



### **Change Your Attitude, Change Your Life**

Video Kit, J-H, 21, cc, Sunburst, 2004.

This program is designed to help teachers help students reach higher than they have in the past, to risk the things teens need to risk to grow and develop their talents. Teen-friendly dramatic vignettes show how young people who want to change their lives can. The program gives students the skills they need, and explores the strategies and insights that are necessary to reach higher and succeed.

*1 GUIDANCE -- PERSONAL GUIDANCE 2 GUIDANCE -- SELF ESTEEM & IDENTITY*

**Video Kit VK188**



### **Handling Stree**

DVD, H, 30, cc, Discovery, 2006.

Stress comes in many forms for teenagers, from exam anxiety to being the victim of bullying. Learn the best options for dealing with these situations.

*1 HEALTH/SAFETY -- HUMAN GROWTH & DEVELOPMENT 2 GUIDANCE -- PERSONAL GUIDANCE 3 GUIDANCE -- SELF ESTEEM & IDENTITY 4 GUIDANCE -- PEER PRESSURE*

**DVD DV398**



### **Coping with Change**

H, 30, cc, Discovery, 2006.

Teenagers often face many changes at home, school, as well as the changes taking place inside their bodies. Developing strategies to cope with these is an important part of healthy living.

*1 GUIDANCE -- PERSONAL GUIDANCE 2 GUIDANCE -- SELF ESTEEM & IDENTITY 3 GUIDANCE -- PEER PRESSURE*

**DV399**



### **Dealing with Disabilities**

DVD, H, 30, cc, Discovery, 2006.

Living with a health condition or disability presents a big challenge to some teens, but it doesn't have to keep them from achieving their goals.

*1 GUIDANCE -- PERSONAL GUIDANCE 2 GUIDANCE -- GUIDANCE*

**DVD DV400**



### **Taking Charge**

With Michael Pritchard, J-H, 30, cc, 2003.

This critical program builds the emotional skills of responsibility as students integrate the fundamentals of self-control: taking charge of their emotions, coping with stress, avoiding impulsive behavior, developing self-discipline, and managing anger.

*1 GUIDANCE -- PERSONAL GUIDANCE 2 GUIDANCE -- SELF ESTEEM & IDENTITY 3 GUIDANCE -- PEER PRESSURE*

**DV403**

**NEW** **Conflict Resolution for Students: Crisis Intervention**

DVD, I-H, 17, cc, Schlessinger, 2003.

From dealing with bullies to addressing peer pressure from friends, students are often faced with a myriad of difficult situations in their day- to-day lives that require an objective frame of mind. In Conflict Resolution for Students, viewers are provided with the skills they need to address such dilemma-filled situations effectively. Each episode is comprised of two delicately constructed vignettes that address the many facets of a given scenario, with time built in for in-class discussions. Each vignette features a follow-up section which characters discuss the featured situations objectively, providing students with the framework for dealing with similar scenarios in their daily lives.

*1 GUIDANCE -- PERSONAL GUIDANCE 2 GUIDANCE -- SELF ESTEEM & IDENTITY 3 GUIDANCE -- PEER PRESSURE*

**DVD DV404**

**NEW** **Aggression, Intimidation, and Bullying**

DVD, J-H, 18, EVN, 2006.

What's at the root of aggressive behavior, and why is it so widespread today? Learn why some people adopt belligerent attitudes that lead them to inappropriate confrontations. How to avoid these kinds of interactions will be discussed.

Learning Objectives: 1) Students will learn about what constitutes bullying. Various forms of bullying will be discussed.

2) Students will understand why a bully targets certain people as his or her victims.

3) Students will learn how to avoid being the victim of a bully.

4) Bullies will learn why it is in their own best interest to change their behaviors and to stop victimizing others.

Study Guides: Study Guide Questions

Study Guide Answers

Review:

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" The issue of bullying is often overlooked in schools, although its implications can become very serious and even life threatening. Many of the discipline problems in school are the result of the act of bullyi

*1 GUIDANCE -- PERSONAL GUIDANCE 2 GUIDANCE -- SELF ESTEEM & IDENTITY 3 GUIDANCE -- PEER PRESSURE*

**DVD DV405**



**Dealing with Depression**

DVD, J-H, cc, EVN.

*1 GUIDANCE -- PERSONAL GUIDANCE*

**DVD DV406**



### **Angry & Violent Teens**

I-H, 20, cc, NEW DI.

Violence touches almost every teenager in American. This dramatic program features interviews with, and profiles of, teens whose lives have been impacted by violence. Lindsay, 15, struggles to break the cycle of violence that has scarred her family. Chris, 17, recalls the road rage incident that got him arrested. Family and friends recall Katee, whose life of violence and drugs ended with a gunshot. Experts note the role that pop culture, with its images that glorify violence, plays in shaping attitudes toward violence. This enlightening program concludes with the inspiring story of Devon, 17, a boxer for whom the violent sport is teaching him about discipline, rules, and the rewards of hard work.

**1 GUIDANCE -- CHILD ABUSE & CRIME PREVENTION 2 GUIDANCE -- SELF ESTEEM & IDENTITY**

**DV414**



### **High School Survival Kit**

DVD, J-H, 156, 2008.

Connect with Kids Can Help! Featuring real kids talking about real issues, the Emmy award-winning Connect with Kids series helps inspire communication between parents and their children about the challenges, pressures and influences every teenager faces. Making it easier to talk to your High- Schooler about today's tough issues, this Survival kit contains four programs covering: Internet Dangers, Drugs & Alcohol, Dating & Sex, Anxiety & Depression

**1 GUIDANCE -- PERSONAL GUIDANCE 2 GUIDANCE -- SELF ESTEEM & IDENTITY 3 GUIDANCE -- PEER PRESSURE 4 GUIDANCE -- TEENAGE SEXUALITY**

**DVD DV416**



### **Alice Upside Down The Movie**

DVD, I-A, 90, cc, 2007.

Do you ever feel like every time you turn around, your life is being flipped upside down? Welcome to the world of Alice McKinley (Alyson Stoner of Cheaper by the Dozen, The Suite Life of Zack & Cody) who's just moved to a new town with her father Ben (Luke Perry) and brother Lester (Lucas Grabeel of High School Musical). In her imagination, Alice is cool, confident and popular, but in reality she feels like she can't do anything right. Can Alice survive the embarrassments of being 'the new girl', and the miseries of Mrs. Plotkins sixth grade class? Penny Marshall also co- stars in this long-awaited first Alice movie, based on the best-selling books by Phyllis Reynolds Naylor.

**1 GUIDANCE -- SELF ESTEEM & IDENTITY 2 GUIDANCE -- PEER PRESSURE 3 GUIDANCE -- PERSONAL GUIDANCE**

**DVD DV425**