

**SCHOOL HEALTH CURRICULUM
SEXUALITY COMPONENT**

JUNIOR HIGH RESOURCES/GUIDELINES

This section includes:

- Approved and recommended videos and resources for use in Junior High.

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. If you choose to use other audio-visuals than these, it is important to check the resource with the principal of the school involved.
4. 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**.



calgary health region
sexual & reproductive health

944-7115

**Calgary Board of Education
Recommended Resources for Use in
JUNIOR HIGH 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

Abstinence: Deciding to Wait

Grade: 9

Copyright: 1992 20 minutes Distributor: Omega Films

Available: CBE Video Loan Pool

Designed to help teens to understand that having sex can lead to emotional complications, pregnancy, or STDs – including the AIDS virus. Helps them to deal effectively with being sexually active. Presents case studies of three couples and follows them through the consequences of their choices.

Abstinence It's the Right Choice – 1st and 2nd Editions

Grade: 7, 8 or 9

Copyright: 1st edition: 1995; 2nd edition: 2000 23 minutes Distributor: Churchill Media

Available: Sexual and Reproductive Health

Whether the influence comes from the media or from peer pressure, teens are constantly flooded with the topic of sex. This video discusses refusal techniques and alternatives to engaging in sexual activity. It also looks at pressure issues, decision making, pregnancy, STDs and risks. (May still use the first edition)

AIDS Prevention: Choice not Chance

Grade: 7-9

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 4th edition

Grade: 7-9

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 trails these patients face in their daily lives. Education and awareness to avoid contracting AIDS is discussed. Guide included. Closed captioned.

Baby, Baby Go Away

Grade: 9

Copyright: 1993 21 minutes

Distributor: International Tele-Film

Available: CBE Video Loan Pool

In their own words, teens who became pregnant describe their lives as single parents. They tell how their unrealistic expectations and loss of their growing-up years have changed their lives irrevocably. This video is dated, however the content is still relevant. Follow-up with information on “safer sex” and condom use.

Birth Control for Teens

Grade: 7-9

Copyright: 1994 25 minutes

Distributor: Visual Education Centre

Available:

A teen-focused version of “Birth Control: Myths and Methods (3rd 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.

Boy Stuff

Grade: 7

Copyright: 1986 16 minutes

Distributor: Churchill Films

Available: CBE Video Loan Pool

Importance of hygiene during puberty for boys.

Choices

Grade: 7-9

Copyright: 1991 20 minutes

Distributor: Junior League of Calgary

Available:

Using a panel format in a classroom setting, five teens share their stories about sexual choices, then answer questions from the students. The panel consists of two teen mothers, a teen father, a teen who has surrendered her baby for adoption, and a sexually non-active teen. Guide included.

Dating for Real: Building Safe and Healthy Relationships

Grade: 9

Copyright: 2001 approx. 22 minutes each

Publisher: McIntyre Media

Available:

- CBE Video 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.

Early Adolescence: A Time for Change

Grade: 4-6

Copyright: 13 minutes Distributor:

Available: CBE Video Loan Pool

Breaks puberty into physical/intellectual/emotional/social changes. Good background and introduction for teaching puberty. Ideal for teachers of grades 4-7.

Fable of He and She

Grade: 7

Copyright: 1974 12 Minutes Publisher: Learning Corporation of America

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

This is an animated fable that challenges stereotypes and sexist thinking. On this fantasy island, one group does traditionally female roles while the other group does traditionally male roles. A storm splits the island and each group is forced to do the other's roles. They come together with some new conclusions.

Flour Babies

Grade: 7-9

Copyright: 1989 30 minutes Distributor: McIntyre Educational Media

Available: CBE Video Loan Pool

Based on the true story of an experimental high school parenting class in which students were required to carry five-pound sacks of flour as if they were real infants. Focuses on two students whose relationship is becoming strained as they are faced with the decision of having sex for the first time. Film is dated; best used only in conjunction with classes conducting this type of experiment. Series: "CBS Schoolbreak Special".

Gender Blues

Grade: 4-6

Copyright: 2000 24 minutes Distributor: Filmwest/Co-acquisition (FMW/COA)

Available: CBE Video Loan Pool

Portrays the gender stereotyping that society often imposes upon individuals who by their choices challenge this imposition. Set in a school environment this deals with gender issues and the effect of social influences on sexuality and gender roles pertaining to equity of treatment.

The Glitter: Sex, Drugs and the Media

Grade: 7

Copyright: 1994 28 minutes Publisher: McIntyre Media

Available: Sexual and Reproductive Health

Youth and professionals discuss the effects of media and consumerism on people regarding sexuality. It includes many images from ads, TV programs, news, MTV and Nintendo.

Gloss

Grade: 8 and 9

Copyright: 1996 14 Minutes

Publisher: I.M. Systems

Available: CBE Video Loan Pool

This is a story of a Grade eight girl who has a date with a senior in high school. It discusses the pressure to look, dress and act older.

HIV and AIDS – Staying Safe

Grade: 8

Copyright: 2001 15 minutes

Publisher: Marlin Motion Pictures

Available:

- Sexual and Reproductive Health
- CBE Video Loan Pool

This program helps students understand why prevention is important when it comes to HIV and AIDS. It describes basic facts about HIV and AIDS, what the virus does in the body, why it leaves the body vulnerable to other infections, and how HIV develops into AIDS. Finally it explores the ways that HIV can and cannot be contracted.

Human Body Series: Reproductive Systems

Grade: 7

Copyright: 1988 20 Minutes

Publisher: National Geographic

Available:

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

Anatomy and physiology of the male and female reproductive systems are discussed while the video follows the development of human life from fertilization to birth. Also, the development of the egg and the sperm are described.

Human Growth – 5th Edition

Grade: 7, 8 and 9

Copyright: 1998 23 Minutes

Publisher: SVE & Churchill Media

Available: Sexual and Reproductive Health

This is a comprehensive review of puberty changes, both physical and emotional. It also looks at anatomy, physiology, reproduction, and birth. A portion of the video is devoted to the reactions, questions, observations and feelings of youth about puberty.

If You Love Me

Grade: 7-9

Copyright: 1992 38 minutes

Distributor: Omega Films

Available:

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: 9

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.

Kelly's Story

Grade: 8

Copyright: 1996 26 minutes

Distributor: THA Media Distributors Ltd.

Available: CBE Video Loan Pool

Explores children's right to a safe environment, free from abuse, and poses the dilemma of what someone should do when he or she knows that a friend is in difficulty. Series: "Kidzone Servies VII".

Love Taps

Grade: 7-9

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

Grade: 8 and 9

Copyright: 1986 60 Minutes

Publisher: Crown Video

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

This is an introduction to human reproduction, fertilization, fetal development, birth, prenatal care, birth control, STDs and puberty myths.

Postponing Sexual Involvement

Grade: 7 and 8

Copyright: 1996 27 Minutes

Publisher: JCS Entertainment

Available: Sexual and Reproductive Health

This video covers the general nature of puberty, sexual curiosity, expression, pressure and relationships. It helps teens manage their emerging sexual feelings, and resist social and peer pressures to be sexually involved.

Puberty For Boys: Amazing Changes Inside and Out

Grade: 7

Copyright: 2001 21 minutes Publisher: Marlin Motion Pictures

Available:

- Sexual and Reproductive Health
- CBE Video Loan Pool

The physical and emotional changes for boys are explored while briefly reviewing the puberty changes for girls.

Puberty For Girls: Amazing Changes Inside and Out

Grade: 7

Copyright: 2001 21 minutes Publisher: Marlin Motion Pictures

Available:

- Sexual and Reproductive Health
- CBE Video Loan Pool

The physical and emotional changes for girls are explored while briefly reviewing the puberty changes for boys.

Real People: Sex Too Soon

Grade: 8-9

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.

Real People: Teens Who Choose Abstinence

Grade: 7, 8 and 9

Copyright: 1994 23 Minutes Publisher: Sunburst

Available:

- CBE Video Loan Pool
- Sexual and Reproductive Health

Teens address peer and media pressures they face as they attempt to follow their decision to be abstinent. This video defines abstinence, talks about other forms of sexual expression and discusses techniques for saying "no".

Real People Relationships – When They Help, When They Hurt

Grade: 8 and 9

Copyright: 1994 26 Minutes Publisher: Sunburst

Available: Sexual and Reproductive Health

After watching scenarios of unhealthy relationship patterns, students discuss their reactions and identify what looks unhealthy in the scenarios and what the characters could have done differently. The scenarios show examples of co-dependency, controlling and possessive behavior, and emotional and verbal abuse.

Red Flags

Grade: 7-9

Copyright: 1995

21 minutes

Distributor: Meridian

Available:

“Love referee” throws in a Red Flag when vignettes show signs of unhealthy relationships. Focuses on control, lying, obsession, problem life styles, abuse as warning signs. Good for discussion. Good examples are portrayed in vignettes. The love referee himself is a bit corny but the situations and messages are good.

Risky Behavior: What You Do Now May Have Lifetime Consequences

Grades: 8 and 9

Copyright: 2002

27 minutes

Publisher: Kinetic Video

- 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 Papilloma Virus, HIV/AIDS, Herpes, Vaginosis, 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

Grade: 7-9

Copyright: 1987

18 minutes

Distributor: Omega Films

Available:

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.

Sexual Harassment: It's Hurting People

Grade: 8

Copyright: 1994

17 Minutes

Publisher: Sunburst

Available: Sexual and Reproductive Health

This video defines sexual harassment, identifies inappropriate behaviors, and provides students with skills to stop or prevent harassment. Consequences are also discussed for individuals who commit sexual harassment.

Still Killing Us Softly

Grade: 7

Copyright: 1987

31 Minutes

Publisher: Cambridge Doc. Films

Available:

- CBE Loan Pool
- Sexual and Reproductive Health

This video looks at the impact of advertising on women, men and children. It analyzes ads from magazines, newspapers, album covers. It focuses on the image of women and the effects on society.

Straight Talk About Sexual Health: Choices and Consequences

Grade: 8

Copyright: 2001 19 minutes Publisher: Magic Lantern

Available: CBE Loan Pool

After a brief overview of the male and female reproductive systems, the program hosts lead students to think about the responsibilities of decision-making, STDs, pregnancy, healthy relationships and more. Guide included. Series: "Straight Talk".

Subject is: AIDS

Grade: 7-9

Copyright: 1987 18 minutes Distributor:

Available: CBE Video Loan Pool

How not to get AIDS – good emphasis upon safe practises, i.e., cannot get HIV via tears, sweat, etc. Concentrates on drugs and sex transmission. 1987 film – old but not too dated. There is some footage of shooting drugs – some teachers may choose not to show this. Good discussion between guys and girls in school about protection.

Tough Guise

Grade: 7-9

Copyright: 1995 56 minutes Distributor:

Available:

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.

What is Love? What is Sex?

Grade: 7, 8, and 9

Copyright: 2000 15 Minutes Publisher: Human Relations Media

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: 7-9

Copyright: 1998 25 minutes Distributor: McIntyre Ed Media

Available:

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 and Alcohol

Grade: 8 +

Copyright: 1994 15 Minutes Publisher: McIntyre Media

Available:

- CBE 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.

You Oughta Know: Teens Talk About Dating and Abuse

Grade: 8

Copyright: 1997 23 Minutes Publisher: Kinetic

Available: Sexual and Reproductive Health

Discussions with teens who have been actually abused by their partners are shown in this video. There are interviews with both males and females that have been abused. It looks at physical abuse, the cycles, abuse from parents, stalking, manipulative behavior, and warning signs.

PRINT RESOURCES

AIDS: Could It Happen To Me?

A Family Talks About Aids: Questions Children Might Ask and Information for Parents

Sexually Transmitted Diseases

Grade: 8, 9

Publisher: Alberta Health (free)

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