Club Drugs: The Real Deal	VHS	28 min.	2002	9 – 12
Club Drugs: What You Should Know	VHS	20 min.	2002	7 – 12
Ecstasy: First Pill or Last?	VHS	20 min.	2002	9 – 12
What's Wrong with Ecstasy and Other Club Drugs	VHS	25 min.	2002	6 – 12

COPING SKILLS (see also DECISION MAKING/PEER PRESSURE)

Moving On from High School	VHS	14 min.	2003	9 – 12
Moving On to High School	VHS	15 min.	2003	6 – 8
Moving On to Middle School	VHS	17 min.	2003	5 – 6
Terrorism and Fear: Helping Students Understand	VHS	20 min.	2002	6 – 12

DATING ISSUES (includes RELATIONSHIPS & DATE RAPE; see also VIOLENCE PREVENTION)

Date Rape: a Violation of Trust NEW	DVD	28 min.	2008	9+
Teen Safety: Dating and Relationships NEW	DVD	17 min.	2008	6 - Adult
Ten Signs of Relationship Abuse NEW	DVD	28 min.	2008	7 - C

DVD/VIDEO TITLE	FORMAT	LENGTH	DATE	GRADE
Open Arms? Open Eyes! Power, Control and Abuse in Teen Relationships	DVD	28 min.	2007	7+
Love Shouldn't Hurt (In the Mix Series)	DVD/VHS	18 min.	2005	7 – 12
He Said, She Said: Sex and Consent at College	DVD	20 min.	2004	9+
Rape Prevention	DVD/VHS	27 min.	2004	6 – 12
Toothpaste (dating and sexual behavior)	DVD	27 min.	2004	9 – 12
Dangerous Games: Power & Control in Teen Dating Relationships	DVD/VHS	30 min.	2003	6 – 12
Date Escape! Smart Escape	DVD	50 min.	2004	7+

DEATH & GRIEF

Teens Dealing with Death	VHS	28 min.	2004	6 – 12
Dealing with Death	VHS	30 min.	2000	6 – 12

DECISION MAKING & PEER PRESSURE (see also ANGER MANAGEMENT, COPING SKILLS, & VIOLENCE PREVENTION)

Legal Consequences of Alcohol and Other Drugs	DVD/VHS	15 min.	2005	9 – 12
All That I Can Be: Military Recruitment from a Youth Perspective	DVD	19 min.	2004	9+
Boys to Men? Series (3 DVDs)	DVD	30 min.	2004	9 – 12
Ethics: Cheating and Plagiarism	VHS	30 min.	2004	5 – 12
Reality Matters: Taking Care of Me	DVD/VHS	24 min.	2004	6 – 12
The ABC's of Emotional Intelligence (LifeSteps Series)	VHS	30 min.	2003	6 – 12
Bouncing Back (LifeSteps Series)	VHS	30 min.	2003	6 – 12
Taking Charge (LifeSteps Series)	VHS	30 min.	2003	6 – 12

DEPRESSION in YOUTH (see also COPING SKILLS, MENTAL HEALTH & SUICIDE)

Depression: True Stories NEW	DVD	30 min.	2007	6 - C
Eternal High: A Teenager's Experience with Depression and Suicide That Will Change Your Life	DVD	30 min.	2006	6 – 12
Behind the Mask: Depression and Anxiety	DVD/VHS	22 min.	2005	6+
From Depression to Discovery: A Teenager's Guidebook	DVD/VHS	25 min.	2005	7+
Teen Depression (Real Life Teens Series)	VHS	22 min.	2002	8 – 12

DISABILITIES

Autism: The Musical NEW	DVD	93 min.	2007	7+
Understanding Brothers and Sisters with Asperger Syndrome (4 programs for 4 age groups) NEW	DVD	7 – 46 min.	2007	Preschool - Adult
Dealing with Disabilities (Skills for Healthy Living Series)	DVD/VHS	30 min.	2006	9 – 12
Intricate Minds: Understanding Classmates with Asperger Syndrome	DVD/VHS	12 min.	2005	7 – 12
Autism Is a World	DVD	40 min.	2004	6+
Teens and ADHD	DVD/VHS	15 min.	2004	6 – 12
Kiss My Wheels	VHS	57 min.	2002	8+

FAMILY ISSUES

Divorce and Stepfamilies: Breaking Apart, Coming Together (In the Mix)	DVD/VHS	30 min.	2005	4 – 12
Stages of Family Recovery	DVD	36 min.	2005	6 - 12
Codependency, Emotional Violence & Domestic Abuse	DVD/VHS	27 min.	2004	6 – 12
Lost Childhood: Growing Up in an Alcoholic Family	DVD	30 min.	2004	6+

DVD/VIDEO TITLE	FORMAT	LENGTH	DATE	GRADE
Troop 1500 (girls whose mothers are in prison)	DVD/VHS	68 min.	2004	6 – 12
Divorce: A Survival Guide for Kids	VHS	15 min.	2002	6 – 12
Living with Addiction: A Family Disease	VHS	23 min.	2002	7 – 12
Why Can't We Be a Family Again?	DVD	27 min.	2002	6 – 12

GENDER ISSUES

Boys to Men: Are You Listening? (See also Boys to Men Series in <i>Decision Making</i>)	DVD	52 min.	2004	9 – 12
Girl Wrestler	DVD/VHS	54 min.	2004	6+

HALLUCINOGENS

Truth About Hallucinogens	VHS	18 min.	2003	7+
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HEALTH & SAFETY

Teen Safety: When You Are Alone NEW	DVD	17 min.	2008	6 - Adult
Asleep at the Wheel: The Dangers of Drowsy Driving	DVD	15 min.	2007	7+
Choking Game	DVD	19 min.	2007	5 – 9
From A to ZZZZ's: What Teens Need to Know About Sleep	DVD/VHS	20 min.	2006	7 – 12
Hepatitis C: Live Virus Free	DVD/VHS	30 min.	2005	7 – 12
Teens and Tanning: Sun Safety Update	DVD	16 min.	2005	6+
Weighing the Risks: Gastric Bypass Surgery	DVD	16 min.	2005	7+
Don't Catch the Killer: Meningococcal Disease	VHS	22 min.	2004	9+
Listen Smart: Safely Handling the Power of Sound	DVD/VHS	15 min.	2003	6 – 12
Living With...(a serious illness)	VHS	30 min.	2003	7 – 12

HEROIN

Cocaine and Heroin: Still Here, Still Deadly NEW	DVD	22 min.	2008	7+
Heroin: The Road of Addiction	DVD/VHS	24 min.	2006	9 – 12

HIV & AIDS (see also STIs)

Reflections	DVD	20 min.	2007	9 – 12
Understanding HIV and AIDS	DVD	17 min.	2007	5 – 9
AIDS Update: The Latest Facts About HIV and AIDS	DVD/VHS	28 min.	2004	9 – 12
HIV/AIDS 101	VHS	25 min.	2003	9+

INHALANTS

Huffing: The Latest Facts About Inhalant Abuse	DVD	20 min.	2007	5 – 9
Real True and False About Alcohol, Marijuana and Inhalants	VHS	15 min.	2003	6 – 9

LEGAL RIGHTS AND CONSEQUENCES

Legal Consequences of Alcohol and Other Drugs	DVD/VHS	15 min.	2005	9-12
Juvies NEW	DVD	66 min.	2003	9 - Adult

MARIJUANA

Myths of Marijuana Debunked NEW	DVD	21 min.	2008	6 - 12
Marijuana Papers: Research Update	DVD/VHS	22 min.	2005	7 – 12
Marijuana: A Video Guide for Parents & Professionals	VHS	26 min.	2004	Adult
Marijuana Vacancy: The Life of a Pot Smoker	VHS	12 min.	2003	6 – 8
Real True and False about Alcohol, Marijuana and Inhalants	VHS	15 min.	2003	6 – 9

DVD/VIDEO TITLE	FORMAT	LENGTH	DATE	GRADE
MEDIA LITERACY				
Growing Up Online NEW	DVD	60 min.	2008	8 - Adult
Dreamworlds 3: Desire, Sex & Power in Music Video NEW	DVD	37 min.	2007	9 - Adult
Selling Children: How Media Affects Kids	DVD	22 min.	2007	5+
Sexy Inc: Our Children Under Influence NEW	DVD	36 min.	2007	9 - Adult
Analyzing Media Influences (Skills for Healthy Living Series)	DVD/VHS	30 min.	2006	9 – 12
Something Stinks in Hollywood: How Movies Sell Smoking	DVD	NA	2005	6 – 12
TARGETED! How Tobacco & Alcohol Companies Try to Get You Hooked	VHS	24 min.	2004	7+
MENTAL HEALTH (see also COPING SKILLS, DEPRESSION)				
Adolescent Onset Schizophrenia (Keeping Kids Healthy Series) NEW	DVD	26 min.	2008	10 - Adult
Am I Normal? Teens and Emotional Health NEW	DVD	22 min.	2008	7+
Teen Anxiety Disorder: Taking It Seriously (Keeping Kids Healthy Series) NEW	DVD	13 min.	2008	10 - Adult
METHAMPHETAMINES				
Not a Game NEW	DVD	11 min.	2007	8 - 12
Rushing, Crashing, Dying: The Meth Epidemic	DVD	25 min.	2007	7+
Choose Life or Choose Meth NEW	DVD	39 min.	2007	8 - A
Methamphetamines: The Hard Facts	DVD/VHS	20 min.	2003	7+
Ruined Lives: The Dangers of Methamphetamine	VHS	30 min.	2003	9+
What's Wrong with Methamphetamine?	VHS	28 min.	2002	6 – 12
NUTRITION & FITNESS (see also BODY IMAGE/EATING DISORDERS)				
Obesity in a Bottle: Understanding Liquid Calories and Nutrition	DVD	21 min.	2006	5+
Portion Size Me: A Study of Healthy Fast-Food Choices	DVD	25 min.	2006	7 – 12
Portion Size Me, Too: How to Make Healthy Fast-Food Choices	DVD	25 min.	2006	7 – 12
Fit for Life (In the Mix Series)	DVD/VHS	30 min.	2005	6 – 12
Weighing the Risks: Gastric Bypass Surgery	DVD/VHS	16 min.	2005	7+
Battling Obesity: Kids Taking Charge	VHS	28 min.	2004	7 – 12
Let's Do Lunch	VHS	26 min.	2004	6 – 12
Super Size Me EE (Educationally Enhanced)	DVD	96 min.	2004	6+
The ABCs of Vitamins	DVD/VHS	24 min.	2003	7 – 12
Fat Like Me: How to Win the Weight War	DVD/VHS	40 min.	2003	6 – 12
Food, Health and Exercise	VHS	23 min.	2002	7 – 12
PARENTING (TEENS)				
Life Skills for Teen Parents, volumes 1 and 2	DVD	35 min.	2007	6+
Taking Care of Baby: Tips and Techniques	DVD	23 min.	2006	7+
Growing Up Fast	DVD/VHS	36 min.	2004	6 – 12
PREGNANCY				
From Conception to Birth	DVD	25 min.	2006	9 – 12

DVD/VIDEO TITLE	FORMAT	LENGTH	DATE	GRADE
The Listening Heart (Fetal Alcohol Syndrome)	DVD	37 min.	2005	9+
Teen Pregnancy: Reel Stories, Real Life	VHS	15 min.	2002	9 – 12

PREJUDICES & RACISM

They Call Me Muslim NEW	DVD	27 min.	2006	9 - 12
Prejudice (Urban Improv)	VHS	29 min.	2004	7 – 12
Dealing with Differences (In the Mix New Normal Series)	VHS	30 min.	2002	7 – 12
What Do You Believe? Spiritual Lives of American Teenagers	VHS	50 min.	2002	9 – 12
The Angry Eye	VHS	35 min.	2001	9+

PRESCRIPTION DRUGS

Generation RX (Peers Influence Peers) NEW	DVD	60 min.	2008	8+
Oxycontin and Other Prescription Drugs: Killing the Pain	DVD	35 min.	2005	9+
Prescription Drug Abuse: A Prevention Video	VHS	16 min.	2004	6 – 12

SELF-ESTEEM (see also BODY IMAGE/EATING DISORDERS)

Me, Myself and I NEW	DVD	23 min.	2007	9 - 12
Learning to Like Yourself (Skills for Healthy Living Series)	DVD/VHS	30 min.	2006	9 – 12
Taking Care of Me (Reality Matters Series)	DVD/VHS	25 min.	2004	6 – 12
Self-Esteem: Building Strengths	VHS	30 min.	2002	7 – 12

SELF-INJURY

Hidden Scars, Silent Wounds: Understanding Self-Injury	VHS	25 min.	2002	8 – 12
Skin Deep: Understanding Self-Injury	VHS	15 min.	2001	6 – 12

SEXUAL BEHAVIOR (see also DATING ISSUES, PREGNANCY, SEXUAL IDENTITY, & STIs)

Silence Ain't Sexy NEW	DVD	27 min.	2007	9 - 12
Choices We Make (What's the Real Deal Series) NEW	DVD	16 min.	2006	9+
Sex and Consequences (Skills for Healthy Living Series)	DVD	30 min.	2006	9 – 12
GRIMY: A Film About Sex Made by Teens for Teens	DVD	13 min.	2005	9 – 12
Oral Sex: Fair Game	DVD/VHS	22 min.	2005	9 – 12
Adolescent Sexuality (Urban Improv)	VHS	34 min.	2004	7 – 12
Birth Control (Sex Smart for Teens Series)	VHS	27 min.	2004	8+
Abstinence (Sex Smart for Teens Series)	VHS	34 min.	2003	8+
Nicole's Choice	VHS	15 min.	2003	7 – 12
Hope Is Not a Method	VHS	19 min.	2002	9+
The Real Deal About Birth Control	VHS	18 min.	2002	9 – 12

SEXUAL IDENTITY

Who I Am NEW	DVD	17 min.	2007	9 - 12
Breaking the Silence: LGBTQ Foster Youth Tell Their Stories NEW	DVD	35 min.	2006	11 -A
Gay Youth	DVD	30 min.	2005	7+
In My Shoes: Stories of Youth with LGBT Parents	DVD	31 min.	2005	9+
Being Gay: Coming Out in the 21 st Century	VHS	25 min.	2003	9+
Lipstick	VHS	10 min.	2002	8+

SMOKING & TOBACCO USE

Tobacco and Death: Perfect Together	DVD	27 min.	2007	8+
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DVD/VIDEO TITLE	FORMAT	LENGTH	DATE	GRADE
Smoking Out the Truth – Teens and Tobacco	DVD/VHS	24 min.	2006	7+
Something Stinks in Hollywood: How Movies Sell Smoking	DVD	NA	2005	6 – 12
Lighting Up: Gruesome Facts about Cigarette Smoking	VHS	20 min.	2004	5 – 12
How I Quit Smoking and Saved My Life	VHS	39 min.	2002	7 – 12
Secondhand Smoke: A Matter of Life and Breath	VHS	11 min.	2002	7 – 12
Smoking: The Toxic Truth	VHS	25 min.	2002	6 – 12

STEROIDS

Steroids: The True Story (Real People Series)	DVD/VHS	24 min.	2006	7 – 12
Steroids: True Stories NEW	DVD	20 min.	2006	6 - C
Ripped Apart	DVD/VHS	20 min.	2006	6+
Know the Score: The Dangers of Performance Enhancing Drugs	VHS	30 min.	2003	7+
Steroids: The Hard Truth (In the Mix)	VHS	30 min.	2002	9+

STIs (Sexually Transmitted Infections/Diseases; see also HIV/AIDS)

GRIMY: A Film About Sex Made by Teens for Teens	DVD	13 min.	2005	9+
Teens, Sex, and STIs	DVD	60 min.	2005	7 – 12
STIs (Sex Smart for Teens Series)	VHS	27 min.	2004	8+
Nicole's Choice	VHS	15 min.	2003	7 – 12
Sexually Transmitted Infections: What You Should Know	VHS	22 min.	2003	7 – 12

SUBSTANCE USE (see also specific substances)

Cocaine and Heroin: Still Here, Still Deadly NEW	DVD	22 min.	2008	7+
Teen Truth: An Inside Look at Drug and Alcohol Abuse NEW	DVD	21 min.	2008	7 - C
Addiction: Why Can't They Stop? (HBO Series)	DVD	360 min.	2007	7+
Drug Abuse and Violence, Why? (Teen produced - Peers Influence Peers)	DVD	60 min.	2007	6+
Addiction and the Human Brain	DVD/VHS	23 min.	2006	7+
Natural Highs and the Truth About So-Called "Natural Drugs"	DVD	18 min.	2006	7+
The New Face of Drugs	DVD	60 min.	2006	10+
On the Road to Recovery (Teen produced - Peers Influence Peers)	DVD	NA	2006	9+
Weighing the Risks (Skills for Healthy Living Series)	DVD/VHS	30 min.	2006	9 – 12
Abusing Over-the-Counter Drugs	DVD/VHS	20 min.	2005	7+
Legal Consequences of Alcohol and Other Drugs	DVD/VHS	15 min.	2005	9 – 12
Stages of Family Recovery	DVD	36 min.	2005	6 – 12
Adolescents and Co-Occurring Disorders	VHS	24 min.	2003	9+
Dying High: Teens in the ER	VHS	26 min.	2003	7 – 12
Everything You Need to Know About Substance Abuse in 22 Minutes	DVD/VHS	22 min.	2003	6 – 12
Getting Stupid: How Drugs Damage Your Brain	VHS	22 min.	2003	6 – 8
Real True and False About Alcohol, Marijuana and Inhalants	VHS	15 min.	2003	6 – 9
Living with Addiction: A Family Disease	VHS	23 min.	2002	7 – 12

SUICIDE (see also DEPRESSION IN YOUTH)

College Reality 101: Nod and a Smile (Teen produced - Peers Influence Peers)	DVD	NA	2006	9 - C
It's Never Too Late	DVD/VHS	28 min.	2005	7+

DVD/VIDEO TITLE	FORMAT	LENGTH	DATE	GRADE
Sometimes the Silence Can Seem So Loud	VHS	19 min.	2005	9 – 12
Suicide Awareness and Prevention	VHS	16 min.	2003	6 – 12
Suicide and Depression (Real People Series)	VHS	27 min.	2002	7 – 12
Identifying Warning Signs and Preventing Suicide (Teen Suicide: Finding the Will to Live Series, Pt.2)	VHS	20 min.	2001	9 – 12
Understanding Suicide: Why Would Someone Do That? (Teen Suicide: Finding the Will to Live series, Pt.1)	VHS	20 min.	2001	9 – 12

VIOLENCE PREVENTION (see also BULLYING, CONFLICT RESOLUTION & DATING ISSUES)

Teen Safety: Myths vs. Reality NEW	DVD	17 min.	2008	6 - Adult
Harassment Workshop	DVD	20 min.	2007	7+
It's Not About Sex NEW	DVD	23 min.	2007	9 - 12
Sexual Harassment: What You Can Do	DVD	20 min.	2007	7 – 12
Online Predators: Invading My Space NEW	DVD	20 min.	2006	7+
Youth and Guns (Teens at Risk Series)	DVD/VHS	18 min.	2005	7 – 12
Rape Prevention	DVD/VHS	27 min.	2004	6 – 12
Stepping Up to Peace (PeaceTalks Series)	VHS	30 min.	2004	9 – 12
Don't Suffer in Silence: Sexual Harassment	VHS	29 min.	2003	9+
Safe & Strong II: Sexual Assault Victim/Witness What to Do/What to Expect	VHS	37 min.	2003	9 – 12
Acquaintance Rape: The Perpetrators	VHS	25 min.	2002	9+
Acquaintance Rape: The Ultimate Betrayal	VHS	29 min.	2002	9+
Acquaintance Rape: The Victims	VHS	24 min.	2002	9+

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Look for this spine label that identifies Health Information Project videos and books.

