

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

**Alcohol & Other
Drugs**

Alcohol and Human Physiology (24:00) ★★

What are the effects of alcohol on the human body? This program supports units on alcohol and drug education, reinforcing student understanding of the risks of alcohol use as it explains the effects of alcohol on the body's major organs and systems. The ill effects of alcohol on the digestive, circulatory, muscular, skeletal, urogenital, and nervous systems are demonstrated. Includes interviews with six recovering alcoholics. © 1984 AIMS Multimedia

**Alcohol & Other
Drugs**

Alcohol and the Mind (29:09) no ratings yet

Alcohol is the most widely abused drug in the world. Popularly considered a "social lubricant" which may initially cause a feeling of relaxation, alcohol also hampers the user's judgment. This program provides insightful media support to Health and Life Skills units on alcohol and drug education, behavioral choices and personal health. Students' comprehension of alcohol's impact on the mind is reinforced as medical experts, Dr. Richard Sandor and Dr. Elizabeth Parker, explain that the effects of alcohol may range from temporary stress relief to recurring anxiety and memory loss. College students and others who have abused alcohol recount how alcohol consumption blurs the ability to think clearly and act rationally, and a law enforcement officer explains how alcohol impairs driving ability. Users may say things and engage in activities they later regret, including unprotected sexual intimacy -- particularly dangerous in this era of HIV/AIDS. For adults to decide whether or not to drink, they must weigh up the possible and sometimes fatal consequences. © 1995 AIMS Multimedia

**Alcohol & Other
Drugs**

Alcohol and Your Body (30:00) ★★ ★★

Society and beverage manufacturers promote drinking as a harmless social activity, but the reality is dramatically different. Even in moderate amounts, alcohol seriously impacts virtually every system of the body. Student understanding of the effects of alcohol on the nervous, circulatory, digestive, urinary, reproductive and muscular/skeletal systems is reinforced. The correlation between risky behavioral choices and physical well-being is strengthened, as the link is revealed between alcohol consumption and such ailments as alcoholic pancreatitis, cirrhosis of the liver, fetal alcohol syndrome, and several common cancers. Recovering alcoholics candidly share their experiences, describing peer pressure as an early behavioral influence. Dr. Ernest P. Noble, genetic researcher at the University of California, Los Angeles, presents information on the genetic basis of alcohol addiction. Medical information presented has been authenticated by top health care providers and researchers, several of whom appear in the program. © 1995 AIMS Multimedia

**Alcohol & Other
Drugs**

Alcoholism (Edited Version) (20:00) ★★ ★★

Using down-to-earth interviews and compelling facts, this video gives viewers a comprehensive look at the problem of alcoholism—especially as it relates to young people. Teenagers, substance abuse counselors, and those touched by alcoholism share their insight, discussing various ways to prevent alcohol addiction. Chad, a recovering alcoholic who began drinking at age 13, shares his story—from his first drink to success in a rehab program. Along the way, viewers learn the stages of alcohol addiction, the warning signs of alcoholism, and realistic ways to get help. © 2001 AIMS Multimedia

Alcohol & Other

Choices : Don't Drink and Drive (11:54) ★★

LOCATION / TOPIC

TITLE & DESCRIPTION

Drugs

This anti-drinking and driving program reveals that serious head injuries are a frequent result of DUI crashes. "Have any plans for your future?" asks the narrator. " If you receive a head injury in a DUI crash, you may have to throw those dreams away. A damaged brain never heals. If you wake up, your body won't work anymore." Viewers see patients in a life adjustment center struggling to accomplish basic activities. The narrator reveals that he was the driver in a DUI crash. "Before you get in a car with a drunk driver, think about how it's going to change your life. Make the choice that'll give you a future." A teen in the program makes that sane choice, as she removes the keys from the ignition of a car full of her drunken friends, preventing injury to herself and the others. A compelling media supplement to Health and Life Skills units on DUI, alcohol and drug education, substance abuse, behavioral choices and decision making, personal health, and family life issues. © 1996 AIMS Multimedia

Alcohol & Other Drugs

Club Drugs : Dancing with Danger (19:33) ★ ★ ★

Dance parties, known as "raves," attract thousands of young people every year. Many "ravers" soon begin dancing with danger, enticed by the availability of illicit club drugs. For some, it's a fatal "last dance." This forceful documentary reveals the underbelly of the rave scene and the danger of club drugs – unregulated substances with often lethal ingredients. A compelling media adjunct for guidance units assisting teens or young adults regarding Substance Abuse, Mental Health, Drug Counseling, Abstinence, Addiction, Amphetamines, Drugs and Drug Abuse, Health and Safety, Ecstasy, Raves, Crystal, Speed, Methamphetamines, LSD, GHB, Rohypnol, Ketamine and how party drugs can lead to Date Rape. Accompanied by an extensive Discussion Guide. © 2002 AIMS Multimedia

Alcohol & Other Drugs

Crossing the Line (29:27) ★ ★ ★ ★

This powerful documentary provides convincing media support to Health and Life Skills units on DUI, alcohol and drug education, substance abuse, behavioral choices and decision making, personal health, and family life issues through examination of the long-term effects of fatal crashes caused by drunk or reckless drivers. Compelling true stories convey the consequences of driving while intoxicated, reckless driving, or being a passenger in a vehicle driven by someone who is under the influence. In candid interviews, incarcerated DUI drivers speak with regret about the ill-fated moment that stripped them of their freedom, and caused the deaths of others. Crash survivors, victims' families and friends express their pain and regret, while attorneys and law enforcement officers discuss legal aspects of alcohol-related crashes. Many drivers have an attitude of "it can't happen to me". This program shatters that myth with sobering and heart-wrenching insight. © 1995 AIMS Multimedia

Alcohol & Other Drugs

Day I Died, The (15:00) ★ ★ ★ ★

The reality of what can happen under the influence of alcohol is dramatically and poignantly shown in this program about a 17-year-old boy killed in a car crash. Based on a famous letter to newspaper columnist Ann Landers, the story begins with the boy's justifiable pride in his new car -- paid for with his own earnings. However, his response to peer pressure turns celebration into tragedy, and fatal errors of judgement. When his friend pours vodka into their drinks, the boy is too embarrassed to refuse. He becomes intoxicated, and decides to show off in his new car. A few minutes later he is dead. Viewing his funeral and the suffering his death has caused his parents and friends, the boy tries unsuccessfully to bargain with God for one more chance. The program provides compelling support to Health and Life Skills units on DUI, alcohol and drug education, substance abuse, behavioral choices and decision making, peer pressure, personal health, and family life issues. © 1999 AIMS Multimedia

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

**Alcohol & Other
Drugs**

Downside of Uppers (15:00) no ratings yet

Using clear language and the latest information on research and trends, Dr. David Ohlms discusses the physical and psychological dangers of stimulants, primarily cocaine and methamphetamine. He describes how stimulants affect brain cells and cause one of the strongest addictions known. He also discusses the various stages of withdrawal from cocaine and methamphetamine, as well as the similarities and differences between the two drugs. © 2000 AIMS Multimedia

**Alcohol & Other
Drugs**

Drinking and Driving : A Deadly Combination (29:24) no ratings yet

Driving under the influence, Jane causes a crash that kills her daughter and leaves her son paralyzed. Jane serves a prison term and finds, when she is released, her husband and son don't want her back in their lives. Jane begins to lecture about drinking and driving. Her message is strong: 25,000 people are killed every year in alcohol-related auto crashes, or one person every 22 minutes. The costs of being caught driving under the influence are immense; they include being arrested, fined, or jailed; attending DUI school; and losing your license, your job, or even someone you love. © 1990 AIMS Multimedia

**Alcohol & Other
Drugs**

Drinking and Drugs : Driving Under the Influence (18:00) no ratings yet

True stories from the files of the National Highway Traffic Safety Administration dramatize the real-life tragic consequences of mixing drugs or alcohol with driving. This program provides convincing media support to Health and Life Skills units on behavioral choices and decision making, DUI, alcohol and drug education, substance abuse, safety, personal health, and family life issues through examination of controlled-reaction tests and tests in a driving simulator. The program clearly demonstrates that mind-altering substances impair perceptions, slow reactions, and erode judgment. Future legislation aimed at tightening restrictions on driving while under the influence is discussed, and the program examines the effects "happy hour" has had on alcohol-related crashes. © 1991 AIMS Multimedia

**Alcohol & Other
Drugs**

Drugs : Aspects of Addiction (17:22)



This video features hard-hitting interviews with recovering alcoholics and drug addicts. The addicts tell how they first started using alcohol or other drugs – usually being introduced to them by a friend or family member. Next we follow their progression into dependency and addiction that ultimately leads to trouble with family, friends and the law. Finally, the video discusses where they are now - how their lives are more fulfilling, how their self-esteem is higher and how they are committed to remaining drug free. The testimonials from the recovering addicts are meaningful and sincerely presented. Viewers cannot help but come away from seeing the program without understanding how abusing alcohol and other drugs can cause problems in their lives. There are many strong messages on the dangers of drug abuse but the program also illustrates that a person currently using drugs has the ability to change and make positive lifestyle adjustments. It also points out the need for an individual to make good decisions to be successful in life. © 2001 AIMS Multimedia

Alcohol & Other

Drunk Driving (Edited Version) (19:22) no ratings yet

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Drugs

During candid interviews, law enforcement officers and relatives of crash victims share their personal experiences with drunk driving. From telling a mother that her child is dead, to visiting the site of a tragic crash, their stories are sobering and memorable. Blood alcohol level (B.A.C.) is explained, and viewers are given a firsthand look at the Field Sobriety Test and the Breathalyzer test. The consequences of DUI are also discussed, including legal problems and the greater pain of injury and death. Those sharing personal stories of loss urge viewers to drink responsibly and to understand that drunk driving can happen to anyone. © 2001 AIMS Multimedia

**Alcohol & Other
Drugs**

Drunk Driving : The Party's Over (24:56) ★ ★ ★ ★

Drunk Driving: The Party's Over, written by a college law professor, puts your students in the jury box. At a teen beer party, Kevin urges Amy to go on a "beer run." Mike goes with her. There is an accident and Mike is paralyzed for life. He sue both Amy an Kevin. The defense strategy: Mike should get nothing as he assumed the risk. The video moves quickly, interrupting the testimony with party scenes and the Jaws of Life rescue. A doctor testifies as to the extent of the spinal cord injuries. Mike describes how people treat him because he is in a wheelchair and Amy tells of her life in jail, reminding the audience of the criminal penalties. She ends with how the accident has cost her parents their life savings After the video, your students must decide the case. Their verdict is not important-their discussion is. The next time they are offered a beer, they will know the absolute seriousness of what they do next. © 1998 United Learning

**Alcohol & Other
Drugs**

DUI : Every Fifteen Minutes (16:12) ★ ★ ★ ★

A variety of high school students are smiling and relaxed—each one busy with friends, sports and after-school projects. Then comes the sound of a car sliding out of control, a horn blaring...the crash of metal and glass. A vivid reenactment shows the brutal aftermath of an alcohol-related car crash. It is the final destination for four teenagers on a Friday night. It is also the highly realistic simulation of an actual event. Each haunting scene that follows shows a different consequence of the crash. From a parent hearing about the loss of her child, to the failed attempts to save an airlifted patient, we witness the inescapable anger and helplessness felt by the victims. Equally effective are glimpses of the driver's ordeal—from humiliation and arrest at the scene of the crash, to the pain and fear of sobering up at the police station. The program ends with images of the victims, along with names and brief descriptions of the real young people involved in the crash. Together, their faces make for a powerful ending that will not be easily forgotten. © 2001 AIMS Multimedia

**Alcohol & Other
Drugs**

Ecstasy : The E-Street Blues (21:00) no ratings yet

An integral part of the "rave" and dance scene, Ecstasy use has doubled every year for the past 5 years, causing memory loss, depression and brain damage in users. A pulsating soundtrack and colorful graphics bring an immediacy to this powerful documentary on Ecstasy abuse. An excellent media tool for guidance units, assisting teens or young adults regarding Substance Abuse, Abstinence, Addiction, Amphetamines, Date Rape, Mental Health, Drugs and Drug Abuse, Ecstasy, Overdose, Health and Safety, Drug Counseling, Methamphetamines, Drug Treatment and Raves. Accompanied by an extensive Discussion Guide. © 2002 AIMS Multimedia

Alcohol & Other

Fatal Decision (12:00) no ratings yet

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Drugs

Fatal Decision is a true story of what happened when Bob, an average man, drank a few beers at a party and decided to drive home, resulting in an auto crash that left a young girl dead, his wife paralyzed, and himself in jail. Viewers look on as the young girl killed in the crash is summarily identified and brought to the morgue; the audience also witnesses the girl's parents being notified of their daughter's death. With a clear and unwavering eye, this program shows how quickly and dramatically lives can be permanently altered when an average person makes a choice to drive after drinking. As a result, Fatal Decision is a factual and effective anti-drunk-driving statement for anyone who thinks a few drinks can't impair their driving skills. © 2000 AIMS Multimedia

**Alcohol & Other
Drugs**

Heroin : Losing Everything (Explicit Language) (40:00) ★ ★ ★ ★

Description:

Heroin has now become a fad: romanticized by models, movies, and rock stars, and increasingly popular with well-educated suburban and urban youth. In addition, supply is increasing and prices dropping. Grappling with the grueling reality of withdrawal from a drug that can become both psychologically and physically addictive within three weeks of continuous use, these young people deliver a powerfully convincing message of why heroin is not a drug with which you can experiment and walk away unharmed. A dealer graphically describes how he gets young clients addicted. A substance abuse counselor shows how heroin addiction works and how hard it is to kick the habit permanently. Two young junkies shoot up and talk about losing everything: their friends, families, and dreams, to heroin. Recovering addicts offer advice to at-risk students on how to resist peer pressure and make healthy choices. WARNING: Graphic images contribute to the program's realistic look at a very dangerous drug. Explicit language has been muted in this version (also available with explicit language left intact). © 1998 United Learning

**Alcohol & Other
Drugs**

Impact : Driving Drunk - Driving High (24:06) ★ ★

Every 32 minutes someone in the U. S. dies in an alcohol-related collision. Hosted by Steve Hanusa, an addiction specialist, this hard-hitting video clearly illustrates the impact driving under the influence of alcohol or other drugs has on our society. It addresses the effects of alcohol and prescription drugs on a driver's judgment and motor skills, and, through candid interviews, conveys the unending trauma caused to the families of crash victims. They emotionally reinforce the fact that offenders can't go back and change what they did. A law enforcement officer discusses DUI-related collisions from an on-the-scene point of view, while a district attorney and judge point out the serious legal consequences that can befall the intoxicated driver involved in a collision. Convincing media support for Health and Life Skills units on behavioral choices and decision making, DUI, substance abuse, and alcohol and drug education. © 2000 AIMS Multimedia

Alcohol & Other

Just One More (20:00) ★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Drugs

In the U.S., an estimated 513,000 people (or one person every minute) are injured in alcohol-related crashes each year. Drunk driving, the leading cause of death among teenagers, is considered the nation's most frequently committed violent crime. Yet, few people think about the consequence of driving while "under the influence." Kimberly Matthews is a high school teen with a dream and tremendous talent for running. Track events are her life, and she's just days away from competing in the state track championships. Then, an alcohol-infused party, a few beers, and a reckless decision to drive while intoxicated change everything for Kimberly. In one dreadful moment, she loses control and swerves off the road, wrecking her car – and her life. Her injuries leave her with little chance of ever walking again, much less running. Nothing for Kimberly will ever be the same. "Just One More" is a powerful dose of reality that debunks the myth that an individual can drink and still drive safely. A driver can pay a heavy price for having "just one more." © 2003 AIMS Multimedia

**Alcohol & Other
Drugs**

LegalEASE : Performance Drugs (14:02) ★ ★ ★ ★ ★

This program investigates the illegal use of performance enhancing drugs. © 1999 Louisiana Public Broadcasting

**Alcohol & Other
Drugs**

LegalEASE : Program One : The Legal Ramifications of Alcohol Abuse (15:25) ★ ★ ★

This program focuses on some of the legal consequences of alcohol use and abuse. It addresses issues such as alcoholism, deaths and injuries resulting from impaired driving, rape and sexual assaults, family violence and child abuse (including the effects of prenatal alcohol use on an unborn child). Also covered are some of the legal repercussions suffered by those who engage in destructive behaviors causing harm to themselves or others. © 1996 Louisiana Public Broadcasting

**Alcohol & Other
Drugs**

Marijuana : Why and How to Say NO (26:17) ★ ★ ★

This eye-opening documentary helps your students make the smart choice. Young people dominate this program, giving their honest, sometimes powerful opinions in a variety of situations. A doctor illustrates the complex chemical reactions that happen within the brain that damage memory, thinking and communication and a young psychologist explains how addiction can develop and offers an upbeat way out. © 1996 United Learning

**Alcohol & Other
Drugs**

LegalEASE: Program Two: The Legal Ramifications of Drug Abuse (15:21) ★ ★ ★

This video aims to educate viewers about the legal and social ramifications which result from the use and abuse of drugs by teenagers and young adults. © 1996 Louisiana Public Broadcasting

**Alcohol & Other
Drugs**

Marijuana and Human Physiology (21:40) no ratings yet

Even though marijuana is the second most widely abused drug after alcohol, many people believe it offers harmless recreation. This program provides potent reinforcement to Health and Life Skills units on behavioral choices, decision making and alcohol and drug education. It dispels myths with hard facts about the drug and its effects on the body. A physician-narrator clearly describes marijuana's damaging effects on the sinuses, pharynx, uvula, lungs, heart, brain, reproductive system, and immune system. © 1986 AIMS Multimedia

Alcohol & Other

Marijuana in the Millennium (25:24) ★ ★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Drugs

This eye-opening video brings viewers the latest information on marijuana, including new research proving the various physical and psychological problems it causes. Host Dr. David Ohlms describes THC's effects on the immune system, the lungs, and most importantly the brain. He also points to fascinating studies proving the long-lasting effects of marijuana on coordination, memory and perception. © 2001 AIMS Multimedia

**Alcohol & Other
Drugs**

Methamphetamine : The Crystal Cage (27:58)



This video educates kids on what "crystal meth" is, its dangers, and why it is a dead-end street, Kids who have been to the depths of meth addiction, tell about the transition from casual use to addiction and onward, either to death to recovery. Interviews with a clinical expert give physiological explanations to the young addicts' stories. Computer-generated animation explains in detail what happens to the body and mind as a result of methamphetamine use. © 1998 United Learning

**Alcohol & Other
Drugs**

My Friends : Alcohol and Automobiles (24:00)



Within the span of just five years, young filmmaker Brian Fairlee lost the unbelievable number of ten former school friends in alcohol-related crashes. In his small town, where kids party and drive much of the time, these deaths have brought sadness, but few lessons. My Friends, My Friends is the true, powerful story of three survivors -- teens who killed people by drinking and driving. All three have gone on trial, one remains in jail, and all will carry mental pain throughout their lives. Each is consigned to tell his or her story over and over, trying to convey the true horror of it to other youngsters. And yet, teens in the video are seen at a high school haunt -- hanging out and drinking. Three of these teens have since died. This program provides convincing media support to Health and Life Skills units on behavioral choices and decision making, DUI, alcohol and drug education, substance abuse, safety, and personal health. © 1992 AIMS Multimedia

**Alcohol & Other
Drugs**

Pay the Price (10:09)



Students wrote, directed and acted in this program to illustrate the dangers of drinking and driving. The show approaches the problem from the students' viewpoint and through a "dream" shows what happens when drinking and driving are mixed together. An unusual trial shows the guilt, sorrow, hurt and misunderstanding that result from drunk driving. In the end, the film asks the question "Are you willing to pay the price?" © 1999 ITS

**Alcohol & Other
Drugs**

Psychology of Addiction (34:29)



Thousands of people in the United States die from chemical addiction each year, whether from abuse of alcohol or other drugs. Host Delbert Boone explains how understanding the physical and psychological effects of addiction is the key to recovery. Chemical addiction reaches across all strata of our society. No matter what a person's background, addiction follows the same pattern and results in the same tragic consequences. Boone tells how addiction is cunning, baffling, powerful, chronic, progressive and if untreated, often fatal. Boone explains how chemical substances move through the body to the brain, where psychological effects upon the addict include denial, rationalization, minimization and projection of the addict's problems. This distortion of reality causes the people closest to the addict to behave in a similar way in an effort to cope with the addict. A vicious cycle results, often perpetuated in subsequent generations. © 1998 AIMS Multimedia

**Alcohol & Other
Health Videos**

Rock Bottom (School Version) (29:21) no ratings yet

LOCATION / TOPIC	TITLE & DESCRIPTION
Drugs	In a secluded beach town in the cold of January, Chris Murphy finds his father, Bill, hospitalized from a drinking binge. Refusing treatment, Bill is released into his son's care. In the course of a weekend, father and son are forced to confront their fragile relationship and conflicting feelings of love, compassion, anger and betrayal. This is a story of a young man coming to terms with his father's alcohol addiction and his own emotional level and to facilitate discussion about a very sensitive issue. This compelling program complements Health and Life Skills units on alcohol and drug education, substance abuse, behavioral choices, personal health, family life issues. © 1994 AIMS
Alcohol & Other Drugs	Silent Voices (20:00) ★ A powerful program that dramatically shows teens the dangers of drinking and driving. A realistic crash with attendant law enforcement, fire department, and EMT personnel brings to life the devastation caused by an automobile collision. Ultimately the teenage driver and his sister, who provided him with alcohol, are incarcerated for their actions. © 2002 AIMS Multimedia
Alcohol & Other Drugs	Struggle Within (16:00) ★ ★ ★ A young man's drinking leads to disastrous consequences for his football-star friend. Haunted by his mistake, the young man drinks even more. Ultimately, he is left alone to confront his feelings of isolation. Alcoholism, denial, enabling, intervention, and developing the strength to seek treatment are explored in this drama of friends and forgiveness. This compelling program complements Health and Life Skills units on alcohol and drug education, substance abuse, behavioral choices, and personal health. © 1989 AIMS Multimedia
Alcohol & Other Drugs	Truth about Teen Alcohol Use 101 : The Social Norm Approach (24:00) ★ ★ The social norms approach of this groundbreaking video shows high school students that – regardless of what they assumed was going on – most of their peers do not drink. Interwoven with lifesaving facts about alcohol poisoning, student interviews reveal surprise and relief that their own non-drinking behavior is identical to that of a majority of their peers. © 2002 AIMS Multimedia
Alcohol & Other Drugs	What's Wrong with Methamphetamine (24:00) ★ The nightmare of methamphetamine abuse comes through "crystal" clear, as a former addict tells of the serious physical, emotional, and social consequences he suffered from using the drug. Medical and law enforcement personnel graphically outline the future of the "crystal" abuser – a downward spiral that can include irreversible brain damage, a criminal lifestyle, and prison. © 2002 AIMS Multimedia
The Body (see also: Science Videos - Biology)	AIDS 101: Tammy Boccomino Talks With Teenagers (54:29) ★ ★ ★ ★ Tammy Boccomino, a young woman who contracted HIV from her first husband, a needle user, explains to young people exactly how they can and cannot contract HIV. Tammy has been symptom-free for 10 years, but her young son has full-blown AIDS. Students' understanding of the relationship between unsafe behaviors and personal health and, in particular, the risks of contracting STDs through sexual involvement, is reinforced as Tammy and AIDS specialist Dr. James Jarvis talk frankly in a question-and-answer format to a group of teenagers. They present a detailed explanation of the importance and use of latex condoms and the teens learn that the average age for people contracting HIV in the United States is seventeen. © 1994 AIMS Multimedia

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

**The Body (see
also: Science
Videos - Biology)**

AIDS: A Changing Epidemic (49:30) ★ ★ ★ ★

HIV infection rates have changed dramatically in recent years. Women and minorities are now the fastest growing groups of AIDS patients. Hear how some HIV-positive people have dealt with their disease and discover how doctors have taken new approaches to treatment. © 2002 Discovery Channel School

**The Body (see
also: Science
Videos - Biology)**

AIDS: Ending the Epidemic (24:41) ★ ★ ★ ★

Learn the astonishing progress researchers have made in the battle against AIDS. People who are HIV-positive can survive because powerful drugs keep the disease in check. Scientists are busy working on an AIDS vaccine by studying people who have a natural immunity to the disease. © 2002 Discovery Channel School

**The Body (see
also: Science
Videos - Biology)**

Anemia: The Silent Shadow (12:00) ★ ★ ★

This video is for those who suspect they may have, or have been diagnosed with iron deficiency anemia. Iron deficiency is defined for the viewer in easy-to-understand terms, and symptoms to look for are presented. The program shows those at risk of being iron deficient, and provides specific nutritional guidelines to follow for infants, teenagers and pregnant women. © 1995 United Learning

**The Body (see
also: Science
Videos - Biology)**

Biologix : Reproductive Technologies and Sexually Transmitted Diseases (29:07) ★ ★ ★

Examines the various reproductive technologies that have augmented and altered the chemical control systems involved in human reproduction. Reveals how sexually transmitted diseases affect and damage the reproductive system. Provides one explanation of how the retrovirus for human immunodeficiency disease works. © 1997 United Learning

**The Body (see
also: Science
Videos - Biology)**

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**The Body (see
also: Science
Videos - Biology)**

Biologix: Tactile and Chemoreceptors (29:07) ★ ★ ★ ★ ★

Investigates the structures and functions of various tactile and chemoreceptors. Uses touch, taste and smell experiments to demonstrate how the sensory-somatic cortex works. Explores Wilder Penfield's work on the sensory cortex, the neurophysiology of pain and phantom limb syndrome. © 1997 United Learning

**The Body (see
also: Science
Videos - Biology)**

Biologix: The Adrenal Glands and Gonads (29:07) ★ ★ ★

Examines the different parts and functions of the adrenal glands. Uses the work of Hans Selye to explain the physiological basis of stress. Illustrates how hormones regulate the primary and secondary sex characteristics in males and females. Discusses the use and misuse of anabolic steroids. © 1997 United Learning

The Body (see

Biologix: The Central Nervous System and Brain (29:07) ★ ★ ★

LOCATION / TOPIC

TITLE & DESCRIPTION

also: **Science
Videos - Biology**

Features the primary components of the human central nervous system. Identifies the main structures of the brain and their roles in controlling body systems and maintaining homeostasis. Examines the effects of physical injury, chemical imbalances and drug usage on the brain. © 1997 United Learning

The Body (see
also: **Science
Videos - Biology**)

Biologix: The Ear: Hearing and Balance (29:07) ★ ★ ★ ★
Takes viewers through the structures and functions of the human ear and relates how sound waves are transmitted. Examines the role of the inner ear in maintaining balance and equilibrium in the body. Provides examples of various technologies which help people with hearing impairments to communicate. © 1997 United Learning

The Body (see
also: **Science
Videos - Biology**)

Biologix: The Eye: Vision and Perception (29:07) ★ ★ ★ ★
Highlights the structures and functions of the mammalian eye and illustrates how visual sensory receptors relay messages to the brain. Describes a number of visual disorders, along with the corrective lenses and techniques that can be used for treating them. © 1997 United Learning

The Body (see
also: **Science
Videos - Biology**)

Biologix: Hormonal Controls and the Menstrual Cycle (29:07) ★ ★ ★ ★
Compares the cyclical patterns of reproduction in humans with that of other mammals. Describes the human menstrual cycle and the hormones that regulate it. Addresses the effect of lifestyle and aging on the menstrual cycle and the pros and cons of hormone therapy. © 1997 United Learning

The Body (see
also: **Science
Videos - Biology**)

Biologix: The Human Female Reproductive System (29:07) ★ ★ ★ ★
Describes the structures and functions of the female reproductive system and the hormones that regulate these functions. Explores certain medical conditions such as ectopic pregnancies, endometriosis and cancer that can occur within the female reproductive system. Examines the technology of endoscopy in the treatment of these conditions. © 1997 United Learning

The Body (see
also: **Science
Videos - Biology**)

Biologix: The Human Male Reproductive System (29:07) ★ ★ ★ ★
Presents an overview of reproduction in vertebrates. Highlights the human male reproductive structures and their specific functions. Explains the hormones that are involved in regulating these functions. Addresses some of the disorders that can occur within the male reproductive system. © 1997 United Learning

The Body (see
also: **Science
Videos - Biology**)

Biologix: The Hypothalamus and Pituitary Glands (29:07) ★ ★ ★
Acquaints viewers with how the pituitary and hypothalamus work together to control many body functions. Highlights the homeostatic feedback mechanism involved with regulating water balance in the body. Examines the use of growth hormone in humans and other populations. © 1997 United Learning

The Body (see
also: **Science
Videos - Biology**)

Biologix: The Neuroendocrine System (29:07) ★ ★ ★
Compares the nervous and endocrine systems by describing how each responds to different situations - physical activity, body temperature, eating and stress. Summarizes the regulation of blood glucose and fluid levels in the body. © 1997 United Learning

LOCATION / TOPIC

TITLE & DESCRIPTION

**The Body (see
also: Science
Videos - Biology)**

Biologix: The Pancreas (29:06) ★ ★ ★

Explores the many roles of the pancreas and its hormonal secretions. Illustrates how insulin and glucagon help regulate blood glucose levels in the body. Reviews the discovery of insulin and discusses current research on diabetes. © 1997 United Learning

**The Body (see
also: Science
Videos - Biology)**

Biologix: The Peripheral Nervous System (29:07) ★ ★ ★

Illustrates how the human body senses and responds to its internal and external environments. Describes the structures and functions of the peripheral nervous system and examines current research on nerve regeneration. Reveals how a polygraph and biofeedback apparatus measure responses of the autonomic nervous system. © 1997 United Learning

**The Body (see
also: Science
Videos - Biology)**

Biologix: The Thyroid Gland (29:07) ★ ★

Uses drama to reveal the function and structure of the thyroid gland. Demonstrates the role of thyroxine in regulating metabolic rate. Presents some of the disorders that may result when the thyroid does not function properly and describes the various techniques for treating these conditions. © 1997 United Learning

**The Body (see
also: Science
Videos - Biology)**

Blood (20:22) ★ ★ ★

This program examines and compares the four major components of blood: plasma, red blood cells, white blood cells and platelets. Animation and microscopic images help students understand important mechanisms involved in nutrient uptake, hormone transport, exchange of respiratory gases, the immune system, and blood clotting. Diseases affecting blood and the circulatory system, such as sickle cell anemia, AIDS, and the arteriosclerosis are also presented in this useful program. © 1995 United Learning

**The Body (see
also: Science
Videos - Biology)**

First Response : Bleeding and Soft Tissue Injuries (26:16) ★ ★

Injury emergencies are scary. What is the best thing to do to stop the bleeding from a severe laceration, or to ease the pain of a burn? This video prepares the viewer to recognize various injuries and reduce their risks quickly and safely. Types of wounds are analyzed along with first aid techniques, such as checking the ABCs (Airway, Breathing and Circulation), applying bandages and reducing the risk of infection. Note: The graphic images in this program may not be suitable for all viewers. Presenters may wish to preview the program before showing it to a class. © 2004 AIMS Multimedia

**The Body (see
also: Science
Videos - Biology)**

Flu, The (24:40) ★ ★ ★ ★

An army of cells with a mission to keep the body healthy, the immune system attacks unfriendly invaders—but not without taking a toll on the infected human. Travel inside the body of Holly Jones, a 25-year-old motorcycle courier who becomes a victim in the cellular war between her immune system and the influenza virus. © 2002 Discovery Channel School

The Body (see

High Cholesterol : Introduction to Treatment (23:00) ★ ★

LOCATION / TOPIC

TITLE & DESCRIPTION

**also: Science
Videos - Biology)**

Everything you need to know about cholesterol is included in this informative video: what it is and does, how high is too high in blood levels and how to avoid its health dangers through proper diet and exercise. The viewer learns about the different kinds of fat and how to use the food pyramid as a guide for healthful eating. Real people who have changed their lifestyle to reduce cholesterol encourage viewers to read food labels, lose weight and stay physically active. © 2002 AIMS Multimedia

**The Body (see
also: Science
Videos - Biology)**

HIV AIDS 101 (25:00) ★★

Kim Bouldin-Jones, a nationally recognized authority on AIDS prevention addresses how HIV is transmitted, detected and treated, and the current clinical parameters for diagnosing HIV-positive status and AIDS. Contains practical steps for reducing the risk of transmission, beginning with the change in the nomenclature from "safe" sex to the more accurate "safer" sex. © 2003 AIMS Multimedia

**The Body (see
also: Science
Videos - Biology)**

Human Body : The Ultimate Machine (25:10) ★★ ★

The Human Body: The Ultimate Machine provides entrancing visual support for Biology, Life Science and Health units on the structure of the human body. Students are taken on a concise and incredible journey through the human body, as realistic 3-D animation, exciting footage of actual surgical procedures, and microphotography detail the functioning of each of the body's major systems. © 1996 AIMS Multimedia

**The Body (see
also: Science
Videos - Biology)**

Human Body Systems : The Skeletal and Muscular Systems (24:00) ★ ★ ★

The skeletal and muscular systems work together to provide the structure and shape of the body. Without the skeletal system, the body would collapse. The muscles attached to the skeletal system provide the ability to move the body. The video looks at both of these systems and how they work together to allow humans to bend, walk and run. © 1997 United Learning

**The Body (see
also: Science
Videos - Biology)**

Human Genome (50:09) ★ ★ ★ ★

It's a project of enormous magnitude: mapping the human genome. Learn how what began with the discovery of DNA has led to the understanding of which human genes are responsible for specific human traits, including growth, development, health, and even personality. Produced by Discovery Channel School. © 2002 Discovery Channel School

**The Body (see
also: Science
Videos - Biology)**

In a Just World : Contraception, Abortion and World Religion (57:00) ★ ★ ★

In A Just World: Contraception, Abortion, and World Religion is an independently produced documentary exploring the issues surrounding a woman's reproductive rights. In many countries, a woman's right to contraception and abortion is a religious issue, a legal issue, an ethical issue, and a social/cultural issue. In the United States, it is also a major political issue. "In A Just World" addresses all of these issues in some way with a significant focus on the relationship between a woman's reproductive rights and her religion. Specifically, the show includes discussion of Hinduism, Judaism, Islam, Christianity, and Buddhism. The program is also multicultural and features women from around the world with a specific emphasis on the US, Ethiopia, and Peru. © 2004 United Learning

The Body (see

Investigating the Nervous System (19:39) ★

LOCATION / TOPIC

TITLE & DESCRIPTION

**also: Science
Videos - Biology)**

This introductory program provides solid media support for Biology units studying the nervous system. The program first explains the system's structure, then examines several methods that scientists use to investigate the nervous systems of vertebrates, including behavioral experiments with animals, dissection, section cutting, and the use of electrical equipment to monitor changes in nervous tissue and muscle. © 1983 AIMS Multimedia

**The Body (see
also: Science
Videos - Biology)**

Lungs Revised (11:02) ★ ★ ★

Using typical land mammals -- a horse, sheep and dog -- this program demonstrates that the respiratory system of mammals has a structure that enables exchange of gases between the blood and the external environment. The organs' structure is revealed through dissection of a sheep's lung. The appearance of living, breathing lungs is shown during surgery on a dog at a veterinary clinic. Radiocinematography shows how diaphragm and rib movements alter the volume of the chest cavity. This program provides essential support to Biology units on the respiratory system of mammals. © 1982 AIMS Multimedia

**The Body (see
also: Science
Videos - Biology)**

Managing Your Health: Headaches (25:00) ★ ★ ★

We've all experienced them, but what happens in the brain when a head aches? Learn how tension, dehydration, bright lights, and allergies can trigger a headache. Find out about pain medications and learn when your headache warrants a trip to the doctor. © 2004 Discovery Channel School

**The Body (see
also: Science
Videos - Biology)**

Managing Your Health: The Digestive System (24:40) ★ ★ ★

Why in the world does your body need 24 feet of intestines? Here's a chance to find out. Tour the digestive tract and learn how the esophagus, stomach, and small and large intestines work. © 2004 Discovery Channel School

**The Body (see
also: Science
Videos - Biology)**

Prescription for Learning : Sexually Transmitted Diseases (22:59) ★ ★ ★ ★

This video frankly tackles the difficult but necessary subject of sexually transmitted diseases (STDs) -- what they are, their effects on the body, how a person contracts them and how to prevent them. Peer-to-peer discussions give much of the information. © 2000 Discovery Education

**The Body (see
also: Science
Videos - Biology)**

Trauma (24:40) ★ ★ ★

The human body is an amazing machine, able to repair itself under most circumstances. What if those injuries are severe or go undetected by medical professionals? Learn how healing becomes a team effort on the parts of the patient and the doctors. © 2002 Discovery Channel School

**The Body (see
also: Science
Videos - Biology)**

Ultimate Guide, The: Human Body (1:00:00) ★ ★ ★

This program cover basic physiology, the immune system, and cancer. Students examine the human body and its built-in mechanisms to aid healing and survival. © 2004 Discovery Channel School

The Body (see

Understanding: Bacteria (52:06) ★ ★ ★

LOCATION / TOPIC

TITLE & DESCRIPTION

**also: Science
Videos - Biology)**

Some bacteria have become immune to the best of our antibiotics, rendering once-treatable infections deadly. But not all bacteria are harmful; in fact, some are quite helpful. Learn how bacteria aid in meal digestion, the control of air and water pollution, and even the treatment of muscle disorders. This program includes six short segments: • Living With Bacteria (10 min.) • The Staff of Life (12 min.) • Modern Medicine (8 min.) • Restoring Gold Hills (5 min.) • The Earth Beneath Our Feet (8 min.) • Restricted Waters (6 min.) © 2004 Discovery Channel School

**The Body (see
also: Science
Videos - Biology)**

Understanding Viruses (54:00) ★ ★ ★

Your body is under attack every minute of every hour of every day. The enemy is patient, adaptable, potentially deadly, and invisible. Called the "littlest assassins" and "phantom killers," viruses range from the common cold to HIV and have caused epidemics more devastating than war. This video explains how viruses operate and how your immune system defends you. And it shows scientists turning the tables, transforming invading viruses into agents of healing. Produced by Discovery Channel School. © 1997 Discovery Channel School

**The Body (see
also: Science
Videos - Biology)**

Update : Sexually Transmitted Diseases (28:00) ★ ★ ★

With the steady rise in the number of teenagers contracting STDs, it is vital for young people to recognize the risks these diseases pose. Program presents up-to-the-minute, detailed facts about common STDs and their symptoms and treatment. Citing the increased vulnerability to AIDS that STDs give rise to, urges teens to take responsibility for their own health and stresses abstinence as the only sure method of preventing any STD. © 1995 Sunburst

**The Body (see
also: Science
Videos - Biology)**

Working Ergonomically in the Office (23:00) ★ ★

The program stresses practical actions employees can take to deal with ergonomic problems in the office. By using proper ergonomic techniques, employees will be safer, more productive ... and they'll feel better at the end of the day. "Working 'Ergonomically' in the Office," recently updated with new information, includes recognizing ergonomic problems, potential adverse effects, and pragmatic solutions to these problems. © 2002 AIMS Multimedia

Brain

Biologix : The Central Nervous System and the Brain (29:07) ★ ★ ★

Features the primary components of the human central nervous system. Identifies the main structures of the brain and their roles in controlling body systems and maintaining homeostasis. Examines the effects of physical injury, chemical imbalances and drug usage on the brain. © 1997 United Learning

Brain

Biologix : The Peripheral Nervous System (29:07) ★ ★ ★

Illustrates how the human body senses and responds to its internal and external environments. Describes the structures and functions of the peripheral nervous system and examines current research on nerve regeneration. Reveals how a polygraph and biofeedback apparatus measure responses of the autonomic nervous system. © 1997 United Learning

Brain

In Control : Our Brain and Nervous System (25:00) ★ ★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

The human brain and nervous system controls our bodies. Included in this program are many aspects of the system – spinal cord, reflexes, nerve impulses, nerve cell structure and peripheral nervous system. Covered also are the brain, brain stem, cerebrum, cerebellum and hypothalamus. Presented, too, are brain research areas such as left and right brain and memory. Students will see the effects of drugs including alcohol on the functioning of the brain and nervous system. © 1993 Rainbow Educational Media

Brain

Human Brain, The (13:40) ★★

Over the centuries, human beings have accomplished remarkable feats in science, technology, art and culture. Of all the organisms on Earth, what has allowed us to be the dominant species? The answer is, the human brain -- our personal on-board "computer", considered to be the most powerful in the world. Microscopic photography, graphics and a cross sectional view of an actual human brain show the unique structural components found within this organ, while the narration explains their corresponding functions. The brain's profound evolutionary development is compared to that of other vertebrates, and its phases of development within a gestating fetus are explored. The program supports Biology and Health units on human anatomy and physiology. © 1991 AIMS Multimedia

Brain

Investigating the Nervous system (19:39) ★

This introductory program provides solid media support for Biology units studying the nervous system. The program first explains the system's structure, then examines several methods that scientists use to investigate the nervous systems of vertebrates, including behavioral experiments with animals, dissection, section cutting, and the use of electrical equipment to monitor changes in nervous tissue and muscle. © 1983 AIMS Multimedia

Mental Health

A-Z of Your Head (48:54) ★★ ★

A-Z of Your Head looks at the variety of Mental Health issues that affect young people. It tries to de-stigmatise Mental Health problems and encourage young people to talk openly about their feelings. © 2005 Channel 4

Mental Health

Great Books : Freud's Interpretation of Dreams (27:00) ★★ ★

Using a unique series of dream sequence reenactments based on Freud's revolutionary book, experts and artists escort viewers down the road of the unconscious and into a deeper understanding of the inner life of humans. © 1997 Discovery Channel School

Mental Health

Managing your Health : Depression (22:58) ★★ ★

Depression is a clinical condition that affects kids, teens, and adults. So how do you know if your sadness is more than just "the blues"? Learn how to identify the symptoms of depression and avoid behaviors that may bring it on. And find out about therapies and medication that successfully treat depression. © 2004 Discovery Channel School

Mental Health

Portrait, The (29:53) no ratings yet

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Julie, a young, promising art student, feels pressure, unbearable pressure, to be perfect. As a result, she's angry and so paralyzed emotionally and creatively she can no longer draw. She tries to kill herself, but fails. While recovering in the hospital, Julie is helped along by her roommate, Sarah, who is terminally ill with cancer. Sarah's disease doesn't impair her love and enthusiasm for life. Slowly Julie allows herself to learn from this inspiring young girl. She learns to accept love and help from her friends and family, and she finds herself ready to draw again. The first piece she creates is a portrait of Sarah. The program provides compelling media support for Health and Guidance units on suicide prevention, family life issues and health. © 1987 AIMS Multimedia

Mental Health

Prescription for Learning : Attention Deficit Disorder (21:54) ★ ★ ★ ★ ★

The emphasis is on various ways to help those suffering from ADD to learn and express themselves in this video that also covers characteristic behaviors both positive and negative and how ADD victims can use a variety of media to communicate. An informative media adjunct for Junior High and High School Health units, the program also provides significant support for teachers seeking to learn more about this disorder in order to more effectively interact with students with ADD. © 2000 ITS

Mental Health

Reality Matters : Stress and Anxiety (30:00) ★ ★ ★ ★ ★

How much stress are teenagers under today, and what are the specific issues that bother them? Examine the range of ways kids respond to peer pressure, academic stress, and terrorism. Then explore coping mechanisms and the range of available treatments for anxiety, depression, and grief. © 2005 Discovery Channel School

Mental Health

Staff Development : Building Respectful Schools (36:) ★ ★ ★

Cultivate an atmosphere that supports positive relationships, prevents bullying, and increases civility in the classroom. This module helps students explore the concepts and applications of respect, appreciate and respect diversity, develop an inner-directed sense of personal responsibility, and increase their sense of responsibility to others. © 1998 Sunburst

Mental Health

Talking Cure : Portrait of Psychoanalysis (58:07) no ratings yet

This program uses an experimental approach to evoke the experience of psychotherapy. Images of patients' daily lives are blended with personal reflections on their therapy to help viewers understand what happens inside psychoanalysis. The program is a vital media supplement to Health and Guidance units on health, family life issues, suicide prevention, self esteem, and stress management. © 1984 AIMS Multimedia

Nutrition

Daily Choices for Healthy Living (21:13) ★ ★ ★

Using the latest USDA research and USDA Food Guide Pyramid illustrating the basic food groups, the program helps students learn what and how much to eat from each food group to get the nutrients needed, but not too many calories or too much fat, saturated fat, cholesterol, sugar, sodium or alcohol. Following the Pyramid will help keep the intake of total fat and saturated fat low and reduce chances of getting certain diseases and help maintain healthy weight. Students will also see how to control the sugar and salt in their diets and to make fewer sugar and salt choices. Special activities are provided for pregnant teens and young women. © 1997 United Learning

Nutrition

Dr. Dad's PH3 : Episode Twelve : Nutrition (14:11) ★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Students will become familiar with nutritional labels on food and how to incorporate different foods into a well balanced diet.
© 1995 Louisiana Public Broadcasting

Nutrition

Eating for Less : Lily Gets her Money's Worth (13:00) ★ ★ ★ ★

Lily and her husband Mark are finding that money is tighter than ever, and Lily decides to return to the basics of shopping and food preparation to make ends meet. This informative program follows Lily to the grocery store where she makes wise choices that give her the most nutrition for her dollar. Viewers follow her step by step as Lily shops for such staples as beans, rice, flour, bread, fruits and vegetables, searches for the best values, and saves money by purchasing non-brand name products. © 1997 United Learning

Nutrition

Feeding your Toddler : Lily Gets her Money's Worth (13:00) ★ ★ ★ ★ ★

Lily and her husband Mark are finding that money is tighter than ever, and Lily decides to return to the basics of shopping and food preparation to make ends meet. This informative program follows Lily to the grocery store where she makes wise choices that give her the most nutrition for her dollar. © 1997 United Learning

Nutrition

Food Guide Pyramid for Young Children (11:26) ★ ★

Based on the USDA's Food Guide Pyramid for Young Children, this demonstrates how to make the best food choices for children aged two to six years old. All the food groups are fully illustrated and numerous examples are given illustrating those groups and showing the correct portions. Produced in a clear, step-by-step format, this production is ideal for use either as a presentation tool with audiences or for individual instruction. © 2000 United Learning

Nutrition

Lily Series : First Foods : Lily Feeds her Baby (14:00) ★ ★

Narrated by a young mother, this program explains the dietary needs of infants and how these needs change drastically within a baby's first year. Introducing babies to new foods, watching for allergic reactions, food preparation, and dealing with a baby's emotional reactions towards eating are all discussed in this comprehensive program. © 1991 United Learning

Nutrition

Lily Series: First Foods: Lily Feeds Her Growing Family (15:00) ★ ★ ★ ★ ★

Narrated by a young mother, this program explains the dietary needs of infants and how these needs change drastically within a baby's first year. Introducing babies to new foods, watching for allergic reactions, food preparation, and dealing with a baby's emotional reactions towards eating are all discussed in this comprehensive program. © 1993 United Learning

Nutrition

Lily Series: The First Two Years: What Lily Learned (13:00) no ratings yet

A young mother learns what to expect from her daughter at various stages of development. This program documents the major responsibilities that a mother has during the first two years. © 1992 United Learning

Nutrition

My Pyramid : Simple steps to Healthy Living (13:12) ★ ★ ★

**LOCATION /
TOPIC** **TITLE & DESCRIPTION**

Individuals can determine how much of certain foods they should eat, and what foods are better than others, by using the U.S Department of Agriculture My Pyramid diet guidelines. This program provides instructions for using MyPyramid, and some simple suggestions for getting the daily amount of proper nutrients and activity. © 2006 Discovery Channel School

Nutrition

Nutrition and Digestive Health : Eating for your Future (55:38) ★★

The Inside Tract explores how the foods you eat now can help make your healthier or sicker in the long run. "To Your Health" investigates which diets provide the best chance for a long and healthy life, and concludes by emphasizing the need for dietary balance, variety, and moderation. © 2005 Discovery Channel School

Nutrition

Nutrition for Young Moms : Pregnant and Growing (15:00) ★★

Viewers meet three pregnant teens who are taking responsibility for themselves, their babies, and their futures. They have learned what they need to do -- and are doing it. These young women share their thoughts on eating well, meal planning, calcium intake, weight gain, and the role that good nutritional habits play in the health of their baby. The message to pregnant teens is clear: the better you take care of yourself, the better chance you'll have of having a healthy baby now and in the future. © 1998 United Learning

Nutrition

Overcoming Eating Disorders (55:29) ★★ ★★ ★

After Obesity' profiles Brad Ryan, who undergoes gastric bypass surgery after spending the majority of his life obese. He loses nearly 150 pounds and experiences major physical and psychological changes. 'Confronting Anorexia' explores how anorexia plays tricks on the mind and has devastating effects on the body. © 2005 Discovery Channel School

Nutrition

Overweight : Who's in Control? (16:00) ★★

Help is offered to the ever-growing population of overweight Americans in this informative video, which addresses the causes of overeating and weight gain and the role of healthful eating habits and regular exercise in achieving and maintaining normal weight. Advice from a dietician and hints for breaking unhealthful habits and starting and continuing an exercise routine highlight the useful tips viewers gain from this useful and encouraging adjunct to health and self-improvement instruction. © 1996 AIMS Multimedia

Nutrition

Prescription for Learning : Eating Disorders (21:49) ★★

The causes, effects and dangers of anorexia (self-starvation) and bulimia (binging and purging) are discussed. Viewers learn that teens who compare themselves unfavorably with media images, those under stress and athletes are especially susceptible to these twin disorders, but that they can be helped. © 2000 ITS

Nutrition

Reality Matters : Obesity and Nutrition (30:00) ★★ ★★ ★

Teenagers have always been drawn to junk food, but more than ever, today's teens are suffering at the hands of less active lifestyles and unhealthy eating habits. Explore America's culture of obesity and its contributing factors—along with ways to help kids make healthy choices. © 2005 Discovery Channel School

Nutrition

Smart Snacking for Children (11:25) ★★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

This video will give parents a basic understanding of the right types of snacks to offer their children. Viewers will learn to look at snacks as mini-meals that provide important nutrients. The importance of planning ahead, sticking to a schedule, and having children help in the meal planning is stressed. © 1994 United Learning

Nutrition

Weight : Maintaining a Health Balance (14:45) ★★

In this informative program, viewers learn a variety of skills to help them control their weight. The benefits of eating five servings of fruits and vegetables a day is covered, as well as making exercise a part of the daily routine. © 1992 United Learning

Physical Activity

Active Me, Healthy Me : Being Active as a Family (13:00) ★★ ★

This program implores parents to establish life-long habits that encourage all members of the family to restructure their day to include more Physical Activity. An active family that eats together, plays together, and does chores together will spend less time sitting in front of the television, computer screen, or video game.. Best of all, this does NOT have to take more time out of your day... and it's FUN! © 2002 United Learning

Physical Activity

Active Me, Healthy Me : Being Active During and After Pregnancy (13:00) ★★ ★

This program emphasizes the many health benefits (emotional and physical) of being active for both the pregnant and post-partem mother ... and her new baby! It includes practical advice on how to incorporate activity into your daily routine, as well as, helpful tips on how to use your body safely while being active. Nutrition information is provided that helps the viewer make good choices for eating right. © 2002 United Learning

Body Image : All Star Fitness (55:29) ★★

Hollywood's Challenge (25 min.)—Profiles six stars of film and television determined to lose weight safely and get back in

Body Image : Prescribing Beauty (55:30) ★★ ★ ★

Survival of the Prettiest (24 min.)—Explores how beauty and our obsession with it are programmed into our brains. Body

Safety

Accident : Causes and Prevention (15:53) ★

Identifying risk-producing behaviors can reduce the chance of injury. The program illustrates warning signs that staff and supervisors should be alert to, and encourages workers to look out for one another. © 1991 AIMS Multimedia

Safety

Animal Awareness Driving (15:00) ★★

Vehicle accident records show that between one and five percent of all reported traffic accidents involve hitting an animal on the road. This educational program aims to reduce that statistic by training drivers on proper driving behavior when in an area with a high potential for animals crossing the road. Sudden evasive action to miss an animal, such as swerving or braking hard, frequently results in a serious accident. Drivers will learn proper driving techniques for various road, traffic, and weather conditions and what actions to take when a collision with an animal is imminent. © 1990 AIMS Multimedia

Safety

Ask Any Dummy : Seat Belts Make Sense (18:00) ★★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Vivid and memorable comparisons are made about the effects of auto accidents on belted and unbelted passengers. Special emphasis is given to the risks infants and children face when they are unbelted or sitting on an adult's lap. The necessity for a well-designed, properly selected child safety seat is made clear. A compelling media adjunct to Driver Education courses, as well as child safety, general safety and parenting classes. © 1989 AIMS Multimedia

Safety

City Driving Tactics (2nd Edition) (19:23) ★★

Within one mile on a city street, a driver has to make approximately 58 separate decisions -- nearly one decision every second! This program provides forthright media support to Driver Education and Driver Training courses, covering rules, safety and technique. It illustrates the important tactics needed for safe city driving. The program encourages being patient and alert behind the wheel, wary of potential hazards, and considerate of other drivers. Various safety techniques are illustrated. Viewers learn that safe driving is often a matter of making the right decision at the right time. © 1990 AIMS Multimedia

Safety

CPR for Infants and Children (24:34) ★★

Developed in accordance with the revised American Heart Association standards on cardiopulmonary resuscitation (CPR), this program is designed to aid emergency professionals, teachers and others in maintaining a basic level of proficiency in emergency care for infants and children. In children, the most common causes of respiratory and cardiac arrest include motor vehicle injuries, drowning, airway obstruction, and poisoning. Knowing what to do is critical to saving the life of the young victim. This program covers managing febrile seizures, infant and child CPR, and relief of foreign body airway obstruction. The demonstrations are clear and easy-to-follow. Significant media support to Health and Safety units on CPR, the Heimlich Maneuver, emergency first aid, safety and injury prevention as well as staff training in these lifesaving procedures. © 1998 AIMS Multimedia

Safety

Defensive Driving Tactics (3rd Edition) (15:44) no ratings yet

Two professional drivers demonstrate the difference between defensive driving and aggressive driving as they participate in a safe driving test. The program explains that defensive drivers are always aware of traffic conditions, other vehicles, and pedestrians. Aggressive drivers are shown to be hurried, distracted, and overconfident. Their behavior puts them, and others, at risk. The program teaches about types of drivers to watch out for, such as inattentive drivers, fatigued drivers, and drivers under the influence of alcohol or drugs. © 1989 AIMS

Safety

Distracted Driving (18:11) ★★

In Distracted Driving, viewers are introduced to potentially dangerous situations and given information to minimize the risks and make the roads safer for drivers and their passengers. Distracted Driving discusses five major types of distractions: cell phones and other gadgets, children, aggressive drivers, drowsiness, and traveling away from home. In each segment, dramatic reenactments illustrate the dangers, as well as the use of safe driving techniques. Good judgement, alertness, and patience are stressed as the basics of safe driving. © 2002 AIMS Multimedia

Safety

Driver Training : Controlling Auto Skids (15:34) ★★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Skidding is one of the most dangerous of driving hazards -- but it is controllable. This program gives drivers the information they need to make skid-control techniques second nature. © 1991 AIMS Multimedia

Safety

First Response Medical Conditions and Poisoning (28:00) no ratings yet

This video shows how to handle the crisis situations that can arise from allergies, diabetes, seizures and excessive heat or cold, outlining the symptoms and what triggers them. The program then reviews signs of poisoning, heat stroke and hypothermia. Viewers will gain confidence in handling emergencies as they learn to provide necessary lifesaving measures to those in need. Note: The graphic images in this program may not be suitable for all viewers. Presenters may wish to preview the program before showing it to a class. © 2004 AIMS Multimedia

Safety

H.I.D.E. and S.E.E.K : Eight Strategies to Prevent the Spread of Infections (28:00) ★ ★ ★

H.I.D.E. stands for Handwashing, Immunization, Drug safety and Eating safety. Each area is covered in detail so viewers learn easy ways to prevent the spread of infection. S.E.E.K. stands for Safe personal practices, Environment, Elderly and Kids. Avoiding high-risk personal behavior and learning how to properly clean and disinfect the home and office are emphasized. Practical ways to establish healthy habits for the elderly and children, who are especially vulnerable, are explained. Controlling disease requires knowledge, awareness and the willingness to change old habits. © 2000 AIMS Multimedia

Safety

Handling Hazardous Materials : Labeling (25:00) no ratings yet

Container labels provide an important method for identifying hazardous materials. Labels and placards carry information about containers' contents, as well as what to do and who to call in case of an emergency. Because this information is so critical for the safe handling and transporting of these potentially dangerous substances, several organizations have developed labeling and placarding systems to provide vital information about a container's contents. "Handling Hazardous Materials Labeling" assists employees in understanding the characteristics of different labeling systems. By recognizing the differences and similarities of these systems, employees will be better prepared to work safely around hazardous materials. © 2002 AIMS Multimedia

Safety

Hepatitis C : What You Should Know (10:00) ★ ★ ★ ★ ★

Providing a preventive message about this bloodborne viral disease which can fatally attack the liver, this video is excerpted from the patient education version of the same program. Individuals with Hepatitis C, doctors and researchers all address the physical ailments associated with the disease, and discuss methods of transmission and disease prevention. Although some types of Hepatitis C can be cured, individuals often do not know they have the disease, since symptoms may not show up for many years. The best defense against infection is education about HCV and making healthful lifestyle choices. © 2004 AIMS Multimedia

Safety

In a Split Second (29:30) ★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

This video focuses on accident prevention and those critical first moments following serious injury. It features many topics including: treating wounds with bleeding, burns, drowning, choking, electrocution, gun shot wounds and bike accidents. Helpful hints to prevent these accidents from occurring are: never leave a child alone near the stove, in water or in a car; make sure children eat slowly to avoid choking; cover outlets with safety plugs; don't keep a loaded weapon in the home; and always insist your child wear a helmet when riding a bike. Having an emergency phone list by every telephone and a first aid kit nearby as well as knowing CPR will allow you to react quickly and with confidence. © 1994 AIMS Multimedia

Safety

National Driving Test I (31:16) ★ ★ ★

Ten major safety organizations contributed to this test of what every responsible driver should know. Twenty-five dramatized questions, introduced by popular television and sports personalities, probe a wide range of driving rules and tactics. Correct answers, and the reasons behind them, follow each question. The program serves as an effective media support for Driver Education courses. © 1991 AIMS Multimedia

Safety

National Driving Test II (32:03) no ratings yet

The program presents 25 questions that cover an extensive variety of driving situations including: driving near trucks, motorcyclists, bicyclists and pedestrians; approaching an accident or debris in the roadway; using seat belts; making lane changes; identifying traffic signs; handling skids and engine malfunctions; and driving under the influence. As viewers respond to the questions, they score points if they've answered correctly. At the program's conclusion, the total points acquired will give viewers an excellent indication of their own driving knowledge and ability. © 1991 AIMS Multimedia

Safety

Night Driving Tactics III (17:00) ★ ★ ★ ★

Using memorable graphic demonstrations, Night Driving Tactics shows viewers why nighttime driving is riskier and how the risks can be reduced. The focus is on common mistakes as "overdriving" the headlights, or driving too quickly, and distraction. The program also provides information on driving in heavy rain or fog, coping with drowsiness, and dealing with nighttime road emergencies. Prevention is also stressed as a key element of safe nighttime driving. A clean windshield, good wiper blades, and well-maintained tires are just a few of the prevention measures demonstrated in the program. © 2001 AIMS Multimedia

Safety

Personal Safety : Muggings and Carjackings (20:23) ★ ★ ★ ★ ★

When we're out walking, or in our vehicles, we may be concerned about personal safety – but how prepared are you to avoid or ward off an attack if you're targeted by a mugger or carjacker? These assailants usually make plans to commit their crimes; shouldn't you also develop a plan – one that guards you against assault? Two law enforcement officers present practical strategies that help you take control of your own safety – on the street, in a parking lot, in your vehicle. Their simple techniques will increase your awareness and confidence, prepare you to avoid attack, and to survive the incident if you are accosted. © 2003 AIMS Multimedia

Safety

Road Rage and Aggressive Driving : A View from the Driver's Seat (20:00) ★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Road rage is deliberate, violent behavior by a driver in response to a real or imagined traffic grievance. Aggressive drivers (motorists who generally ignore traffic laws) may trigger road rage in others and/or themselves. Students learn safety measures to follow if they are the object of an enraged driver, and how to manage their emotions behind the wheel to avoid becoming enraged themselves. The message is reinforced by examples of the consequences of road rage episodes. Students learn that these tragedies can be prevented by adopting a cooperative driving attitude. © 1998 AIMS Multimedia

Safety

Safe at School : A Proactive Approach (28:00) ★

A school district that has used several successful strategies to keep its campuses secure is the model in this practical program on maintaining a risk-free learning environment. The behavior model adopted within the participating schools is based on four agreements: mutual respect, attentive listening, no put-downs and the right to pass. Working together with a vigilant, well-trained staff, student mediators and a caring community, the participating schools have been able to reduce bullying, settle disputes peacefully, help at-risk students to assimilate, and increase students' self-esteem and involvement with their schools. © 2003 AIMS Multimedia

Safety

Safe Driving for Teens (25:00) ★ ★ ★ ★

This program presents teens with a crucial strategy for safe driving: don't be a doofus behind the wheel! Demonstrations of clueless driving by Doofus Clueless – the human crash test dummy lend a light touch to the program, while testimonials from crash survivors poignantly underline the basic fact: driving is a serious job, not an occasion for goofing off. The importance of seatbelt use is underscored with revealing statistics regarding crash survival, and the many tragic consequences of DUI incidents are powerfully detailed. In the end the messages boil down to one: don't be a doofus ... always think when you drive!! © 2003 AIMS Multimedia

Safety

Sexual Abuse of Children : Victims and Abusers (28:00) no ratings yet

The program explores the devastating long-term ramifications that result if a child is abused physically, emotionally, and/or sexually. Recovering molesters describe issues that led them to become abusers, including having been sexually abused themselves as children. Low self esteem is one of many traumatic consequences for victims of incest and other child sexual abuse. One survivor interviewed in the program says, "Victims feel dirty, different, and disgusting." This program assures both victims and abusers that they are not alone, provides steps to begin their healing process and addresses, and addresses rape prevention, rape survival and behaviors associated with substance abuse. © 1998 AIMS Multimedia

Safety

Simply Science : Safety Matters (27:13) ★ ★

Investigates the hazards associated with the handling and disposing of chemicals on the job and in the lab. The Workplace Hazardous Materials Information system labels and Materials Safety Data sheets for common lab chemicals are introduced, and students become familiar with universal naming systems and how to write word and chemical equations. Students will make the connection between chemical hazards, lab safety practices, and protective equipment. © 1998 United Learning

Safety

Health Videos

Stolen Identity : Crime of the Millenium (28:00) ★ ★ ★

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Stolen identity (when one person assumes the identity of another by taking their name and personal information either to steal money and credit cards, commit serious crimes, or any other reason) is one of the fastest growing crimes in the country. Because it requires only a driver's license or social security card, it can be as easy as a stolen-credit repair, shoulder surfing, dumpster diving, social engineering and/or work of a dishonest employee. Precautions are outlined to help viewers avoid becoming a victim of stolen identity (including shredding all personal documents and never freely giving out your social security number) and ways to minimize the damage done. © 1999 AIMS Multimedia

Safety

Working Safely in the Office (23:00) no ratings yet

Office employees often have the feeling that safety isn't important in their jobs – since they don't work "on the factory floor". Yet, accidents in the office account for thousands of hours of lost time, and millions of dollars in Workers' Compensation and medical costs. Working Safely in the Office, recently updated with new information, shows the hazards found in the office environment, and the critical importance of on-the-job safety practices. © 2003 AIMS Multimedia

Safety

Working Safely with Computer Workstations (18:00) ★★

From the office to the loading dock, most of today's business is conducted with the help of computers. And – just as with other types of equipment – we need to be aware of the potential problems in working with computers and how to use them safely. "Working Safely with Computer Workstations" reviews the safe use of computers, and offers practical solutions to many present and potential problems. © 2002 AIMS Multimedia

Tobacco

Smoking : Getting Ready to Quit (15:00) no rating yet

Using positive techniques that can make quitting easier and more successful, smokers in various stages of quitting, share tips and techniques that have helped them control their tobacco cravings. Smokers are encouraged to think carefully about why they smoke and what triggers cravings. By learning to recognize certain situations, smokers can more effectively lower their need to use tobacco. The program discusses a list of specific quitting strategies. The latest quitting aids are discussed, including nicotine gum, patches, prescription inhalers and nasal sprays. The program explains how to use these products safely and effectively, while combining them with other healthy behaviors. Viewers are also given techniques to help them avoid future cravings and deal with potential relapse situations. © 2002 AIMS Multimedia

Violence

Acquaintance Rape: The Ultimate Betrayal (29:00) ★★★

Most rapes are committed by people the victims know and trust. These violations force victims to deal with anger and guilt, as well as harsh judgements of society. Candid interviews present the stories behind three acquaintance rape cases. Viewers learn prevention tips, positive steps to take in reporting and recovering from acquaintance rape, and common tactics used by rapists. In addition, the social climate surrounding acquaintance rape is explored, both by young women and young men. Subtle messages like "women want it rough" are closely examined. One victim also expresses anger with the defense attorney, and society in general, for trivializing the anguish of acquaintance rape. © 2002 AIMS Multimedia

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Violence

Case of Abuse (27:00) ★ ★ ★

Michelle and Doug, now in their late teens or early twenties, dropped out of high school and married. Now the parents of one-year-old Tommy, things are not going well - Doug is trapped in a dead-end job. The video engages the viewer swiftly: An opening series of wedding and baby pictures ends in the starkness of a 9-1-1 call. "A Case of Abuse" offers possibilities and points to areas of fruitful reflection and discussion: What services are available? Why are abusers violent? How can they control themselves? What should friends and relatives do? What should the judicial response be - probation or jail? © 1996 United Learning

Violence

Causes : Effects of Abuse (20:00) ★ ★

Martin Kove gives his karate students an "inner" lesson about the causes and effects of decisions, pointing out that as they become older, decision-making can become more complicated. To illustrate and to prepare teenagers for making hard decisions, he presents three situations: rehabilitation after spending time in juvenile detention, peer pressure and drinking and driving, and teen pregnancy and peer intervention. This program provides vivid media support to Health and Life Skills units on alcohol and drug education, substance abuse, behavioral choices, resisting peer pressure, teen pregnancy, and personal health. © 1990 AIMS Multimedia

Violence

Don't Suffer In Silence : Sexual Harassment (29:00) ★ ★ ★ ★ ★

When a group of students decide to make a video about sexual harassment, they encounter a female student who actually is being sexually harassed. They convince her to report the situation to a counselor. The counselor conducts a hearing, interviewing the targeted student as well as the harasser himself. Intertwined with the story are interviews with law enforcement and school officials who define what sexual harassment is, show how targeted students can empower themselves, and explain a range of consequences for students who harass others. © 2003 AIMS Multimedia

Violence

Face It : Abusive Relationships Hurt (15:00) ★ ★ ★ ★

The traits and motives of both the abuser and the victim are investigated in this hard-hitting exploration of dangerous relationships. A sympathetic young host introduces dramatizations interspersed with comments and stories from real men and women who have entered counseling to heal the damage done by the bond of violence. "Red flags" in the behavior of a potential boyfriend—such as isolating the woman, manipulating aspects of her life and forcing himself on her physically—are presented clearly and frankly. Abusers in counseling talk honestly about giving up the feeling of control that violence provided, and women speak of conquering low self-esteem and hopelessness. © 2004 AIMS Multimedia

Violence

LegalEASE: Program Three: The Cycle of Violence (14:44) ★ ★ ★

In today's world, violence is everywhere. We learn about the consequences of violence. We see violent acts in movies and television programs © 1996 Louisiana Public Broadcasting

Violence

LegalEASE Program for Resolving Conflict (15:17) ★ ★ ★ ★

The first step in stopping the cycle of violence is heightening awareness of the problem. The next step is learning and practicing alternative ways to resolve conflicts. The program looks at the problem of violence in our society and presents some effective techniques for preventing violence © 1997 Louisiana Public Broadcasting

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Violence

MTV's Scared Straight (Edited Version) (49:52) ★ ★ ★ ★

"The Lifers" at East Jersey State Prison show a dozen juvenile offenders, what their lives would be like in prison. Graphic accounts of prison violence, oppressive restrictions, and daily existence without family, loved ones or the simplest pleasures of life are pounded home with unremitting frankness. The goal of The Juvenile Awareness Program is to influence the teens to do a 180 degree turn away from their criminal and antisocial behavior. Segments may include racially, sexually, or politically sensitive topics or language; violence; nudity; profanity; or drug use. © 2003 AIMS Multimedia

Violence

No Means No (29:00) no ratings yet

Most rapists come from a variety of racial, ethnic, and economic groups, and they usually know their victims. As one date-rape victim shares the harrowing details of her own experience, she provides advice on avoiding the same fate. A counselor who works with rape victims also offers information on dealing with potential rape situations. The program highlights various "date rape drugs," including Rohypnol, GHB, and Ecstasy. Alcohol is also discussed as a major risk factor for rape. Various young women speak to viewers, urging them to go on group dates in places that are well populated, and to avoid drugs and alcohol. © 2001 AIMS

Violence

Overcoming Gangs : Prejudice (30:00) ★ ★ ★

The program examines gangs, conflict resolution, teen violence, youth-at-risk, behavioral choices, and decision making. At seventeen, Albert was sentenced to 30 days in a juvenile detention center after being convicted of gang-related burglary. Housed in a cell with a member of a rival gang, a verbal confrontation ensued and quickly escalated into a violent encounter. Confined to the same cell, the two men finally began to talk and recognize similarities in their past. Albert's cellmate is eventually taken away to prison to serve eight to 10 years. Once Albert released, he vows never to go back to jail and overcomes the gang lifestyle that once held him down. Now 22, Albert is married and attending college. © 1998 AIMS Multimedia

Violence

Personal Safety : Muggings and Carjackings (20:23) ★ ★ ★ ★ ★

When we're out walking, or in our vehicles, we may be concerned about personal safety – but how prepared are you to avoid or ward off an attack if you're targeted by a mugger or carjacker? These assailants usually make plans to commit their crimes; shouldn't you also develop a plan – one that guards you against assault? Two law enforcement officers present practical strategies that help you take control of your own safety – on the street, in a parking lot, in your vehicle. Their simple techniques will increase your awareness and confidence, prepare you to avoid attack, and to survive the incident if you are accosted. © 2003 AIMS Multimedia

Violence

Rape : Not Always a Stranger (25:00) no ratings yet

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

This program provides guidelines to minimize the risk of being raped. Through enactments, a rape counselor and a law enforcement officer present and discuss several situations that may lead to rape. Safety procedures are shown. Emphasizing that reporting the crime is a crucial step in the healing process, the legal and medical procedures a rape victim goes through following a report are dramatized. This program provides a gripping media adjunct to Health and Guidance units on rape prevention and survival, violence prevention, sexual harassment, self esteem, and crime prevention. © 1988 AIMS Multimedia

Violence

Resolving Conflicts (25:00) ★★

Take students step-by-step through the conflict resolution process. Students learn to apply specific, easy-to-learn skills and effective strategies for resolving conflicts peacefully. © 1995 Sunburst

Violence

Scared Silent : Child Abuse (School Version) (21:00) ★★★★★

Every day, parents cross the line that separates discipline from child abuse. Oprah Winfrey introduces three incidents where parents crossed that line. This video addresses issues of child abuse, family violence, juvenile safety and injury prevention, youth-at-risk, children of alcoholics, children of divorce, parenting skills, anger management, stress management, self-esteem, substance abuse, and suicide prevention. © 1994 AIMS Multimedia

Violence

Scared Straight : 20 Years Later (1:37:06) ★★★★★

In 1978, 17 teenage lawbreakers were taken inside a maximum security prison in New Jersey for crimes ranging from assault and battery to arson to illegal possession of weapons and making bomb threats. But they were in prison as part of an attempt to persuade them to abandon crime. Hardened convicts tried to scare the kids by revealing what life behind bars is really like. This video contains profanity and sensitive topics. © 1999 AIMS Multimedia

Violence

Scared Straight : 20 Years Later (School Version) (1:02:42) ★★★★★

In 1978, 17 teenage lawbreakers were taken inside a maximum security prison in New Jersey for crimes ranging from assault and battery to arson to illegal possession of weapons and making bomb threats. But they were in prison as part of an attempt to persuade them to abandon crime. Hardened convicts tried to scare the kids by revealing what life behind bars is really like. This video contains profanity and sensitive topics. © 1999 AIMS Multimedia

Violence

School Violence : The Warning Signs (39:01) ★★★★★

Recognizing the early warning signs of potentially violent behavior and having the ability to intervene appropriately are both crucial to the prevention of violence in our schools. This program explores the cooperative relationship between school districts, individual campuses, and local law enforcement agencies that supports effective violence prevention plans. School principals, guidance professionals and law enforcement officials share an analysis of school violence, factors that influence students into adopting physically aggressive behaviors, practical steps to take in addressing unacceptable behavior, a comprehensive listing of warning signs of incipient violence, and tips on the legality of school-conducted searches of students' possessions. © 1999 AIMS Multimedia

**LOCATION /
TOPIC**

TITLE & DESCRIPTION

Violence

Sexual Harassment and How to Stop It (25:00) ★★

This video alerts high school students to the facts and consequences of peer sexual harassment. It shows that sexual gestures, looks, taunts, and jokes create a hostile educational environment for victims and can have a negative impact on their self-esteem and schoolwork. Viewers learn to recognize sexual harassment when they see or experience it, and are given pointers on what to do to interrupt or prevent its happening. © 1995 Sunburst

Violence

Surviving Rape : A Journey Through Grief (33:00) no ratings yet

The trauma of rape leaves victims feeling an intense grief with which they must learn to deal, if they are to return to healthy and happy lives. The five stages of the grieving process that rape victims encounter are outlined: denial, anger, depression, bargaining, and acceptance. Five women, all rape survivors, recall their individual roads to recovery, sharing common feelings of shame, self-hatred, and guilt before finally reaching acceptance and self-love. They stress the importance of talking about the rape and seeking help from a support group in order to begin healing. This program addresses rape prevention, survival and coping, violence prevention, self esteem, and crime prevention. © 1992 AIMS Multimedia

Violence

Wake Up Call (no time given) ★★ ★★

Young people being sexually harassed and exploited at school, at home, or at work, is a serious issue in today's world. Lizzie, a high school student, needs money for college, which she knows her parents cannot provide. She finds a part-time job at a local pizza place. Soon, however, the owner makes inappropriate sexual references and overtures. Lizzie is deeply conflicted because she needs the money, but she is upset by the incessant looks, jokes and innuendoes. She must decide whether or not to compromise her values and integrity, and keep the job. This program addresses sexual harassment, self esteem and assertiveness. © 1996 AIMS Multimedia