

SCHOOL HEALTH CURRICULUM SEXUALITY COMPONENT

ELEMENTARY RESOURCES

This section includes:

- Approved and recommended videos and resources for use in Elementary School.

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 Grades 4 – 6
ELEMENTARY HEALTH CURRICULUM

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

Video Resources

AIDS: A Different Kind of Germ

Grade: 6

Copyright: 1990 15 minutes Distributor:

Available: CBE Video Loan Pool

A doctor helps explain to her daughter how AIDS is transmitted. A cartoon character "Microscopic Mike" helps the girl understand the disease. Helps children learn about hospital/health procedures with needles, etc.

Good for grade 6, explains blood borne factors, needles, etc. Message is that learning about AIDS is best prevention. Teachers need to explain HIV is transmitted before AIDS develops – video does not use term HIV, only AIDS virus

Boy to Man 4th edition

Grade: 4,5

Copyright: 2000 24 minutes Distributor: Churchill Films

Available: CBE Video Loan Pool

This video helps preteen boys understand the emotional and physical changes of

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.

Everything You Wanted to Know about Puberty...For Boys

Grade: 4-6

Copyright: 1991 15 minutes Distributor: Magic Langern Communications Ltd.

Available: CBE Video Loan Pool

Teaches boys the facts about sexual maturation and reassures them about common pre-adolescent concerns. Covers physical changes (growth, pubic hair, acne, perspiration odour, nocturnal emissions), emotional changes, sexual intercourse and circumcision.

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.

Girl to Women 4th edition

Grade: 4,5

Copyright: 2000 23 minutes Distributor: Churchill Films

Available:

- CBE Video Loan Pool

This video helps preteen girls understand the feelings (physical and emotional changes) they have as their bodies prepare them for adulthood.

Growing Up Series

Copyright: 1990

Distributor: National Film Board

Available:

- CBE Video Loan Pool
- Calgary Public Library
- This series includes three (3) separate videos:

1. Head Full of Questions

Grade: 5 and 6

20 minutes

This video answers questions about human relationships and reproduction. The topics include fertilization, growth of an embryo, and birth of a baby (includes explicit diagrammatic representation of intercourse). Also relationships and anatomy are presented through the story of two animated characters.

2. Changes

Grade: 4

19 minutes

This video explores the physical and emotional changes associated with puberty. The discussion includes topics such as menstruation, erections, acne, perspiration, mood changes, etc.

3. Especially You

Grade: 4, 5 and 6

16 minutes

This video focuses on issues related to self-concept, peer pressure, decision making and problem solving.

HIV and AIDS: Staying Safe

Grade: 6

Copyright: 2001

15 minutes

Publisher: Marlin Motion Pictures

Available: Calgary Health Region

This video 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.

Just Around the Corner – For Boys (512666)

Grade: 4, 5

Copyright: 2000

10 minutes

Distributor: Magic Lantern

Available: CBE Video Loan Pool

An introduction to puberty from the viewpoint of boys. Points out the importance of nutrition, exercise, and personal hygiene. Discusses what changes to expect physically and emotionally during this adolescent phase. Alberta Education approved.

Just Around the Corner – For Girls (512667)

Grade: 4,5

Copyright: 2000

14 minutes

Distributor: Magic Lantern

Available: CBE Video Loan Pool

An introduction to puberty as it affects girls. Points out the importance of good nutrition, physical activity, proper rest, and personal hygiene. Includes what to expect during the menstrual cycle, both physically and emotionally. Alberta Education approved.

Let's Talk Puberty for Boys (515163)

Grade: 4, 5

Copyright: 2006

11 minutes

Distributor: Access

Available: CBE Video Loan Pool (9 copies)

This video uses animated graphics and gentle humor to explore the physiological and emotional changes that occur during puberty. Hygiene, nutrition and well-being are also addressed.

Let's Talk Puberty for Girls (515163)

Grade: 4, 5

Copyright: 2006

14 minutes

Distributor: Access

Available: CBE Video Loan Pool (8 copies)

This video uses animated graphics and gentle humor to explore the physiological and emotional changes that occur during puberty. Hygiene, nutrition and well-being are also addressed.

Puberty for Boys: Amazing Changes Inside and Out

Grade: 4, 5

