

**SCHOOL HEALTH CURRICULUM  
SEXUALITY COMPONENT**

**SENIOR HIGH / CALM RESOURCES**

**This section includes:**

- Approved and recommended videos and resources for use in Senior High or CALM

**General Information**

1. The resources listed in this package have been recommended by the Calgary Board of Education or approved by Alberta Education.
2. It is vital to preview audio-visual resources to ensure that they are appropriate for the content, age, community and interest of the students to whom you are presenting.
3. As you will note on the information attached, many videos are available to teachers through the Calgary Board of Education. This means teachers can obtain their own copy for classroom use. The **Calgary Board of Education Video Loan Pool** telephone number is **294 - 8728**.



**944-7115**

**Calgary Board of Education  
RECOMMENDED RESOURCES FOR USE IN SENIOR HIGH (CALM)  
HEALTH CURRICULUM**

**\*N.B.** These are suggestions and should be used in conjunction with your own judgement, experience and sense of your individual class.

## **Video Resources**

### **AIDS Prevention: Choice not Chance**

Grade: 10-12

Copyright: 10 minutes                      Distributor:

Available: CBE Video Loan Pool

Information presented about how HIV/AIDS is a communicable disease, how it is spread and prevention. A general information video – not very much about behaviour/skills but factually correct.

### **AIDS: What Everyone Needs to Know 4<sup>th</sup> edition**

Grade: 10-12

Copyright: 2000                      22 minutes                      Distributor: McIntyre Educational Media

Available: CBE Video Loan Pool

*Provides a perspective on the serious problem of AIDS. Interviews with HIV-positive people shows the trials these patients face in their daily lives. Education and awareness to avoid contracting AIDS is discussed. Guide included. Closed captioned.*

### **Be My Baby**

Copyright: 2000                      24 minutes

Available: Sexual and Reproductive Health

*This video tells the story of five teen parents, three young women, and two young men. They speak about the responsibilities and difficulties they encounter daily while trying to stay in school.*

### **Birth Control for Teens**

Grade: 10-12

Copyright: 1994                      25 minutes                      Distributor: Visual Education Centre

Available: CBE Video Loan Pool

*A teen-focused version of "Birth Control: Myths and Methods (3<sup>d</sup> edition)". Diagrams and explains male and female reproductive systems. Discusses over-the-counter contraceptives (male and female condoms, foam, suppositories, sponge) and prescriptions (pill, diaphragm, cervical cap). Also discusses use of condoms in STI prevention, as well as teen attitudes which impede birth control use.*

### **Choices for Positive Youth Relationships**

Copyright: 1999                      20 minutes

Distributor: Speers Society

Available: CBE Video Loan Pool

*Choices for Positive Youth Relationships is an abuse-prevention program for youth which combines the National Film Board's award-winning documentary "A Love that Kills" with a six-lesson, curriculum-based instructional guide to support numerous outcomes in the CALM Program of Studies. The film documents the story of Monica Speers, a 19-year-old woman who was murdered by her former boyfriend. Warning signs symptomatic to abusive relationships are outlined. Very powerful film. Alberta learning approved.*

### **Dating for Real: Building Safe and Healthy Relationships**

Copyright: 2001 approx. 22 minutes each

Available:

- CBE Loan Pool
- Sexual and Reproductive Health

This three video series is designed to inform students about the elements that make up healthy relationships, to increase awareness and understanding about violence and abuse, and to motivate students to seek relationships based on equality and mutual respect. The first video illustrates how gender and stereotypes, reinforced by the media, get in the way of relationships. The second video has youth discussing their values and attitudes about sex and explaining the importance of communication. The third video has youth discussing their experiences with jealousy and conflict and what strategies they use for building healthy relationships.

### **The Forbidden Forest**

Copyright: 1997 21 minutes

Available: Sexual and Reproductive Health

*Young fathers tell about the changes in their lives since the birth of their babies.*

### **Heart On a Chain**

Copyright: 1991 18 minutes

Distributor: Magic Lantern Communications Ltd.

Available: CBE Video Loan Pool

*A male commentator discusses male socialization with respect to control in dating relationships. Promotes an understanding of what constitutes abuse and why it happens. Explains what constitutes a healthy, rewarding relationship.*

### **HIV / AIDS 101**

Copyright: 2003 44 minutes

Available: Sexual and Reproductive Health

*Kim Bouldin-Jones, an authority on AIDS prevention, details information about HIV and AIDS. She explains why this virus is different, how it transmitted and how to protect against this disease. She also explains how HIV is detected and treated.*

### **HIV and Teens: Remembering Krista Blake**

Copyright: 1996 15 minutes

Distributor: Marlin/Co-Acquisition

Available: CBE Video Loan Pool

*Documents the life of Krista Blake, who at age 16, contracted HIV from a boyfriend. Over a Three-year period, she speaks out about AIDS, and as her disease progresses, until her death at age 22, she maintains a positive attitude.*

### **Hope Is Not A Method - 4th Ed. (5<sup>th</sup> edition approved)**

Copyright: 1993 22 minutes

Available:

- CBE Video Loan Pool

- **Sexual and Reproductive Health**

*Besides abstinence, this video provides information about the following contraceptive methods: withdrawal; rhythm; non-prescription methods including sponge, foam, vaginal suppositories and condoms, both male and female; prescription methods including diaphragm, pill, IUD, sterilization, Norplant and Depo-Provera.*

### **If You Love Me**

Grade: 10-12

Copyright: 1992                      38 minutes

Distributor: Omega Films

Available: CBE Video Loan Pool

*The story of two teenagers as they struggle with sexuality – a tale of convictions and the courage to stand by them. Challenges teenagers to see sexuality in its natural context of love and life. Animated. Preview to see if this style suits your class.*

### **Just for Fun**

Grade: 10-12

Copyright: 1993                      23 minutes

Distributor: McNabb and Connolly

Available: CBE Video Loan Pool

*A teenaged male spends the summer with his gay brother; he has difficulty with his brother's lifestyle until the group whom he is with attacks and hospitalises his brother. Confrontation with the gang's leader shows the disgust of his classmates and realization by gang members of the seriousness of their actions.*

### **Killing Us Softly #3**

Copyright: 2000                      34 minutes

Available: Sexual and Reproductive Health

*Using clips from advertisements, this video shows how the media depicts women as thin, flawless, and dismembered. Women are seen as objects and the video illustrates how the media promotes violence, battery, abuse and bondage. The video discusses ads in relation to men and women.*

### **Love in the Dark Ages**

Copyright: 1993                      35 minutes

McIntyre Educational Media

Available: CBE Video Loan Pool

*Presents a strong case for sexual abstinence among teenagers. The issue of sexual responsibility quickly becomes the focus of the relationship between two high school students when one contracts a sexually transmitted disease from the other. Content is dated and the consequences of unprotected sex portray the female as "victim." However, good scene with doctor when a female is diagnosed with chlamydia. Discussion around testing, communication with partner and confidentiality.*

### **Love Taps**

Grade: 10-12

Copyright: 1996                      24 minutes

Distributor: National Film Board of Canada

Available: CBE Video Loan Pool

*A drama about teens, relationships, and dating violence. One scenario depicts a high school student who is involved in a dangerous relationship with her abusive boyfriend; the other portrays a young man who is the victim of verbal abuse at the hands of his girlfriend. Closed-captioned. Preview before showing. Follow-up video with class discussions about the cycle of violence. Students should be given information about local community support resources and the effects that abuse has on self-esteem, self-concept and problem-solving.*

### **Miracle of Life**

Copyright: 1986                      60 minutes

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

*This video uses highly sophisticated techniques to capture the incredible process of human conception, fetal development and birth.*

### **One of Them**

Copyright: 2000                      25 minutes

Available: Sexual and Reproductive Health

*With a focus on homophobia and discrimination, not sexual behaviour, this video prompts viewers to examine their own reactions and promotes a safe school environment for all students.*

### **Out: Stories of Lesbian and Gay Youth**

Copyright: 1994                      40 minutes

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health
- Calgary Public Library

*OUT is an intimate exploration of the struggles and victories of gay and lesbian youth in Canada. Delving into the emotional, societal and familial conflicts lesbian and gay often face, this video breaks the damaging silence surrounding sexual orientation and sexual differences. Through candid interviews with gay and lesbian youth from varied heritages, issues of discrimination, racism, and sexism are sensitively addressed.*

### **Pill (the)**

Copyright: 1994                      20 minutes

Available: CBE Video Loan Pool

*This video describes the Pill – an easy, convenient and effective method of birth control. It describes the menstrual cycle and how the Pill affects it. The need for a good physical exam prior to prescribing is encouraged. It discusses contraindications such as breast cancer, circulation problems, liver cancer, and smoking.*

### **Positive: A Journey into AIDS (Classroom Version)**

Copyright: 1995                      44 minutes

Available: Sexual and Reproductive Health

*Actors, who portray a couple battling AIDS on the soap opera “General Hospital,” learn about HIV/AIDS for real people living with the disease. They meet with patients of all ages in a hospice who have less than six months to live and discuss with them how they got the virus and how they are confronting the prospect of an early death.*

### **Real People: Sex Too Soon**

Copyright: 2000                      26 minutes

Distributor: Kinetic Enterprises Ltd.

Available: CBE Video Loan Pool

*A resource for helping young people to begin to understand the causes and consequences of premature sex. Prominent as a cause of premature sex is early parental neglect. Therapy is*

*suggested as a useful option for young people at risk of, or engaging in this self-destructive behavior. Guide included. Preview before showing. Real People Series.*

### **Risky Behavior: What You Do Now May Have Lifetime Consequences**

Copyright: 2002 27 minutes

*This video presents an overview of the prevalence of STDs in the teen and young adult population and condensed information on the most common sexually transmitted diseases. This includes Chlamydia, Gonorrhea, Human Papiloma Virus, HIV/AIDS, Herpes, Vaginitis, Syphilis, and parasitic infections such as, Scabies and Pubic Lice. The video also discusses how to prevent STDs by stopping risky behavior and using known and effective precautions.*

### **Sex, Choices, and You**

Copyright: 1987 18 minutes Distributor: Omega Films

Available: CBE Video Loan Pool

*Because of the serious problem of AIDS, other sexually transmitted diseases, and unplanned pregnancies, the important choice of abstinence is presented. For those sexually active, the need for responsibility is underlined. Dated fashions but good discussion.*

### **Song Of Superman**

Copyright: 1995 33 minutes

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

*This is a story of a haemophiliac teenage boy, who is HIV positive.*

### **Still Killing Us Softly**

Copyright: 1987 31 minutes

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

*This is a lecture and presentation by Jean Kilbourne on advertising industry's image of women and its impact on self-concept, relationships and work. There are some comments concerning effects of messages on men and children.*

### **Teen Parenting – Trouble with the Law**

Copyright: 1998 27 minutes

Available:

- Sexual and Reproductive Health

*The first part of the video consists of two judicial hearings: a teen male in court for child support, and then a teen mother in court for neglect. It is portrayed in the American Law System. The second part of the video has a small group of actual teen parents discuss how their babies have changed their lives.*

### **Testicular Self-Exam**

Copyright: 1986 5 minutes

Available:

- Sexual and Reproductive Health

*A teenage male discovers a lump on his testicle. There is a brief review of TSE, reinforced by diagrams. The video stresses that males between the ages of 15-35 years are at highest risk for this disease.*

### **Tough Guise**

Grade: 10-12

Copyright: 1995                      56 minutes                      Distributor:

Available: CBE Video Loan Pool

*Presented by anti-violence educator, Jackson Kate, a systematic look at the relationship between the images of popular culture and the social construction of masculine identities. Extremely strong message which makes good sense. Good discussion starter. Needs teacher participation. Extensive illustration through movie clips, wrestling video games, news (TV and papers), statistics, advertisements, pop music.*

### **Too Close For Comfort**

Copyright: 1990                      27 minutes

Available:

- Sexual and Reproductive Health

*This video depicts a young man who is diagnosed as having AIDS (HIV virus). Resultant job discrimination and reactions of friends highlight the issue of homophobia in our society.*

### **What is Love? What is Sex?**

Copyright: 2000                      15 Minutes

*This video consists of personal interviews with teens who have made a variety of choices regarding sexual activity. Youth try to define love and sex.*

### **When I Say Stop, I Mean Stop**

Grade: 10-12

Copyright: 1998                      25 minutes                      Distributor: McIntyre Ed Media

Available: CBE Video Loan Pool

*A guide for teens, offering practical and specific advice on handling sexual harassment and pressure to be sexually active. Includes guide.*

### **When Your Unborn Child Is On Drugs, Alcohol Or Tobacco**

Copyright: 1994                      15 minutes

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

*This video looks at the dangers to the unborn child when his/her mother smokes, drinks or uses drugs during pregnancy. There is a good description of fetal growth and development and the affects of alcohol in each trimester. The responsibility of the father is mentioned too.*

### **Yes You Can! Early Detection of Cancer in Women**

Copyright: 1990                      15 minutes

Available:

- Sexual and Reproductive Health

*This video is produced by the Canadian Cancer Society and it is designed specifically for high school students. It shows a young woman going to her doctor for a Pap test, STD screening and breast check-up. There is an excellent description of breast self-exam technique and shows reassuring dialogue regarding pelvic exam.*

Revised: 09/12/2005