Abstinence: Sex Smart for Teens
75026 DVD 25 min IS 2003 Kinetic Video Inc.
ABSTINENCE - Forget scare tactics. Using a nonjudgmental approach, this program presents abstinence as a healthy choice. Topics include: Consequences of sex... emotions... STDs... pregnancy: Perceptions of virginity/ renewed virginity; Media messages... self-esteem... peer pressure; Smart dating... drugs and alcohol... refusal skills: Communicating with parents and trusted adults.
No Other Versions Available

B Careful When U Txt: The Dangers of Sexting and Texting
75460 DVD 19 min IS 2009 McIntyre Films
A nasty rumour spreads through school with lightening speed: A bully's taunt reaches its target instantly. A young teen is caught "sexting"—sending sexually explicit images or words over a cell phone. Today, kids no longer have to wait to get to a desktop computer to see and hear all the latest gossip. It's right in their hands, on their cell phones, mobile email devices and handheld computers, giving them the ability to take and send pictures and videos and instantly access social networking sites like Facebook and Twitter. Using dramatic scenarios as well as first person experiences, explores the positive and negative sides of this new technology. gives viewers a primer on the Do's and Don'ts of text messaging, including the laws on privacy and child pornography; setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to "think before you click".
No Other Versions Available

Bullying: The Internet and You
74095 DVD 20 min JI 2005 Kinetic Video Inc.
With the remarkable speed of the Internet at their disposal, kids are spreading rumors and gossip, embarrassing, and tormenting their peers with a newfound anonymity that emboldens them. This program takes a look at bullying and harassment as it manifests itself on the Internet. Students who have suffered at the hands of Internet bullies speak openly about their uniformly painful experiences. Experts on Internet safety offer practical advice to help teens protect themselves and limit the opportunities others have for bullying or harassing them online.
No Other Versions Available

Buying into Sexy
73839 DVD 24 min IS 2004 Canadian Broadcasting Corp.
The $1.7 billion business of selling bodies has a grip on youth culture, infecting those between the ages of 8 and 14. this investigation uncovers the sexualization of young girls as they are bombarded with ads, media programs and messages urging them to mimic their favourite pop idols and scantily clad models. This feature follows three tweens, revealing how they're being manipulated and why they need to look sexy.
No Other Versions Available

The Dangers of Sexting: What Teens Need to Know
75459 DVD 20 min IS 2010 McIntyre Films
In a recent survey, one in five teens admitted to sending nude or semi-nude photos or videos and more than half said it was common for explicit photos and text messages to be passed around among friends. View teens' real stories: a girl recounts how an explicit picture of her became widely circulated in her school; a boy expresses regret at posting pictures of a girlfriend after they had broken up. Teens talk about the importance of resisting pressures to engage in sexting. They emphasize that you can’t assume that anything you send or post is going to remain private; that you can change our mind once something is out there in cyberspace; and that what you may think is a harmless joke may be interpreted very differently by someone else.
No Other Versions Available

Diet Wars (Witness)
75022 DVD 48 min IS 2001 Canadian Broadcasting Corp.
Science has reached the startling conclusion that diets don’t work. Diet Wars takes us through the last century as it delves into the crazy and sometimes dangerous world of dieting, exposing the myths, the cranks and the gurus.
No Other Versions Available

Digital Smarts: Protecting Your Online Reputation & Safety
76720 DVD 20 min IS 2012 McIntyre Films
Cyber safety has become one of the most important topics for students to understand and master. This engaging video program encourages students to think critically about the opportunities and risks provided by their many digital devices. Real-life dangers from predators, spammers, identity thieves and cyberbullies are revealed through teen interviews and accounts from experts in cyber security and safety. Students are challenged to think about ways that digital technology can be used to enhance or damage their reputations. Teens talk about how compromising photos and other postings online became part of their permanent digital footprint. The video provides specific advice about how to protect students' privacy, security, and online reputations.
No Other Versions Available

The Downside of High
75495 DVD 44 min IS 2009 Canadian Broadcasting Corp.
Teenagers who start smoking marijuana before the age of sixteen are four times more likely to become schizophrenic. That's the startling conclusion of some of the world's top schizophrenia experts, whose research is featured in this new documentary. The Downside of High tells the stories of three young people who believe along with their doctors that their mental illness was triggered by marijuana use. All three spent months in hospital psychiatric wards and still wage a battle with their illness. Today's super-potent pot may be a big part of the problem. Modern growing techniques have not only dramatically increased the amount of psychoactive THC in marijuana, they've also been breeding out a little-known ingredient called cannabidiol that seems to buffer the effects of THC. The Downside of High provides a scientific perspective on some of the little-known and little discussed risks of marijuana, particularly for teenagers.
No Other Versions Available

Fetal Alcohol Spectrum Disorder Prevention Kit
72512 Kit IS 2003
This kit contains life-like FAS and Drug affected baby manikins along with activities and information on the abuse of alcohol and other drugs.
No Other Versions Available

It’s a Girls World
73361 DVD 67 min IS 2004 National Film Board
It's a Girls World is a documentary about social bullying - specifically how girls use their power to hurt each other. Modern growing techniques have not only dramatically increased the amount of psychoactive THC in marijuana, they've also been breeding out a little-known ingredient called cannabidiol that seems to buffer the effects of THC. The Downside of High provides a scientific perspective on some of the little-known and little discussed risks of marijuana, particularly for teenagers.
No Other Versions Available
of growing up. ***PLEASE NOTE - COURSE LANGUAGE
- PLEASE PREVIEW BEFORE SHOWING***

No Other Versions Available

**Long Live Kids - TV and Me**

75097 DVD 20 min KPJI 2008

Long Live Kids - TV&ME is a resource for K-8 teachers to use with their students. Wrapped around a series of “Teachable Television Moments,” Long Live Kids - TV&ME provides comprehensive lesson plans which address media literacy and healthy life coping skills. This kit includes a video containing a series of public service announcements (PSAs) created by Concerned Childrens Advertisers (CCA), on a wide variety of media-related topics as well as supporting lesson plans to accompany the video. Lessons cover areas such as media literacy, substance abuse, self-esteem, peer pressure, active living, critical thinking and bullying.

No Other Versions Available

**Me and My 500 Friends: Staying Safe On Social Networks**

76258 DVD 20 min IS 2011 McIntyre Films

This program provides teens with an essential safety primer on using social networks such as Facebook. Through interviews with experts and real-life young people, teens learn that social networks can be a useful tool for communication and connection, but also pose significant risks. Experts discuss how harmful rumors can be spread quickly as well as the danger of cyberbullying, or harassment that occurs through the internet, cell phones, and other technology. The risks of “sexting,” or posting sexually explicit images or materials online, are also covered. Viewers see how “phishers” and identity thieves can glean private information from what you post on social profiles; finally, the risk of encountering sexual predators is emphasized. The program provides important, easy-to-follow rules for keeping information and oneself safe while using social networks.

No Other Versions Available

**Sexting: Sex Plus Text Equals Trouble**

76398 DVD 30 min IS 2011 Distribution Access

Sexting is a combination of sex and text messaging. Junior High and High School students demonstrate the threat of sexted sexually explicit or suggestive photographs, messages and videos. Real life scenarios are presented along with the resulting consequences affecting a teenagers personal, social and future life. Follow students through a variety of sexting situations stemming from careless fun to cyberbullying along with their painful effects.

No Other Versions Available

**Shredded**

74079 DVD 22 min IS 2005 National Film Board

"Shredded" is about a group of teenage boys who want to transform their bodies so they become "shredded" like the muscle-filled bodies of their media heroes. The film reveals the risk they’re willing to take to achieve the ideal shape, exploring supplement use and the temptations of steroids. With complete frankness, the boys relate their experiences, desires and motivations to the audience, who must draw their own conclusions.

No Other Versions Available

**Snack Smarts**

74648 DVD 18 min IS 2006

Ricardo and his friends have a school assignment to make a video about their favorite subject. Food, of course... snacks to be exact! They meet a doctor, classmates, and a coach in the grocery store who discuss: looking good and having energy, choosing nutritious snacks, weighing options to choose healthy foods, and finding new foods they will eat and enjoy.

No Other Versions Available

**Think Before You Drink - Sugar Shockers & Beverage Tips**

76901 DVD 25 min IS 2014 McIntyre Films

What we choose to quench our thirst matters more than you might think. Beverages are the single largest source of calories in the average American diet and their contribution often goes largely unnoticed. Soft drinks, sweetened teas, specialty coffee drinks, sports drinks, fruit-flavored juices, and energy drinks are the sugary, empty-calorie culprits contributing to rising rates of obesity and other chronic diseases. Discover the best beverage bets and learn more about how to make healthy choices through short video segments, including: Sugar Shockers: A Sour Choice, Sports Drinks and Performance, Water That Isn’t, Energy Drinks and Caffeine, Healthy Beverages = Healthy You.

No Other Versions Available

**Xs-Stress**

74110 DVD 34 min IS 2005 National Film Board

XS Stress looks at the stresses in young people’s lives and their coping strategies. Meet Sarah, a punk rocker who grew up in foster care and group homes, and whose tattoos hide the scars from her cutting. Jarrel is an active teen (cheerleader and cadet) consistently called “faggot”, and Kira, labeled a bad kid, turns out she has dyslexia and nobody knew it.

No Other Versions Available