

CAREER AND LIFE MANAGEMENT (CALM) HUMAN SEXUALITY RESOURCES

This section includes:

- Approved and recommended videos and resources for use in CALM classes.

General Information

1. The resources listed in this package have been recommended by the Calgary Board of Education and / or approved by Alberta Education. For teachers outside of the Calgary area, contact your local school board.
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 teaching. Administrative Regulation 1014 (available at www.cbe.ab.ca, under Policies) highlights extra steps to take if resources are of a controversial or sensitive nature.
3. If you choose to use audio-visuals other 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 who work for the Calgary Board of Education. This means teachers can obtain their own copy for classroom use. The **Calgary Board of Education Video Loan Pool** can be accessed by telephone at **403 294 – 8728** or online via www.cbe.ab.ca (click on Resources, scroll down to the Video Loan Pool). These videos and DVDs are only available to employees of the Calgary Board of Education.
5. Contact your **School Public Health Nurse** or the **Educational Resource and Pamphlet Clerk** at the Calgary Health Region at **403-287-3669** or via email at educationalresourceandpamphletcenter@calgaryhealthregion.ca to get information about pamphlets, videos and ordering information.



Sexual and Reproductive Health
403 955-6515

Calgary Board of Education
Recommended Resources for Use in
CALM HEALTH CURRICULUM (Grades 10, 11 and 12)

***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 First: Teen Birth Control Decisions

Grades 8, 9 and CALM

Copyright: Access, 2003, 29 min.

Available: CBE Video Loan Pool

- *Presents abstinence as the safest method of birth control*
- *Also provides information on common methods of birth control and their effectiveness, prevention of STI's, side effects, where to get them and how they work.*
- *Emphasizes that both partners are responsible for birth control decisions*

AIDS Prevention: Choice not Chance

Grade: 10-12

Copyright: 10 minutes Distributor: McIntyre Educational Media

Available: CBE Video Loan Pool

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

AIDS: What Everyone Needs to know 4th 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

5 young people speak of emotional and financial challenges they face and give advice

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 (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.

Best 10 ¼ Tips for Dating Safely

Grade: CALM

Copyright: McIntyre Media, 2001, 18 minutes

Available: CBE Video Loan Pool

- *Presents information for safe dating decisions*
- *A public health educator discusses such ideas as meet in a public place, Separate fantasy from reality, tell someone about your date, protect your privacy, trust your intuition.*

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

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.

Dealing with Teen Dating Abuse: Matters of Choice

Grades 8,9 and CALM

Copyright: McIntyre, 2003, 18 min.

Available: CBE Video Loan Pool

- *Examines the issue of teen dating abuse through the story of Megan, her boyfriend, and her best friend, Ana. Matthew becomes increasingly controlling and abusive. Shows all three points of view. Resource Binder included.*

Fetal Alcohol Syndrome and Fetal Alcohol Effects.

Copyright: 1991

Available: CBE Video Loan Pool

This video reviews daily struggles of the FAS/FAE child and parents or caregivers; when the fetus is most at risk; emphasizes that this disorder is entirely preventable.

The Forbidden Forest

Copyright: 1997 21 minutes

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

Kim Bouldin-Jones, an authority on AIDS prevention, details information about HIV and AIDS. She explains why this virus is different, how it is 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

Copyright: 1993 22 minutes

Available: CBE Video Loan Pool

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: McNabb and Connolly

Available: CBE Video Loan Pool

The story of two teenagers as they struggle with sexuality – 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

Shows how the media depicts women. Using clips from advertisements, show how women are depicted as thin, flawless, and dismembered. Women are seen as objects; promoting violence, battery and abuse and bondage. Discusses ads in relation to men and women.

Life in the Womb. The First Stages of Human Development.

Copyright: 1983 20 minutes

Pt.1-The Course of Development-describes the course of prenatal development from the union of a single sperm and ovum, to birth of an infant approximately 266 days later. It defines the 3 main stages of prenatal life; germinal, embryonic & fetal and investigates the main events of each. Pt .2-Influences of Prenatal Development-explores the major factors that can influence prenatal development. The program focuses on birth heredity and maternal environment in determining the health of the baby. Also in slide.

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 infection 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 with class discussions about the cycles 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

Emmy Award NOVA presentation. Highly sophisticated techniques capture the incredible process of human conception, fetal development and birth.

One of Them

Copyright: 2000 25 minutes

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/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 film 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 film 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

Actors from “General Hospital” soap opera learn about HIV/AIDS

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 behaviour. Guide included. Preview before showing. Real People Series.

Resistance: Preventing Teen Fatherhood

Grade: CALM

Copyright: Human Relations Media (available through ACCESS), 1999, 31 minutes

Available: CBE Video Loan Pool

Presents real life commentary and consequences of teenage sex from a boy's point of view. Teens discuss peer pressure, financial, educational and relationship stress that result from fathering a child. Abstinence, avoiding alcohol and drugs, and using birth control are discussed.

Risky Behaviour: What You Do Now May Have Lifetime Consequences

Copyright: Nimco Inc, 2002 27 minutes

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

Risky Stuff

Grade 9

Copyright: Canadian Learning Company, 2003, 24 min.

Available: CBE Video Loan Pool

Commentary from students on avoiding risky behaviours, truth vs. rumor regarding STI's, decision making when drugs or alcohol are involved.

Song of Superman

Copyright: 1995 33 minutes

Available: CBE Video Loan Pool

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

Teen Parenting – Trouble with the Law

Copyright: 1998 27 minutes

PART ONE: Shows a boy in court for child support, teen mother in court for neglect. Portrayed in American Law System

PART TWO: Discussion with teens about teen parenting – “You can't quit” and costs of raising children.

Testicular Self-Exam

Copyright: 1986 5 minutes

Teenage male discovers a lump on his testicle. Brief review of TSE, reinforced by diagrams. Video stresses that male's 15-35 years of age are at highest risk for this disease.

Tough Guise

Grade: 10-12

Copyright: 1995 56 minutes

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 construct 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

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

What is Love? What is Sex?

Copyright: 2000 15 minutes

This video consists of personal interviews with teens that 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 25minutes 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: No date 15 minutes

Available: CBE Video Loan Pool

Information regarding smoking, drinking, drugs and pregnancy. Good description of fetal growth and development and affects of alcohol in each trimester.

Discusses responsibility of the father and how to have a healthy pregnancy. Dated.

Where did you sleep last night?

Grade: CALM only

Copyright: NFB, 2001, 22 min.

Available: CBE Video Loan Pool

Portrays the life of a teenage girl who is befriended by a "friend" at the mall (ie. Pimp). Illustrates how the sex trade lures teens away and often leads to a violent lifestyle. PREVIEW BEFORE SHOWING.

Yes You Can! Early Detection of Cancer in Women

Copyright: 1990 15 minutes

Produced by the Canadian Cancer Society, designed specifically for high school students. Shows young woman going to doctor for Pap test, STD screening and breast check-up. Excellent description of breast self-exam technique and reassuring dialogue re: pelvic exam.

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