

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 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
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: Calgary Health Region

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)

Abusive Relationships: Crossing the Line

Grade: 7-12

Copyright: 1997 14 minutes Distributor: McIntyre Educational Media

Available: CBE Loan Pool

Shows a teenage dating relationship turn progressively bad, firstly moving from isolation from others, to the point of mental and physical abuse. In this instance we see an effective support system of family and friends that helps the victim remove herself from the potentially dangerous situation. Excellent short resource. Information is presented in a dramatical format. Acting and dialogue are natural and realistic. Plenty of places to stop for discussion or to point out the stages of the cycle of violence.

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: CBE 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.

Choices

Grade: 7-9

Copyright: 1991 20 minutes Distributor: Junior League of Calgary

Available: CBE Loan Pool

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

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

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.

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: Calgary Health Region

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: 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 Growth – 5th Edition

Grade: 7, 8 and 9

Copyright: 1998 23 Minutes

Publisher: SVE & Churchill Media

Available: Calgary Health Region

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: 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: 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

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

Model Perfect

Grade: 7, 8 and 9

Copyright: 1993

30 Minutes

Publisher: McNabb & Connolly

Available: Calgary Health Region

This video shows a young woman who is faced with the pressures of dieting and measuring up to a "model" image.

Postponing Sexual Involvement

Grade: 7 and 8

Copyright: 1996

27 Minutes

Publisher: JCS Entertainment

Available: Calgary Health Region

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: 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: 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

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: Calgary Health Region

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: CBE Video Loan Pool

“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

Available: Calgary Health Region

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.

Sexual Harassment: It’s Hurting People

Grade: 8

Copyright: 1994 17 Minutes Publisher: Sunburst

Available: Calgary Health Region

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.

Skills for Healthy Relationships

Grade: 8 and 9

Copyright: 1993 55 Minutes Publisher: Health Canada

Available: Calgary Health Region

This video has humorous and serious presentations about HIV / AIDS, risks, pressure, assertive behaviour and condom use.

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”.

Tough Guise

Grade: 7-9

Copyright: 1995 56 minutes Distributor:

Available: CBE 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.

What is Love? What is Sex?

Grade: 7, 8, and 9

Copyright: 2000

15 Minutes

Publisher: Human Relations Media

Available: CBE Loan Pool

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: CBE 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 and Alcohol

Grade: 8 +

Copyright: 1994

15 Minutes

Publisher: McIntyre Media

Available: CBE Loan Pool/Calgary Health Region

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: Calgary Health Region

Discussions with teens that 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

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(Free)

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