



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



Building Blocks of Good Character

Video Kit, P-I, 20, cc, Sunburst, 2003.

After a series of brief scenarios featuring kids demonstrating kindness, fairness, forgiveness, and good citizenship, the young host poses some questions for viewers: Do they know what it means to have good character? Would they describe themselves as someone with good character? Do they think their friends have good character? Looking at different scenarios and responding to the questions that follow each one, she tells them, can get them thinking about what good character means.

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

Video Kit VK189



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



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



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:

" 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



Depression in School

DVD, I-H, 30, EVN, 2004.

Description: There are many problems that are faced by today's teens that did not even exist in the past. Teens role-play their personal histories with therapist, Steven Campbell.

Learning Objectives: 1) Students will learn about how various situations can lead to depression for teens.

2) Students will learn how school counselors can help students get through bad situations.

3) Effective treatment for depressed teens will be discussed.

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

DVD DV407

new

Awesome Attitude

DVD, P-I, 20, cc, Sunburst, 2004.

This program reminds young people that if they have the right attitude....anything is possible! Kids learn to say "I can" rather than "I can't."

1 GUIDANCE -- SELF ESTEEM & IDENTITY 2 HEALTH/SAFETY -- PERSONAL HEALTH & HYGIENE

DVD DV409



Bullies are a Pain in the Brain

DVD, P-J, 25, cc, 2007.

Every kid runs into bullies, and our hero Jack is no exception. After being picked on, pushed around and threatened by Henry the Bully, Jack tries self-defense, insults and even disguises to stop the bullying-but nothing's working. Finally, he comes up with a fail-safe solution-stay home from school forever! But, of course, Trevor and Jack's friend Sky aren't going to let him off so easy. From sketchbook to schoolyard, Trevor teaches Jack ways to handle a bully and the secrets for becoming bully-proof.

1 GUIDANCE -- PEER PRESSURE 2 GUIDANCE -- SELF ESTEEM & IDENTITY

Real-Life Strategies with Trevor Romain

DVD DV422