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North Dakota
Career & Technical Curriculum Library

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Catalog Number	Year	Title and Description
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19.0101**FAMILY AND CONSUMER SCIENCES, GENERAL**

- 19.0101/6977 12 FOCUS ON FACS; BELLWORK ACTIVITIES FOR THE FAMILY AND CONSUMER SCIENCE CLASSROOM
This resource has been updated and includes a CD with interactive white board lessons. It is composed of mini lessons designed to get each class period started on the right note. Each activity can be completed in five minutes or less and requires minimal preparation and explanation.
- 19.0101/6979 11 HISTORICAL FACS; BRINGING SOCIAL SCIENCE TO LIFE IN THE FACS CLASSROOM
This book enables teachers to highlight American history in every area of the FACS curriculum. A comprehensive research project guides students through a journey of discovery into their personal and family history. Included is an extensive collection of 50 recipes with historical footnotes, profiles of American FACS heroes, crafts and costume projects, fun FACS facts and historical trivia, and Today in FACS History.
- 19.0101/7049 11 HOME ECOLOGY; THE FACS OF LIVING GREEN
This curriculum shows how to incorporate green living concepts into existing FACS curriculum. It will teach students to embrace an eco-friendly lifestyle and help them to understand and appreciate the science supporting responsible choices. The CD has a PowerPoint, a green dream home plan, and scraps to lap quilt photos.
- 19.0101/6694 10 FAMILY AND CONSUMER SCIENCES I
This curriculum includes units: Providing child care, Caring for clothing, Understanding basic sewing techniques, Selecting clothing, Developing consumer awareness, Making consumer decisions, Practicing safety and sanitation, Personal eating habits, Nutrition, Using kitchen equipment, Using a recipe, Planning and serving meals, Bread, cereal, rice and pasta, Milk, yogurt and cheese, Eggs, Color logic (includes a color wheel), Space appraisal and planning, Personal development and relationships, and Understanding physical development. The curriculum is aligned to Family and Consumer Sciences National Standards. Oklahoma.
- 19.0101/6695 10 FAMILY AND CONSUMER SCIENCES II
This curriculum includes units: Understanding textiles, Creating and maintaining a wardrobe, eating smart, Fruits, vegetables, and salads, Yeast breads, pastries, Proteins, Understanding and caring for preschoolers, Making families stronger, Resourceful design, Residential decisions, Understanding personal financial essentials, Managing money, Understanding financial risks, and using credit wisely. The curriculum is aligned to Family and Consumer Sciences National Standards. Oklahoma.
- 19.0101/6517 09 EASY BEING GREEN
This 20-minute DVD follows 2 students as they explain easy green solutions that will help save the environment, while high school students share ideas about how to make green choices. Four chapters include: In Your Planet, Love It or Leave It; What Color Are Your Wheels? -Getting Around Green; Living Green at Home--Easy Everyday Habits; and All Wired Up--Electronics Ugly Energy Secret. Grade 6 through adult.
- 19.0101/6635 08 A NOVEL APPROACH TO FAMILY AND CONSUMER SCIENCE; CLASSROOM ACTIVITIES BASED ON FICTION FOR TEEN AND YOUNG TEEN READERS
This curriculum is based on twelve novels written for teen and young readers, the activities in this resource are appropriate for individual instruction or an entire class. Activities build FACS vocabulary, apply FACS skills, stimulate discussion and encourage creativity. Included with the curriculum is one copy of each novel.
- 19.0101/6399 07 50 WEB-BASED LESSON PLANS FOR SKILLS FOR LIFE

- This is a collection of Web sites and lesson plans to utilize them.
- 19.0101/6763 06 THE FACS TEACHER'S CLASSROOM COMPANION; AN ORGANIZATIONAL TOOL FOR THE FACS CLASSROOM
This book includes the complete National Standards for Family and Consumer Sciences Education, a calendar of Today in FACS History for each day of the year, a Power Lesson Plan template, and forms for managing inventories, budget, equipment maintenance, public relations, student absences, and parental contacts. All forms are available in printed form as well as on the companion CD.
- 19.0101/5376 02 6TH GRADE FAMILY AND CONSUMER SCIENCES
An "appetizer" course to start off middle school students. 32 lessons covering all FACS. Curriculum, teacher lesson plans, lab recipes and all worksheets included.
- 19.0101/5377 10 7th GRADE FAMILY AND CONSUMER SCIENCES
Complete curriculum and course materials for 7th grade FACS. "Learn by doing" teaching stressed in 24 lessons. Students run mini pre-school, demonstrate leadership skills in food preparation, invite guests to a lab, sew three machine projects – all patterns included.
- 19.0101/5378 00 8TH GRADE FAMILY AND CONSUMER SCIENCES
Everything you need to teach 30 lessons. Contains curriculum, teacher lesson plans, student worksheets and lab recipes. Teaches budgeting, housing, nutrition research, consumer decision making, cooking and textiles skills. Tips and techniques included.
- 19.0101/5911 99 SURVIVAL SKILLS CURRICULUM
This curriculum, designed for middle schoolers, contains units on Skills for success, Resource management, Getting along with friends and family, Clothing skills, Nutrient relays, and Child development.

19.0501

FOOD SCIENCES AND HUMAN NUTRITION, GENERAL

- 19.0501/7027 13 GLOBAL CUISINE; INDIAN AND JAPANESE
This 20-minute DVD investigates regional differences within each country, traditional and modern influences on contemporary cuisine and the way in which food is prepared, served and eaten for everyday meals and special occasions.
- 19.0501/6878 12 INDIA FOOD MARKETS
This kit includes a CD-ROM PowerPoint presentation on the foods, ingredients and spices of India. There is also a bulletin board kit.
- 19.0501/6652 09 WORLD FOOD MARKETS: FRANCE
In this 22-minute DVD, cookbook author Paulette Mitchell walks down grand boulevards and wanders through cobblestone streets in Paris, Nice, and Marseilles while savoring the wonderful flavors and memorable sights. Includes a PowerPoint presentation, Activity packet, and bulletin board materials.
- 19.0501/6631 09 WORLD FOODS CHINESE COOKING
This 24-minute DVD and activity packet makes it easy to prepare Chinese meals. Paulette Mitchell, cookbook author and world traveler explains typical ingredients, including fresh vegetables, meat, and seafood; dried goods; and all the vibrant flavorings that give Chinese dishes their distinctive personalities. Learn about the best equipment and the simple techniques that make Chinese recipes quick and easy to prepare. --Container.
- 19.0501/6465 09 WORLD FOOD MARKETS; ITALY
In this 26-minute DVD cookbook author and world traveler Paulette Mitchell visits food markets in Venice, Rome, Sicily, the Tuscan countryside, and Florence. She experiences city and market highlights, savors regional

- specialties, and meets residents, who talk about their lives and share the Italian cooks' secret ingredient--passion.
- 19.0501/6471 09 50 WEB-BASED LESSON PLANS; ETHNIC FOODS
This book contains lessons that include creative worksheets and exercises about holidays, spices and unique foods in 80 different countries. The lessons lead students to websites to answer the questions.
- 19.0501/6453 08 REGIONAL & FOREIGN FOODS MADE EASY; EVERYTHING YOU NEED FOR TEACHING THE CUISINES OF THE UNITED STATES AND THE WORLD
This book, for Middle and High School levels, introduces the cuisines and cultures of the United States and from around the world into any foods class. It includes geographical maps that show how the terrain and agriculture affects the cuisines. It covers the six regions of the US, Mexico, South America, the British Isles, Germany, France, Scandinavia, Spain, Italy, Greece, Middle East, Africa, Russia, Japan, China and Southeast Asia.
- 19.0501/6227 06 ETHNIC COOKING SERIES I
Italian cuisine -- Mexican cuisine -- French cuisine -- Scandinavian cuisine -- Chinese cuisine. This 80-minute DVD introduces five world cuisines by presenting the geographical location, cultural heritage, climatic conditions and typical eating habits in the respective countries. A meal is prepared step-by-step for each cuisine.
- 19.0501/7101 04 A TOUR OF A MEXICAN FOOD STORE
In this 12-minute DVD Chef Andrew Zimmern takes viewers through a Mexican food store.
- 19.0501/5906 05 WHY WE EAT WHAT WE EAT; UNDERSTANDING FOOD CHOICES
In this 14-minute video views will see that there are many reasons why people have different tastes in foods. They will begin to understand how heritage, popular culture, regions of the country and world, social events, and advertising all influence our choices in foods.
- 19.0501/5833 04 ETHNIC EATING: SPANISH FOODS
This 17-minute video features Chef Andrew as he tours a Spanish restaurant and gives students the basics of Spanish ingredients and dishes. In the second part of the video is an interview with the restaurant owner about the popularity of Spanish foods.
- 19.0501/5910 03 INTERNATIONAL FOODS; LESSON PLANS
This curriculum includes lesson plans for foods of the world--the global picture as well as for specific cuisines: African, Asian Indian, Chinese, Greek, Italian, Mexican, Russian, and Thai.
- 19.0501/6097 03 GLOBAL EATING; LEARNING FROM OTHER CULTURES
This 22-minute DVD states that obesity is almost unique to the United States. Why do so many other countries have a great love for food but not the problem with obesity? By studying how other countries eat, we can gain useful and tasty ideas to adapt to our own needs.
- 19.0501/5410 02 A TOUR OF ETHNIC FOOD STORES
This 45-minute video takes the viewer to a Mexican, Italian, and a Chinese grocery store. Students are introduced to basic and unique ingredients and the Food Guide Pyramid in each culture. For Grade 6 to Adult.
- 19.0501/5952 00 A TASTE OF AMERICA
This curriculum presents information and lab activities that could be used for a 2 or 3-day lesson about foods in the U.S., as divided into 6 regions.

19.0704

FAMILY RELATIONS

- 19.0704/6984 14 GETTING THROUGH IT: KIDS TALK ABOUT DIVORCE
This 19-minute DVD features real kids who describe their feelings about divorce and share with viewers their first-hand experiences. video segments

- pregnancy, Housing and interior design, Financial literacy, and Fashion and clothing care. Lesson plans are built around each app.
- 20.0101/6853 12 **50 APP ACTIVITIES FOR THE INTERACTIVE CLASSROOM**
This book contains 50 different app-based activities, games, and resources for the FACS classroom that are available free or at low cost for use with iPad, iPhone and iPod. Lesson plans are built around each app. Topic areas include educational tools, goals and responsibilities, presentation, organization, design and personal wellness.
- 20.0101/7093 10 **FINDING AN APARTMENT/ ON YOUR OWN; INDEPENDENT LIVING SKILLS**
This 20-minute DVD explains to first-time renters how to locate, lease, and set up an apartment while avoiding common problems. They'll learn about dealing with rental agents, evaluating a unit's condition, reading leases, getting renters' insurance, having the utilities turned on, and handling the roommate option. Information on moving and finding furniture on a budget is also included.
- 20.0101/7094 10 **MANAGING YOUR MONEY/ ON YOUR OWN; INDEPENDENT LIVING SKILLS**
This 23-minute DVD puts money under a microscope as it looks at budgeting it, spending it wisely, and protecting it (and by extension, that all-important credit rating). Specifics include opening a checking account, writing checks, making deposits, and balancing a checkbook; using ATM and debit cards; applying a loan; and deciding whether to opt for a credit card-and if so, how to use it responsibly.
- 20.0101/7095 10 **PRACTICAL, HEALTHY COOKING/ ON YOUR OWN; INDEPENDENT LIVING SKILLS**
This 25-minute DVD shows viewers how easy it can be to read a recipe, measure out ingredients, prepare all sorts of meats and vegetables, package up and store leftovers, and clean up the kitchen so everything is sanitary and neat. Kitchen safety is stressed.
- 20.0101/7096 10 **SHOPPING SMART/ ON YOUR OWN; INDEPENDENT LIVING SKILLS**
This 17-minute DVD about grocery shopping will guide viewers smoothly through the process of planning balanced meals, making a shopping list, clipping coupons, and setting (and sticking to!) a budget. Helpful tips on stretching a dollar and sidestepping supermarket gimmicks are included, and food safety is emphasized.
- 20.0101/7097 10 **HOUSEKEEPING HOW-TO'S/ ON YOUR OWN; INDEPENDENT LIVING SKILLS**
This 17-minute DVD provides a step-by-step look at housekeeping. Everything from a dust mop and other necessary equipment, to cleaning supplies, to making and following a what-and-when cleaning schedule is discussed. How to do laundry is also included, as well as a segment on how to clean a computer. Even viewers who have seldom straightened a room will learn how to maintain an entire apartment a mother would be proud to visit!
- 20.0101/7098 10 **BUILDING THE RIGHT WARDROBE/ ON YOUR OWN; INDEPENDENT LIVING SKILLS**
This 19-minute DVD shows how to use an outfit to send the right message at the appropriate time--without breaking the budget. Topics include the functional and social characteristics of clothes; the concepts of style and fashion; planning a wardrobe that accommodates work, school, and leisure; and shopping for value and price.
- 20.0101/OK6551 09 **LIFE SKILLS: INDEPENDENT LIVING SKILLS**
This curriculum covers skills including finding a place to live, selecting furniture and appliances, maintaining a living space, selecting and caring for clothing, making healthy food choices, and buying, handling, and preparing food.

- 20.0101/TX6556 07 TODAY'S LIFE SKILLS
This curriculum has three levels--Grades 7 & 8, Grades 9 & 10, and Grades 11 & 12. It includes units on personal development, health and wellness, citizenship, communication, consumer skills, employability skills, parenting and child care, and balancing work and family skills.
- 20.0101/OK6246 07 TEEN LIVING SKILLS
This curriculum includes units on Self Concept, Ethics, Relationships, Personal Care, Consumer Issues, Child Care, Good Eating Habits, Healthy and Well, Clothing is Cool! It's My Space, Our Space, Careers, Careers, and More Careers. It is designed for Middle School Students.
- 20.0101/OK6248 07 LIFE SKILLS; PERSONAL RELATIONSHIP SKILLS
This curriculum is aligned with the state's Career Clusters Knowledge and Skills. It includes units on Building Personal Relationships, Defining Married and Single Lifestyles, Developing Leadership Skills, and Using Etiquette and Good Manners Every Day.
- 20.0101/6232 06 SENIOR STRATEGIES PREPARING STUDENTS FOR POSTSECONDARY SUCCESS AND BEYOND
This curriculum helps prepare seniors in high school for success in life. It teaches them how to make realistic goals, reduce their stress, create a five-year plan, survive roommates and dorm life and develop skills in organization, budgeting, and study skills.
- 20.0101/6538 05 NEEDS 2 KNOW; SKILLS FOR LIVING ON YOUR OWN, EVERYTHING THEY DIDN'T TEACH YOU!
This 50-minute DVD demonstrates skills needed by teens around the house. They are shown in an improvisational format and include vacuuming, cleaning, household maintenance, basic nutrition, car maintenance, and financial management.
- 20.0101/OK5939 05 LIFE MANAGEMENT; INSTRUCTOR'S AND STUDENT GUIDE
This curriculum, designed for 6th through 8th grade students, includes units on: Alone at home-safe; Where danger lurks; Caring and sharing; Learning and earning; I feel good!; I've got personality; What to do, where to go?; Follow me; Can we talk?; What's happening to me?; What do you like? what will you do?; Money matters; Money smart; Healthy and happy; Living good, looking good; Critical thinking; Cooking and other fun stuff; I need my space; Winning wardrobe; Let's sew.

20.0102

CHILD DEVELOPMENT, CARE, AND GUIDANCE

- 20.0102/6504 16 CHILD DEVELOPMENT THEORISTS; FREUD TO ERIKSON TO SPOCK—AND BEYOND
This 20-minute DVD covers child development theorists including Sigmund Freud, Erik Erikson, Maria Montessori, Jean Piaget, Lev Vygotsky, Abraham Maslow, Arnold Gesell, John Bowlby, Rudolph Dreikurs, Lawrence Kohlberg, B. F. Skinner, Benjamin Spock, Diana Baumrind, T. Berry Brazelton, Howard Gardner. It is entertaining and enlightening and combines historical footage and photos with candid documentary footage from day care centers. Grade 6 through Adult.
- 20.0102/7117 15 THE SPANKING DEBATE: HANDS ON OR HANDS OFF
This 17-minute DVD connects with those parents still unsure if **spanking** or other corporal punishment is an effective option. It acknowledges that children can be frustrating, and that a parent's background plays a strong role in how they view discipline. It demonstrates the reasons that **spanking** is not effective long-term and offer a few solutions to avoid losing your cool and getting through some of those tougher parenting moments in ways that make parenting easier instead of harder.
- 20.0102/7002 14 50 APP ACTIVITIES FOR CHILD DEVELOPMENT & PARENTING

- This is a collection of 50 fun and innovative lesson ideas based on a variety of free and paid apps for iPad, iPod, iPhone and Android phones and tablet computers.
- 20.0102/6976 13 **PREVENTING ABUSIVE HEAD TRAUMA; THE CRYING CONNECTION**
In this 15-minute DVD, abusive head trauma (AHT) is explained. Also known as Shaken Baby Syndrome (SBS), it is a serious form of child abuse most commonly triggered by crying. By explaining why babies cry, identifying frustration thresholds, and providing tips on how to cope with infant crying, this proactive program provides parents and caregivers with a plan to help avoid a preventable injury.
- 20.0102/6960 13 **HEARTSAVER PEDIATRIC FIRST AID; CPR AND AED, INHALED MEDICATIONS**
This DVD set is designed for childcare workers and others who care for children and infants and have a duty to respond to emergencies. Topics include: First aid lessons, rescue breathing lessons, adult/child CPR and AED lessons, infant CPR lessons, and remediation.
- 20.0102/6883 12 **CHILD DEVELOPMENT ACTIVITIES; PRENATAL THROUGH THE EARLY YEARS**
This binder contains more than 20 activities to use in a child development unit.
- 20.0102/6788 12 **INFANT MILESTONES**
This 30-minute DVD follows an infant's rapid physical development in the first year of life. See how a baby's brain develops and how infants fit into the sensorimotor stage of development. We also provide tips to parents and caregivers for ways to foster the social and emotional growth and development of young children.
- 20.0102/6766 12 **WHEN BOUNDARIES ARE CROSSED; RECOGNIZING & PREVENTING EMOTIONAL CHILD ABUSE**
In this 26-minute DVD viewers learn the six most common types of emotional abuse: rejecting, terrorizing, isolating, ignoring, corrupting, and exploiting, and their lasting impact on children. See what steps to take if a child is suspected of suffering from emotional abuse, as well as ways to get help if the abuse is happening within the family.
- 20.0102/6767 12 **WHEN BOUNDARIES ARE CROSSED; RECOGNIZING & PREVENTING PHYSICAL CHILD ABUSE**
This 30-minute DVD discusses what constitutes physical child abuse and why it happens. What are the effects, and how can it be prevented? The program answers these critical questions and discusses coping strategies and support tools available to help parents and caregivers stop physically abusive behavior.
- 20.0102/6769 12 **WHEN BOUNDARIES ARE CROSSED; RECOGNIZING & PREVENTING PHYSICAL CHILD NEGLECT**
This 30-minute DVD discusses what constitutes physical child abuse and why it happens. What are the effects, and how can it be prevented? The program answers these critical questions, and discusses coping strategies and support tools available to help parents and caregivers stop physically abusive behavior.
- 20.0102/6786 12 **PRENATAL & EARLY CHILDHOOD NUTRITION**
In this 25-minute DVD, Registered Dietician Melissa Halas-Liang explains the nutritional considerations for women and their new babies during pregnancy and while breastfeeding including nutrients and extra calories, foods to be avoided and food safety practices, favorite nutritious snacks and meals and advice from real moms on navigating pregnancy.
- 20.0102/7052 11 **PARENTING 101; BASIC SKILLS FOR RAISING CONFIDENT CHILDREN**

- This 23-minute DVD "gives practical advice on building a strong parent-child relationship, teaching and reinforcing desirable behavior, creating an environment that stimulates intellect and confidence, developing a routine that offers reassurance and stability, and working through parental conflict constructively. Concise dramatizations that highlight problems and solutions are combined with helpful commentary from educators, counselors, and psychologists."--video case.
- 20.0102/6785 11 **PARENTING; 50 WEB-BASED LESSON PLANS**
This loose-leaf binder has fifty self-directed lessons with answer keys that give students the opportunity to explore parenting topics on the web. Topic categories include parent readiness and infants, toddlers, preschool and school-age, and teens.
- 20.0102/6715 11 **GUIDING BEHAVIOR IN YOUNG CHILDREN; EXPERT APPROACHES FOR CAREGIVERS AND PARENTS**
This 29-minute DVD shows how toddlers and preschoolers often behave in ways that frustrate their parents and caregivers, and even endanger their own safety. They are intentionally being "bad", but what can parents and caregivers do to guide their behavior in a positive way? In this program, learn why misbehavior occurs and common reactions by parents and caregivers. Discover some rules of thumb for guiding the action and reactions of young children. Learn how to create and enforce a plan to help stop misbehavior and bring about desired behavior. See how consequences and rewards work to motivate children to control their own behavior.
- 32.0107/6716 10 **JOBS IN CHILD DEVELOPMENT**
This 29-minute DVD shows the personality and skills required to become a teacher, social worker, and developmental therapist. Learn what these jobs entail as well as other careers relating to the growth and development of children.
- 20.0102/6633 10 **CHILD DEVELOPMENT & BABYSITTING FOR MIDDLE SCHOOL**
In this curriculum, a basic understanding of child development and childcare is presented at a middle school level. Included topics are types of development, preschool, learning centers, media influence, importance of play and reading, children's snacks, baby care, babysitting basics. Lesson plans, activities, and assessments. For grades 6-8.
- 20.0102/6613 10 **ATTACHMENT RELATIONSHIPS; NURTURING HEALTHY BONDS**
This 29-minute DVD follows the journey of a baby's phases of attachment from birth to age two. Founding theorists show examples of how parents and caregivers can foster healthy attachment relationships. Attentive, responsive, and loving care given by a baby's primary caregiver sets the foundation for a child's capacity to form these relationships throughout life.
- 20.0102/6614 10 **INFANTS; COGNITIVE DEVELOPMENT**
This 28-minute DVD explores infant intelligence, information processing and memory. It shows the progression of infant communication from crying--to giggling--to euphoric babbling and their first words. Viewers understand how language is learned and how caregivers can use infant-directed speech to foster cognitive development.
- 20.0102/6615 10 **INFANTS; PHYSICAL DEVELOPMENT**
This 30-minute DVD teaches the importance of proper nutrition and sleep in the first year. See how infants rely on their innate reflexes and how gross and fine motor skills emerge in typically developing children as well as those with challenging conditions.
- 20.0102/6616 10 **INFANTS; SOCIAL AND EMOTIONAL DEVELOPMENT**
This 23-minute DVD examines the different stages of emotional development and shows how children form attachments with people. It explains how personality and temperament affect an infant's social and emotional growth and how caregivers handle various situations.

- 20.0102/6606 10 THE BRAIN; DEVELOPING MEMORY IN DEVELOPING BRAINS; BIRTH TO FIVE YEARS
This 21-minute DVD shows how the most critical time for brain development is from birth to age five. Parents and caregivers of children can help to give those developing brains the best chance for success. Viewers discover how the basic workings of the brain influence our memory and how we learn and what can be done to encourage healthy brain development in children.
- 20.0102/6607 11 THE BRAIN; ACTIVITY, SLEEP & BOREDOM
This 20-minute DVD explains that physical activity and quality sleep are both vital for healthy bodies. A stoplight is used as a symbol to represent activity, boredom, and sleep. Green light equals Go! Physical activity turns the brain on to learn. Red light equals Stop! Sleep is vital for every child. Yellow light equals Slow Down! Doing 'nothing', and even being bored, is actually very important to how we process the world around us, and studies suggest it is vital to creativity. --container
- 20.0102/6608 11 THE BRAIN; PATTERN, STRUCTURE & NOVELTY
This 21-minute DVD explains that our brains are wired to perceive patterns and structure in the world around us. Young children especially need structure to feel secure and be ready to learn. Yet our brains also are continually seeking something new! Too much of the same things cause our brains to get bored--and too many new things can cause confusion or chaos! Discover how to give young children the structure that they need to set up a strong foundation for learning, and how to add new activities and ideas in ways that nurture a child's hunger for learning. --container.
- 20.0102/6609 11 THE BRAIN; DEVELOPING MEMORY IN DEVELOPING BRAINS POWERPOINT
This PowerPoint presentation (30 slides) gives an overview of key parts of the brain, how memories are made, importance of multi-sensory learning, practical tips for learning and memory and more.
- 20.0102/7018 11 50 WEB-BASED LESSON PLANS; CHILD DEVELOPMENT AND PARENTING
This manual has a summary, web address, questions, and creative homework assignment or activity for each lesson. Topics covered are Child Development Basics, theories & theorists, Growth & Development, Pregnancy, Child Safety & Child Health, Parenting. Appropriate for grades 6-12.
- 20.0102/6285 10 RULES, RITUALS AND ROUTINES, EXTENDED
This 55-minute DVD is enhanced by over 30 minutes of commentary from Dr. Thomas Knestrict that illustrates how parents can consciously structure their family by developing a set of well-thought-out rules. It also includes the material in 20.0102/6286, Rules, Rituals & Routines. That 17-minute DVD illustrates how developing a set of well-thought-out rules, rituals and routines will make parents' lives easier and their children happier and better-behaved.
- 20.0102/6609 10 THE BRAIN DEVELOPING MEMORY IN DEVELOPING BRAINS
This 21-minute DVD shows how the most critical time for **brain** development is from birth to age five. Parents and caregivers of children can help to give those **developing** brains the best chance for success. Viewers discover how the basic workings of the **brain** influence our memory and how we learn and what can be done to encourage healthy **brain** development in children.
- 20.0102/6505 09 THE MONTESSORI METHOD
This 17-minute DVD shows the ways Montessori classrooms differ from the traditional school setting. Dr. Montessori inspired a movement that enabled children to teach themselves through sensory-rich, hands on materials, nurture and love. Observe different levels of Montessori, including infants,

- toddlers, early childhood, and elementary, and how each utilizes the Montessori method.
- 20.0102/6474 08 5 MINUTE ACTIVITIES; CHILD DEVELOPMENT
This book has activities to break the ice, fill down time, or get students excited to learn. These 5-minute lessons are to reinforce, introduce, or conclude lessons in Child development and to utilize brief learning opportunities in the classroom. Grades 6 to adult.
- 20.0102/6491 09 TODDLERS; PHYSICAL DEVELOPMENT
This 29-minute DVD looks at the development of fine and gross motor skills in the toddler. The child begins to grow rapidly when provided good nutrition and the proper amount of sleep at the ages of one and two.
- 20.0102/6492 09 TODDLERS; COGNITIVE DEVELOPMENT
This 26-minute DVD looks at the development of symbolic thinking and pretend play in the toddler. It presents pertinent vocabulary, statistics, and activities relating to the cognitive growth and development children experience during the toddler years.
- 20.0102/6493 09 TODDLERS; SOCIAL AND EMOTIONAL DEVELOPMENT
This 28-minute DVD shows toddlers in raging tantrums and fits of giggles. One minute they anger a friend, the next they comfort the same child. Learn about the theory of the mind and how toddlers come to understand how their actions can affect others. Examine how gender and temperament play a role in development. Observe toddlers interacting with family and peers as they develop attachments and social bonds.
- 32.0107/6445 08 CONFESSIONS OF A MONTESSORI TEACHER AND IN-HOME CHILDCARE PROVIDER
In this 15-minute DVD peer into the world of experienced Montessori teachers and in-home childcare providers. Through interviews and live footage of the experts, students will discover what it takes to succeed in these professions as well as learn education and training required; salary range; long-term career outlook; typical daily activities; and 'highs and lows' of the job.
- 20.0102/7058 08 PRESCHOOLERS; COGNITIVE DEVELOPMENT
In this 24-minute DVD preschoolers are shown to make significant advances in their cognitive development. When they explore their world and try new things, their brains make connections and their intellect grows. Using footage of preschoolers in the classroom and interviews with teachers and caregivers, this program delivers a detailed overview of the cognitive development that takes place between the ages of three and five. It also gives suggestions for activities that foster cognitive development.
- 20.0102/7059 08 PRESCHOOLERS; SOCIAL & EMOTIONAL DEVELOPMENT
This 23-minute DVD shows how preschoolers learn to play cooperatively, make friends, and express emotions. Presents concepts from developmental theorists, insight from current preschool educators, and provides strategies that can be used to foster social and emotional growth.
- 20.0102/7060 08 PRESCHOOLERS; PHYSICAL DEVELOPMENT
This 21-minute DVD shows preschoolers engaged in activities that exemplify the improved balance and coordination that will allow them to master many gross and fine motor skills. It also examines the importance of nutrition and sleep. It gives examples of activities that foster physical development, and provides observations from teachers about how this growth takes place.
- 20.0102/6422 08 MIDDLE CHILDHOOD
This 30-minute DVD provides an examination of the middle-childhood stage of development (ages 6 to 12) and a detailed over view of a child's growth and maturity into an adolescent. Viewers hear experienced classroom teachers offer insights and observations about children in this stage of development.

- 20.0102/6421 08 **KIDS AND SPORTS; FROM INFANT TO ATHLETE**
 This 21-minute DVD shows physical, social and emotional development follow a sequence that adults can't speed up. See just how skills in sports progress from birth through puberty. Marvel at the intellectual side of sports, from score keeping to game strategizing. The program guides viewers through the dangers of the over-scheduled,
- 20.0102/6352 08 **DISCIPLINING KIDS WITHOUT SCREAMING & SCOLDING**
 This 21-minute DVD paints a dramatic picture of the wrong way to discipline kids and gives clear, practical ideas on a better way.
- 20.0102/6353 08 **PRECHOOLERS**
 This 28-minute DVD looks at the social, emotional, physical, and cognitive development of three to five year olds as well as examines the special needs of children with challenging conditions in the preschool environment. Presents concepts from developmental theorists as well as insight from current preschool teachers.
- 20.0102/6687 07 **ELIJAH'S STORY**
 This DVD has an 18-minute version and a 28-minute version. It follows the young family from the birth of Elijah to the 911 emergency call, the father's taped confession and sentencing hearing. Testimonies are given by Elijah's mom, dad, grandparents and doctor, as well as the detective and judge in the case. Elijah's mom shares her emotions as she tries to go on, and Elijah's dad speaks out from prison, encouraging others to learn from his mistake.
- 20.0102/6801 07 **MIGHTY LIKE A ROSE; THE KELLY DEAN RUST STORY**
 This 25-minute DVD shows the family of a baby who was shaken at 6 months of age, causing permanent brain damage. The true story helps viewers understand how shaken baby syndrome affects every aspect of surviving victims' lives and those of their family.
- 20.0102/6334 07 **SHAKEN BABY SYNDROME SIMULATOR**
 This life-sized model is designed with a transparent head that defines the brain injuries caused by even one angry shake of a baby. Accompanying guide includes curriculum.
- 20.0102/6335 07 **DRUG AFFECTED DEMONSTRATOR & FETAL ALCOHOL SYNDROME MANIKIN**
 The Drug Affected demonstrator is a tragic representation that hits home with teenagers and adults alike. The life-sized electronic model has heartbreaking cries and tremors of a drug affected infant. The Fetal Alcohol syndrome (FAS) manikin is non-electronic and features only some of alcohols many devastating effects. Includes a video from the National Organization on Fetal Alcohol Syndrome and includes testimonies from foster parents of FAS children.
- 20.0102/6379 07 **WILL TO WIN; HELPING CHILDREN TO SUCCEED**
 Why do some children give up on problems easily while others persevere? What makes a boy or girl afraid to try in the first place? This 60-minute DVD program studies the factors that help create a resilient personality and the reasons why some children back down from challenges.
- 20.0102/6362 07 **DISCIPLINE**
 This 22-minute DVD explores and identifies strategies, such as positive parenting when children misbehave, and demonstrates the three main styles of discipline-permissive, authoritative and authoritarian.
- 20.0102/6217 07 **RECOGNIZING CHILD ABUSE**
 This 26 min. DVD spells out the Four Rs of child abuse--the harsh Reality of its presence in our society, the Results it leads to, the many ways to Recognize it, and the proper channels for Reporting it. Each of these concepts is explained through dramatizations and supported by interviews with education and child welfare experts.
- 20.0102/6286 07 **RULES, RITUALS, ROUTINES**

- This 17-minute DVD illustrates how developing a set of well-thought-out rules, rituals and routines will make parents' lives easier and their children happier and better-behaved.
- 20.0102/6417 06 HOW I LEARN; AGES AND STAGES OF CHILD DEVELOPMENT
This 17-minute DVD shows preschool children of all ages as they experience the social, emotional, physical and intellectual milestones of typical early childhood development.
- 20.0102/6418 06 TAKING CARE OF BABY; TIPS AND TECHNIQUES; BASIC CARE
This 24-minute DVD shows viewers practical approaches to caring for a baby for only a few hours or as a parent.
- 20.0102/6419 06 TAKING CARE OF BABY; TIPS AND TECHNIQUES; NURTURING CARE
This 22-minute DVD shows parents caring for babies of various ages and offers sound advice that will help both the caregiver and the baby to be safe and happy.
Shows calming techniques, ideas for playtime, important safety guidelines.
- 20.0102/6420 06 ENCOURAGING MORAL DEVELOPMENT IN CHILDREN
In this 16 minutes DVD, a group of teenagers have a dynamic discussion on moral development by discussing moral situations they have faced. Between the group's discussion times, an expert highlights moral development as it progresses in children. A definition of morality, reasons for the decisions we make, and a look at the behavior of real children in a child care center are all covered in this fast-paced, informative video.
- 20.0102/6287 06 NUTRITION FOR INFANTS AND CHILDREN
This 26-minute DVD explains the importance of good nutrition for newborns, infants, and toddlers and examines its beneficial effects on their growth and development. Filled with how-to and when-to advice, the video also discusses the relative merits of breastfeeding and bottle-feeding, potential food allergies, the importance of a balanced diet and physical activity even at a young age, and special dietary preferences like vegetarianism. Covers children from day 1 to age 5.
- 20.0102/6289 06 FETAL ALCOHOL EXPOSURE; CHANGING THE FUTURE
Through firsthand experiences this 31-minute DVD addresses questions such as how are fetal alcohol spectrum disorders diagnosed, what are the primary and secondary disabilities associated with FASD, and what is the human cost? The in-utero effects of alcohol are considered as well, as are the facial, bodily, neurological, cognitive, and behavioral characteristics of FASD.
- 20.0102/6069 06 GO TO BED! KIDS AND SLEEP
This 22-minute DVD shows how parents can help children, from the newborn to the teen, become "good sleepers". How much sleep they need, the meaning of the stages of sleep, bedtime routines, naps, lack of sleep and safety are covered.
- 32.0107/6126 05 CAREER CLUSTERS
This set of 16 DVDs explores six different careers in each cluster area. The videos are between 20-30 minutes long and are live interviews. Each DVD also includes links to Internet sites that give more information on each career and other careers in that area of interest
- 20.0102/6186 05 NEW; FIRST AID AND CPR
This DVD describes the proper responses to injuries such as poisoning, heat exhaustion, choking, nosebleed, heart attack and other common medical emergencies.
- 20.0102/6973 04 POSITIVE DISCIPLINE WITHOUT SHAKING, SHOUTING OR SPANKING, VOL 1 BABIES

- This 15-minute DVD presents effective positive discipline techniques that allow parents to avoid shaking, shouting at or spanking their babies (from birth to age 1). It shows parents handling common problems, first with a harsh response and then with a non-violent solution.
- 20.0102/6974 04 POSITIVE DISCIPLINE WITHOUT SHAKING, SHOUTING OR SPANKING, VOL 2 TODDLERS
This 25 min. DVD presents age-appropriate positive discipline techniques for toddlers (ages 1 and 2) to help parents avoid more harmful violent practices. Shows parents handling common discipline problems with a harsh response, and then with a more positive solution.
- 20.0102/6975 04 POSITIVE DISCIPLINE WITHOUT SHAKING, SHOUTING OR SPANKING, VOL 3 PRESCHOOLERS
This 27-minute DVD teaches parents age-appropriate positive discipline techniques for preschoolers (ages 3 to 5) that can help parents be more effective without resorting to shaking, shouting or spanking. It shows actual parents in real-life scenarios.
- 20.0102/5981 04 CHILD'S PLAY; HOW HAVING FUN TURNS KIDS INTO ADULTS
This 23-minute DVD shows that play is how children try out roles and test limits, how they develop basic physical and mental skills. Play is fun and free, yet also a dress rehearsal for adulthood. Play is the engine that drives child development.
- 32.0107/5908 04 EARLY CHILDHOOD PROFESSIONS
This 21-minute DVD shows interviews with professionals who work with children. A Kindergarten teacher, a Spanish liaison, a public health nurse, a pediatrician, a dance instructor, a public library assistant director, an AmeriCorps education assistant, a social worker, a special education teacher, a nursery school director, an elementary school principal, and a childcare center teacher, are represented.
- 20.0102/6290 04 THE TODDLER AND PRESCHOOL YEARS
This 28-minute DVD is filmed with real families and shows how to use positive discipline techniques such as timeouts and problem-solving to guide youngsters into better behavior.
- 20.0102/6297 03 INVESTING IN CARING RELATIONSHIPS
This 29-minute DVD shows the importance of investing in caring relationships. When the infant or toddler is in child care away from parents, the child needs a caregiver who provides time, focus and consistency, shows responsiveness, and communicates with the child in many ways. The child thrives with this impact of emotional investment by the caregiver. When parents and caregivers join in planning for the child they form a team that has long-lasting impact on the child, parent and caregiver.
- 20.0102/6266 03 TODDLERHOOD; EMOTIONAL DEVELOPMENT
This 29-minute DVD explores the emotional growth of toddlers, including discussion of such topics as eating, toilet training, temper tantrums, separation issues, and peer socialization.

20.0103

CLOTHING AND TEXTILES

- 20.0103/7047 13 DESIGN IT JUST SEW; EXERCISES IN FABRIC DESIGN AND SEWING
This manual utilizes graphic design software and traditional fabric surface embellishment techniques to enable students to create their own original fabric designs. The fabrics can be used to produce the sewing projects included in the manual. As students complete the activities, they apply the principles of design and develop proficiency in the use of graphic design software.
- 20.0103/6931 13 FABRIC LAB

- This set of 40 cards has a fabric sample on one side and an explanation on the other. Includes natural and synthetics.
- 20.0103/6713 11 **WHY WE WEAR CLOTHES; THE FUNCTIONS OF FASHION**
In this 23-minute DVD students explore the functional, social, and psychological aspects of clothing. Viewers learn how clothing provides more than just protection from the elements; it offers comfort, helps us to fit in with our peer group, and encourages us to follow trends. It examines the fashion industry, as well as the influential role that marketing and advertising play in our daily decision of what to wear.
- 20.0103/6749 11 **THE FASHION AND DESIGN CURRICULUM**
This curriculum is a 36-week survey of the world of fashion design. Students explore their talents within the fashion industry for higher education options and career choices. The curriculum follows industry specifications through research and hands-on activities, including fashion illustration, draping, fashion merchandising, event planning, flat pattern making, fashion design, advanced sewing techniques, and apparel marketing and advertising. Grades 9 through adult.
- 20.0103/7051 11 **FABRIC-BY-FABRIC ONE-YARD WONDERS**
This book is organized by fabric type. From home decorating to knits, wool to flannels, corduroy to cottons, these patterns show how to make the most of each fabric's unique characteristics. Patterns are easy and require just one yard of fabric.
- 20.0103/6752 11 **SEW THRIFTY**
This 51-minute DVD shows viewers how to create a unique and fashionable look using second-hand thrift store clothing for any sewing project. Instructor Kimberly Oedekoven explores her local thrift store while explaining what to look for when shopping and practical thrifting tips to find used clothes to refresh and refashion into something new. Back in the studio, easy sewing projects are demonstrated from start to finish, including: freezer paper stencil on a sweatshirt, skirt from pair of jeans, and more.
- 20.0103/6605 10 **SEW GREEN; RECYCLE, REPURPOSE, RESTYLE**
This 38-minute DVD contains instructions for sewing projects using materials recycled from clothing, fabric samples, or plastic bags, including a messenger-style bag, a cell phone or mp3 player holder, a laptop sleeve, and a water bottle holder. Teaching materials included.
- 20.0103/6649 09 **SEW COOL**
This 43-minute DVD shows viewers how to create their own unique look and save some money by learning sewing basics that will give them the skills to make projects all their own. Sewing instructor Kimberly Oekekoven encourages viewers to 'see it, like it, make it' while presenting sewing basics and two easy sewing projects in short segments.
- 20.0103/6477 09 **READING BLUE JEANS; CLOTHING AND CULTURE**
This 24-minute DVD speaks about the interaction of culture and clothing and offers clues to who we are today because of it. Who invented jeans, and why blue? How did jeans help invent teenagers? What did people wear before jeans were around? The biography of the blue jean is the story of changing attitudes toward work, fashion, leisure and gender.
- 20.0103/6423 09 **SHOPPING BEHIND THE SEAMS; JUDGING QUALITY IN CLOTHES**
This 20-minute DVD teaches techniques for spotting well-made clothing in stores and how to test clothing before buying.
- 20.0103/6437 08 **CLOTHING FIBERS**
This 25-minute DVD is a curriculum-based program that introduces students to the primary types of fibers and the basic differences between natural and synthetic fibers. It discusses how fibers' qualities--from shape and origin, to

- size and luster--make them unique, influence clothing appearance, and factor into comfort. Viewers learn why fiber properties determine how we use particular fabrics and get a close-up understanding of cotton, wool, silk, rayon, acrylic, nylon and polyester.
- 20.0103/6349 07 UNDERSTANDING FABRICS
This 21-minute DVD is an introduction to the manufacture, construction, properties and uses of different types of fabric
- 20.0103/6238 07 GOT A NOTION TO SEW?
This 22-minute DVD is for Grades 5-9. It includes safety in the sewing lab, notions for sewing, hand-sewing basics and the sewing machine. It also features sewing projects: pillowcase, fleece hat and mittens, tote bag, name pennants, pillows and other easy projects from Haan Crafts and To-Sew.
- 20.0103/6283 07 CLOTHING CARE; LAUNDRY BASICS
This 26 min. DVD discusses the basics of laundering and dry cleaning, including detergents, fabric softeners, boosters, stains, interpretation of care labels, and storage of clothes.
- 20.0110/6402 07 50 WEB-BASED LESSON PLANS FOR FASHION, DESIGN, AND HOUSING
This is a collection of web sites and lesson plans to utilize them.
- 20.0103/6136 06 LAUNDRY BLUES; THE CASE OF THE MISSING NECKLACE
This 16-minute DVD gives the do's and don'ts of washing clothes while telling the story of the missing necklace.
- 20.0103/5985 05 HOW THE WORLD DRESSES
This 22-minute video reviews differences in clothing in different parts of the world. Considers cultural and religious influences on dress. It asks the viewers to consider their own clothing as part of the larger view.
- 20.0103/5798 03 NEW FABRICS, THEN FIBERS; THE FUNDAMENTALS OF FIBERS
This 21-minute video with curriculum uses music and fashion to make a fun presentation of facts about natural, manufactured and new technology fibers. Includes lessons on names and characteristics of natural and synthetic fibers; how yarns are made from fibers; how fabrics are made; label requirements for textiles; and origins of fabrics and new fabric finishes. Includes Cornell University "Fiber Facts" booklet
- 20.0103/5497 02 FASHION FRENZY; THE HISTORY OF CLOTHING
This 15-minute video follows the last 100 years of fashion with a teen narrator. A fashion expert, vintage garments, vintage videos and fashion show are all parts of the story.
- 20.0103/5832 02 A TOUR OF A FABRIC STORE
In this 14-minute video, a high school student takes viewers on a tour of a fabric store. She presents the basics of: Patterns, Fabric, Notions, Craft Supplies, Sewing Machines. Grade 6 to adult.
- 20.0103/OK5299 01 PERSONAL CLOTHING MANAGEMENT
This curriculum from Oklahoma includes a teacher workbook and student workbooks, Part 1 and Part 2. Units covered include Understanding Elements of Design, Understanding Design Principles, Examining Fabrics and Textiles, Making Fashion Decisions, Shopping Wisely, Constructing a Project, and Exploring Careers in the Apparel Industry.

20.0104

CONSUMER EDUCATION

- 20.0104/7089 15 BUYING AND SELLING; HOW TRADING SHAPES OUR WORLD
This 24-minute DVD shows why the global marketplace of buying and selling is far more than a convenient way to get the stuff we crave--it shapes personal freedom and drives material progress.
- 20.0104/7013 14 MONEY SMART; MAKING CENTS OF YOUR FINANCES

			<p>This 25-minute DVD features financial and business professionals sharing their knowledge and insight into all aspects of money to impart to viewers what they need to know about their finances through short segments, including: Understanding your paycheck, Planning for rainy days and your future, Managing your expenses online, Borrowing and paying your debts, and Living within your means and sharing with others.</p>
20.0104/6881	13	50 APP ACTIVITIES FOR FINANCIAL LITERACY & INDEPENDENT LIVING	<p>This is a collection of fifty fun and innovative lesson ideas based on a variety of free and paid apps for iPad, iPod, iPhone and Android phones and tablet computers. Covers money management and the skills needed for living on your own using app-driven lesson plans, teaching resources, and educational games.</p>
20.0104/6867	13	CAN I MAKE IT ON MY OWN?	<p>In this 2-part DVD series, eight young adults tell the stories of how they are trying to make it on their own. No scripts, no actors, just real life. On each disc students meet 4 different people. Lessons learned illustrate the perils and heartache of foolish decisions and just plain bad luck. Others highlight what good judgment, hard work and determination can accomplish. Each case offers lessons for everyone shared by young adult's students can relate to.</p>
20.0104/6874	12	SUCCESSFUL ADULTHOOD: PERSONAL FINANCIAL LITERACY	<p>This curriculum includes units on Earning and Managing an Income, Understanding Taxes, Banks, Managing Financial Accounts, Saving and Investing, Retirement, Borrowing Money, Credit Cards and Shopping Online, Consumer Fraud and Identity Theft, Acquiring a Home, Managing Risk, Gambling, Credit Woes, and Giving Back.</p>
20.0104/6787	12	ADVERTISING IN THE DIGITAL AGE	<p>This 22-minute DVD features interviews with cutting-edge advertising and media professional who give an overview of how to navigate new media marketing techniques in the digital age. Covers traditional techniques, new media and new techniques, and how to match your privacy settings to your own privacy standards.</p>
20.0104/6777	12	BUYING INTO BRAND MARKETING; SHAPING YOUR PERCEPTIONS	<p>In this 28-minute DVD viewers discover what a brand is and how marketing shapes its identity. They learn about brand strategy, positioning and messaging and see them in action. The program gives helpful tips on how to look beyond the brand to help make smart decisions in the maze of consumer products. Downloadable resource guide.</p>
20.0104/7103	11	INTEREST, LOANS, AND CREDIT	<p>In this 18-minute DVD, a teen planning to purchase a new bike investigates several financing options: personal loans, interest-free loans, store credit, credit cards, and investing her money in a savings account. Using spreadsheets and comparisons, the video clarifies each of her various choices, considering fees and charges, interest earned or paid, and how long it will take to achieve the savings goal.</p>
20.0104/7017	11	50 WEB-BASED LESSON PLANS: CONSUMER EDUCATION	<p>This manual has a summary, web address, questions, and creative homework assignment or activity for each lesson. covers Personal Finance, Independent Living, Product Protection and Consumer Safety, and Personal Consumerism and Wellness.</p>
20.0104/6901	11	PERSONAL FINANCE ESSENTIALS: FINANCIAL LITERACY FOR YOUNG EARNERS: BUDGETING AND FINANCIAL DECISION-MAKING	

- This 36-minute DVD provides students with tips and real-life scenarios on how to manage their personal finances, with a focus on financial decision-making methods and creating a budget.
- 20.0104/6902 11 PERSONAL FINANCE ESSENTIALS: FINANCIAL LITERACY FOR YOUNG EARNERS: CHECKING ACCOUNTS AND EVERYDAY BANKING
This 31-minute DVD provides students with tips and real-life scenarios on how to manage their personal finances, with a focus on the basics of financial transactions, including how to choose a bank, write and deposit checks, use a debit card, and balance a checkbook.
- 20.0104/6903 11 PERSONAL FINANCE ESSENTIALS: FINANCIAL LITERACY FOR YOUNG EARNERS: CREDIT, BORROWING, AND DEBT
This 36-minute DVD provides students with tips and real-life scenarios on how to manage their personal finances, with a focus on credit card use, credit reports, credit problems, and managing debt.
- 20.0104/6904 11 PERSONAL FINANCE ESSENTIALS: FINANCIAL LITERACY FOR YOUNG EARNERS: SAVING AND INVESTING
This 32-minute DVD provides students with tips and real-life scenarios on how to manage their personal finances, with a focus on the different ways to save and invest money and the risks and rewards of each.
- 20.0104/6905 11 PERSONAL FINANCE ESSENTIALS: FINANCIAL LITERACY FOR YOUNG EARNERS: TAXES AND TAX BENEFITS
This 32-minute DVD provides students with tips and real-life scenarios on how to manage their personal finances, with a focus on both earned and investment income taxes, workplace tax benefits, and filing an annual return.
- 20.0104/6828 10 FINANCIAL LITERACY; INSURANCE
In this 33-minute DVD students will learn the basics of insurance. Life insurance, health insurance, property insurance, and auto insurance are all covered in separate segments. It will provide students with a solid foundation on which to identify the basics of various types of insurance. Students will learn the importance of property and liability insurance protection and the factors which increase or reduce customers' premiums. The DVD also discusses what to do in the event an accident occurs on their own or someone else's property.
- 20.0104/6617 10 KNOW YOUR CONSUMER RIGHTS (AND RESPONSIBILITIES)
This 29-minute DVD explores the role of the consumer and the eight widely recognized consumer rights and responsibilities. Also explains how government uses laws and federal agencies to support these rights.
- 20.0104/6618 10 UNDERSTANDING CREDIT BASICS; KNOW THE SCORE!
This 23-minute DVD explains the basics of credit: what it is, how it is used, and the various types available.
- 20.0104/6619 10 USING CREDIT CARDS WISELY; TAKE CHARGE!
This 25-minute DVD takes a closer look at credit cards and explains how they work, the difference types of cards available, how to use them wisely and to your advantage, how to decipher monthly statements, and how to choose the right card.
- 20.0104/6653 10 D IS FOR DECISIONS; BE A SMART CONSUMER
This 16-minute DVD teaches how to spend your money to get what you want and need. Includes resource management, goal setting and the decision-making process.
- 20.0104/6677 09 NEXTGEN3; TRAVELING AT THE SPEED OF LIFE
This DVD includes 5 short video segments-Introduction to Risk and Insurance, Life Insurance (2 videos), Health Insurance, and Disability Insurance. It also has an Educator's guide in PDF format and a student

- workbook in PDF format. A list of web and video resources to supplement the teaching materials is on the disc also.
- 20.0104/OK6590 09 **LIFE SKILLS; FINANCIAL LITERACY SKILLS**
This curriculum includes units on: Managing Money, Understanding Banking, Using Credit Wisely, Understanding Taxes and Insurance, Understanding Investing and Home Ownership, Understanding Consumer Fraud and Identity Theft.
- 20.0104/TX6559 09 **BUY NOW, PAY LATER; CREDIT 101**
This packet includes lessons on why use credit, credit worthiness, credit scores, cost of credit, debt, identity theft and the game of credit. Student-centered learning activities encourage achievement through inquiry and collaboration. Information is provided for essential questions, skill focus, objectives and outcomes, assessments, resources, and related FCCLA programs. Includes a CD of the entire packet, including student handouts and PowerPoints.
- 20.0104/6685 09 **THE FUNDAMENTALS OF BANKING; GET SERIOUS ABOUT SPENDING, SAVING, AND INVESTING**
In this 25-minute DVD students and young adults with varying levels of financial responsibility share their stories from budgeting, to opening a checking and a savings account, to Choosing the best investment options. Their experiences teach sensible ways to spend, save, and invest.
- 20.0104/5687 09 **5 MINUTE ACTIVITIES: FINANCIAL**
Get students thinking with 5 Minute Financial Activities that are quick, easy, and effective activities to fill extra minutes of class time. Each activity can be a creative and fun learning experience for students on a variety of financial and consumer education topics.
- 20.0104/6472 08 **FINANCIAL LITERACY; MONEY 101, 50 WEB-BASED LESSON PLANS**
This book has students follow instructions provided to find websites that guide them to answers to the questions in each lesson. Good for use with substitute teachers.
- 20.0104/7088 08 **BUDGETING BASICS: A FINANCIAL MAKEOVER**
In this 18-minute DVD, Rachel exits college with a whopping student loan and heavy credit card debt. She discovers that debt, taxes, everyday expenses, and a few unexpected bills can turn a tidy salary into a hole in her wallet. In this program, Rachel gets a "financial makeover", learning the value of preparing a budget and sticking to a spending plan
- 20.0104/6486 09 **HOW PEOPLE ARE PAID; FROM WORK TO WAGES**
This 27-minute DVD examines the different types of work that people do and how they get paid for it. We define commonly used compensation terms and styles, types of wages and benefits, and pay increases. It also gets to the bottom of "take-home pay" by untangling the mysteries of "payroll deductions," including taxes, FICA, and Medicare.
- 20.0104/6487 09 **MARKETING'S 4 PS; THE CONSUMER ANGLE**
In this 25-minute DVD students learn the traditional four Ps of marketing strategy -- product, place, price and promotion; and more importantly, how a focus consumer is at the core of them all, or should be.
- 20.0104/6490 09 **YOU DECIDE**
This set of 3 DVDs is accompanied by a CD-ROM that has worksheets in pdf form. In each DVD four young people have some important financial decisions to make concerning their 1. Budgets, 2. Credit and 3. Transportation. Presented as role plays, the videos are designed to inform students about responsible personal finance management.
- 20.0104/6457 09 **CASH, CREDIT AND YOUR FUTURE**

- This 23-minute DVD teaches teens about paychecks, how to create a spending plan, and the basics of credit and debit cards. Teaching materials are included.
- 20.0104/6333 08 **TAKING CREDIT; UNDERSTANDING LOANS, CREDIT CARDS, AND OTHER DEBTS**
 This 22-minute DVD helps high school and college-level viewers understand the basics of financial credit systems, the best ways to obtain and manage credit, and how credit decisions can influence one's future. It focuses on credit cards, car loans, student loans, and mortgages and highlights discipline as the key to a great credit rating and sustained financial health. The four C's of lending--capacity, credit, capital, and collateral are explained.
- 20.0104/6636 07 **FINANCIAL LITERACY; MANAGE AND MULTIPLY YOUR MONEY**
 A PowerPoint presentation that covers topics including: how to protect what they have, establishing a good credit rating, using credit responsibly and understanding paychecks and taxes. A look at investing is also offered. Presenter notes included. Grades 7 through Adult.
- 20.0104/6637 07 **FINANCIAL LITERACY; SPEND, SAVE AND TRACK YOUR MONEY**
 A PowerPoint presentation for teachers to show how to open and use checking and savings accounts, create a spending action plan and discover the power of simple and compound interest. Presenter's notes included. Grades 7- adult.
- 20.0104/6281 07 **HELP! THEY STOLE MY NAME! THE IMPACT OF IDENTITY THEFT**
 In this 29-minute DVD identity theft victims tell their stories. Experts present information on how to avoid the most common identity theft traps.
- 20.0104/6430 07 **TEENS AND MONEY—REAL LIFE TEENS**
 This 21-minute DVD helps teens make mature decisions about money. Often, when teens earn money they will spend it without thinking and can know little about money management. Now more often than ever, teens need to learn to be more responsible with money.
- 20.0104/6285 07 **HOW CONSUMERS DECIDE**
 This 23-minute DVD discusses whether advertisers are using hidden persuaders that shape our desires. Which leads our decision making: the heart or the mind? How do reason and feelings cooperate in the marketplace?
- 20.0104/6313 07 **PAYDAY; A PERSONAL FINANCE SIMULATION**
 This book, which includes a CD, is designed to help students apply the necessary resources to achieve an independent lifestyle. It will supplement personal finance courses, life management or consumer education classes. It is a hands-on simulation.
- 20.0104/6095 06 **BANKS; A USER'S GUIDE**
 This 25-minute DVD helps viewers become wise consumers of the various financial products known as banking services.
- 20.0104/6122 06 **WHERE TO LAND: APARTMENT OR DORM?**
 This 12-minute video and guide takes viewers along while a college student considers the challenges of different living arrangements. Topics include personal space, security, financial considerations, roommates, leases. for Grades 10 through adult.
- 20.0104/6123 06 **ARE YOU READY TO LIVE ON YOUR OWN?**
 This 20-minute video covers budgeting, time management, realistic expectations, adjustment issues, and creating a support network.
- 20.0104/6138 06 **IT'S YOUR MONEY; FINANCIAL FLIGHT SCHOOL**
 This 20-minute DVD features Maria who is already living on her own. She gives tips to teens on what they can do now to get a head start financially to live on their own. Includes how to develop good savings and spending habits, the power of compound interest, how to avoid credit card traps, the total cost of buying a car and more topics.
- 20.0104/7119 06 **STASH THE CASH**

- This 22-minute DVD introduces the concepts of money management and financial planning for the future in a fun, easy-to-understand manner. Experts coach students on how to budget for expenses, set and attain savings goals, and choose the best ways to save and invest their money. Students learn how to make monthly budgets, how to estimate expenses, how to balance a checkbook, how internet banking works, how credit cards work, how to avoid credit traps, and how to protect themselves from identity theft.
- 20.0104/6836 05 APARTMENT RENTAL; FINDING A PLACE TO LIVE
This 25-minute DVD provides information on what you need to know about renting an apartment, including leases, insurance, and security deposits.
- 20.0104/5959 05 FINANCIAL LITERACY FOR TEENS
This teacher's guide, plus test comes with a book for students subtitled, "The Teen's Guide to the Real World of Money". The lessons cover Credit Card Debt, Needs vs. Wants, Secrets to Saving, Internet Scams, Multiplying Money, Insurance Essentials.
- 20.0104/5820 04 STOCK MARKET BASICS LEARNING WITHOUT LOSING
This 24-minute DVD explains basic terminology, concepts, and details about investing in the stock market. The guide includes stock market quiz and resources
- 20.0104/5644 03 THE ROAD TO RICHES; BASIC MONEY MANAGEMENT
This upbeat 22-minute video, with a teacher's resource book and student handouts, teaches the basic principles of money management and financial planning in an entertaining format that teens will relate to. Humorous and fast paced, the video covers topics including saving money, compound interest how banks work, the basics of investing and the important relationship between a good education and a good job.
- 20.0104/5467 02 FINANCIAL FITNESS FOR LIFE; BRINGING HOME THE GOLD; TEACHER'S RESOURCE PACKAGE
This resource package includes a teacher guide and student workbook for Grades 9-12, an activity-based parents' guide (Talking to your kids about personal finance, for Grades 6-12), and a CD-ROM that contains all the print materials for all grade levels and selected interactive activities. Topics covered include: decision making, buying a PC, job applications, paycheck deductions, tax tables, saving money, credit, investing, checking accounts, insurance and much more.
- 20.0104/7071 00 MONEY MATTERS
This 23-minute DVD explores the difference between fixed, flexible, and periodic expenses; how to set priorities for spending; and using software tools. It helps viewers discover why some expenses are necessary and others aren't, and how to develop a budget that works.
- 20.0104/5505 00 41 ACTIVITIES IN BASIC MONEY MANAGEMENT
This book has activities for Earning your money (The Paycheck); Spending your money (A Checking Account); Saving your money (A Savings Account); Automating your money (Electronic Banking); and Managing your money (Credit and Loans).
- 20.0104/5227 00 A PENNY SAVED; HOW TO GROW MONEY
This 21-minute DVD shows that we're pros at spending money, but not savings. The average savings rate for North Americans at the beginning of the 21st century was close to zero. Students may not understand the power of compound interest or the ability of money to grow with time. This video will teach the basics of interest, investing, compounding, the time value of money, inflation, yield, liquidity, and the pros and cons of various savings vehicles.

20.0107

FAMILY LIVING AND PARENTHOOD

- 20.0107/7004 14 PARENTING PRINCIPLES
In this 38-minute DVD parents share their personal experiences of raising their children while Dr. Steinberg delves into the important role parents play in shaping emotionally healthy children throughout the span of childhood.
- 20.0107/6541 09 FATHERING; WHAT IT MEANS TO BE A DAD
This 20-minute DVD shows an interview in which a fathering expert is paired with interviews of young fathers to explain the impact and importance of a father in a child's life. Divided into four chapters, this DVD offers sound advice to new dads.
- 20.0107/6555 08 BEYOND THE NUCLEAR FAMILY
This 25-minute DVD is a look at the changing roles, structures and functions of the family throughout time and up to the present day. Featuring expert opinion, surprising statistics and the honest, heart-felt thoughts of four very different Australian families, this is an insightful examination of what it means to belong to a family and the range of possible social, emotional, environmental, economic and health considerations that have shaped family structures. It finishes with a look at the family of the future.
- 20.0107/6446 08 THE POWER OF FAMILY
This 23-minute DVD explores the components of common family structures such as traditional, single-parent, blended, extended or grandparent households as well as seasons that families cycle through. Learn how families promote growth including physical, emotional, intellectual, social and moral development.
- 20.0107/6452 08 PARENTING; IT'S YOUR DECISION!
This book can be used as a curriculum in parenting classes, to help students develop an awareness of the life changes that happen when children are added to a family. Twenty-seven detailed lessons include behavioral objectives, preparation requirements, lesson instructions, activity sheets, lecture notes and answer keys.
- 20.0107/6380 07 GROWING OLD
This 74-minute DVD is documentary exploring the meaning of growing old in America. It presents the realities-physical, medical, emotional, and economic-of growing old in a youth-obsessed society.
- 20.0107/6326 07 LIFE SKILLS FOR TEEN PARENTS. VOL 1, HEALTHY RELATIONSHIPS
This 35-minute DVD teaches young adults how to recognize and cultivate healthy relationships with partners, family members, and friends. Teens will learn how to communicate effectively with others, lower their risk of domestic and child abuse, and stay connected with the people who provide a strong network of support in their lives.
- 20.0107/6327 07 LIFE SKILLS FOR TEEN PARENTS. VOL 2, BUILDING YOUR FUTURE
This 35-minute DVD shows young parents how to reach their dreams by setting realistic goals and following through with them. They learn the connection between education and earning power, how they can overcome the obstacles that sometimes keep teen parents from finishing school, and ways to stay out of debt and be financially responsible.
- 20.0107/6415 06 JOYS & CONCERNS OF PARENTING
This 19-minute DVD profiles two families and discovers some of the joys and concerns of the parenting experience. Warm sweet baby sounds and cuddly moments, diapers, sleepless nights and vomit-all are a part of raising a child.

20.0108

FOOD AND NUTRITION

20.0108/6780	18	<p>5 MINUTE ACTIVITIES: FOOD & THE ENVIRONMENT</p> <p>Introduce a lesson or utilize extra minutes of class time with 50 quick and effective ice-breaker or critical thinking activities lasting 5 minutes or less. This is an essential classroom resource filled with creative and thought-provoking activities that get students engaged in discussions about the impact of food on the environment.</p>
20.0108/7108	15	<p>FOOD SAFETY: IT'S IN YOUR HANDS</p> <p>This 21-minute DVD helps viewers discover the steps to keeping safe from foodborne illness by joining a chef in the kitchen along with a microbiologist to learn what you need to know for clean and safe food storage and preparation. Short video segments include: Common Foodborne Illnesses; Preventing Cross Contamination; Proper Hand Washing Technique; The Time and Temperature Danger Zone; Keeping the Kitchen Clean.</p>
20.0108/7116	15	<p>NUTRITION STARTS HERE: SMART EATING ON A BUDGET</p> <p>In this 19-minute DVD Chef Marshall O'Brien shares nutritious food choices and healthy eating strategies. He demonstrates and explains how cooking and eating healthy food can be both fun and delicious while saving money. Short video segments include: simple, tasty slow cooker meals, understanding portion sizes, label reading, and tasty whole grains.</p>
20.0108/7107	14	<p>GET WISE TO PORTION SIZE</p> <p>This 18-minute DVD teaches viewers why portion size matters and how to eat the right amount for you. Short video segments and an interview with a registered dietitian explain the issues with portion sizes, including: Portion Distortion is Everywhere, Why Portion Size Matters, Portion Size Wise Tips for Eating Out, Portion Size Wise Tips for Eating at Home.</p>
20.0108/7109	14	<p>KNIFE SKILLS WITH CHEF MARSHALL O'BRIEN</p> <p>This 27-minute DVD teaches basic knife cuts while staying safe in the kitchen. Includes: Knife Safety, Types of Knives and Equipment, Cutting Methods for Fruits and Vegetables, Cutting Techniques for Meat, using a Food Processor and Blender.</p>
20.0108/7014	14	<p>FRUIT & VEGETABLES: COLOR POWER</p> <p>This 24-minute DVD covers several topics: Why eat fruit and vegetables, How much do I need? How can I eat more?, and How do I select?</p>
20.0108/6828	14	<p>BAKING FUNDAMENTALS; SUCCESS IN THE KITCHEN</p> <p>In this 64-minute DVD Chef Dave Christopherson demonstrates and explains how to make a variety of baking techniques to prepare his favorite sweet treats. Step by step instructions take viewers through each recipe from start to finish, including: Cut Out Cookies, Drop Cookies, Rice Krispie Bars, Brownies, Sponge Cake, White Cake, Cream Biscuits, Scones, Cranberry Granola Muffins, Pancakes, Banana Bread and Cornbread.</p>
20.0108/7050	14	<p>FOUR-COURSE FACS, A FICTIONAL CULINARY ADVENTURE</p> <p>This curriculum is designed to be used with the teen fiction book "Pizza, Love and Other Stuff That Made Me Famous" by Kathryn Williams (1 copy of the book is included). The book is used as a textbook with lessons and activities to accompany the chapters. the theme of the book is a teen cooking competition and the lessons enable the teacher to set up a cooking competition in the classroom. The included CD-ROM has 10 lessons for whiteboard or for use as PowerPoint presentations. There are also PDF versions of the activities, handouts, recipes, and evaluation rubrics that appear in the binder. Each project and activity is linked to National FACS Education Standards and Competencies.</p>
20.0108/7015	13	<p>5 MINUTE ACTIVITIES : BAKING</p>

- These 5-minute lessons are to reinforce, introduce, or conclude lessons in baking classes and to utilize brief learning opportunities in the classroom.
- 20.0108/7001 13 ONE MINUTE NUTRITION MESSAGES: MAKE YOUR NUTRITION MESSAGES MEMORABLE. DELIVER THEM WITH A PUNCH!
This book has 25 one minute lessons on eating situations that students often encounter. Each one has an "attention grabber" and a short persuasive message.
- 20.0108/7046 13 5 TIPS FOR HEALTHY EATING ON THE GO
This 23-minute DVD answers the question teens have: where do you get the energy to keep up with a busy schedule without resorting to fast/junk food? Five practical tips for healthy eating in a fast-paced lifestyle are shown: plan ahead, don't skip breakfast, learn to read food labels quickly, snack smart, and eat out wisely. Expert commentary is provided by a registered dietitian, a healthy living coordinator, and a health officer, and pop quizzes reinforce the learning.
- 20.0108/7028 13 VEGETABLE; COOKING TECHNIQUES
This 17-minute DVD features an experienced industry chef, who demonstrates cooking techniques for a variety of vegetables. The viewers will learn how to braise, roast, steam, grill, flame grill, and stir fry. Includes how to select and use knives and cooking equipment.
- 20.0108/7003 14 THINK BEFORE YOU DRINK: SUGAR SHOCKERS & BEVERAGE TIPS
This 25-minute DVD is divided into 5 segments: Sugar Shockers: A Sour Choice; Sports Drinks and Performance; Water That Isn't H₂O; Energy Drinks and Caffeine; Healthy Beverages = Healthy You.
- 20.0108/7072 13 THE TRUTH ABOUT TASTE
This 50-minute DVD explains that **taste** is our most indulgent sense but it is only in recent years that we have started to understand why we really love the foods we do. There may a way to make food **taste** sweeter without adding any extra sugar and it is all down to a trick that happens in your brain. Horizon meets the scientist who has grown the perfect tomato, as well as the men and women hoping to become professional tasters.
- 20.0108/6980 13 MAKING HEALTHY CHOICES: FIGHTING TEEN OBESITY
This 21-minute DVD explains that 1 in 3 adults and 1 in 6 children in the US are categorized as obese. This fact-filled video clearly explains the effects and consequences of this crippling epidemic. The health hazards that accompany this lifestyle disease are exposed and explained in detail. These include such life-altering conditions as hypertension, diabetes, heart disease and cancer. The video and print curriculum combine to show viewers that they can take control and avoid obesity now and throughout their lives.
- 20.0108/6981 14 THE DANGERS OF SUGAR AND SALT
This 20-minute DVD gets teens to think about how much sugar and salt they are eating, why too much sugar and salt can be harmful, and how to reduce their consumption of sugar and salt. The health dangers of sugar are presented with emphasis on sugary soft drinks. too much sugar puts teens at risk for weight gain, obesity, diabetes, cancers and tooth decay. the average teen consumes a whopping 3,500 mg of salt every day, increasing the risks for high blood pressure, stroke and heart attack. Viewers learn how to decode nutritional labels, so they understand the many different names for sugar and for salt, and be able to identify hidden sugar and salt that lurk in packaged and processed foods.
- 20.0108/6968 13 AVOID PORTION DISTORTION; WITH MYPLATE SPECIFIC GUIDELINES
This PowerPoint presentation uses simple visual images and nutritional facts to illustrate the difference between recommended serving sizes and

- what more likely appears on our plates. It provides tips on how to measure portion sizes and factoids about obesity and calorie consumption.
- 20.0108/6932 13 **THE SKINNY ON SOLID FATS**
This 17-minute DVD explains the different types of fat and why solid fats are harmful to your health (and waistline!). Discover how fats affect your cholesterol. Learn where fats hide in your diet and ways to reduce the amount you consume.
- 20.0108/7084 12 **NOURISHING HEALTHY PRESCHOOLERS; A GUIDE TO MYPLATE NUTRITION**
Using MyPlate and the USDA's dietary guidelines, this 27-minute DVD shows how meals can include a variety of nutritious foods, how to determine appropriate portion sizes, how to make snacks healthy, and how to encourage physical activity. Also discusses common concerns about sugar, fat, and picky eaters. Shows how busy families can eat healthy.
- 20.0108/6933 12 **NUTRITION LABELS ; READING BETWEEN THE LINES**
New USDA Guidelines are shifting all eyes to Nutrition Facts labels, where they should be! The video supports explaining trans-fat, the new nutrition keys, and how to balance calories. Students learn the meaning of each item on the Nutrition Facts labels, how to use daily values, and how to interpret label health claims.
- 20.0108/7083 13 **MEAT: COOKING TECHNIQUES**
In this 17-minute DVD chef Andrew Sankey explains the basics of preparing meat, then provides a how-to for a variety of cooking techniques. Demonstrating methods for roasting, frying, grilling, stewing, braising, and larding, Sankey also covers internal temperatures, flavorings, and more.
- 20.0108/6934 13 **ADDED SUGARS; THE BITTER TRUTH**
This 17-minute DVD shows how extra calories from sugar convert into fat molecules and the dangers of having too much sugar in your bloodstream. Find out where in your diet all that extra sugar hides and how to easily reduce your daily intake. Learn how added sugars differ from naturally-occurring sugars.
- 20.0108/6882 13 **50 APP ACTIVITIES FOR FOOD SAFETY AND SANITATION**
The best educational apps for teaching food safety are included in this collection filled with lesson plans for teachers, teaching resources, and fun games based on both free and paid apps for Apple and Android devices.
- 20.0108/6886 13 **EVERYDAY MATH IN FOODS**
This 32-minute DVD presents kitchen and math concepts in short video segments that can be used separately or as one presentation. Concepts and skills include reading a recipe, measuring techniques, kitchen equivalents, timing a meal, estimation of amounts and recipe costs, unit price, recipe conversion and English to metric conversion.
- 20.0108/6860 13 **FOOD SAFETY AND SANITATION**
In this 19-minute DVD, industry-recognized chefs and authors, John Draz and Christopher Doetke share tips and insights as they demonstrate foundational food safety and preparation techniques. Segments include preparing sanitizing solutions; sanitizing a counter or worktable; proper hand washing; using a dishmachine; using a three-compartment sink; cleaning and sanitizing large equipment; calibrating a thermometer.
- 20.0108/6861 13 **MISE EN PLACE; KNIFE SKILLS**
In this 24-minute DVD, industry-recognized chefs and authors John Draz and Christopher Doetke share tips and insights as they demonstrate foundational food safety and preparation techniques. Segments include using a recipe; using a steel; using a whetstone; cutting with the chef knife-

- slices and rondelles; preparing stick and dice cuts; preparing vegetable tournes.
- 20.0108/6862 13 **GARDE MANGER**
In this 27-minute DVD, industry-recognized chefs and authors, John Draz and Christopher Doetke share tips and insights as they demonstrate foundational food safety and preparation techniques. Segments include peeling and mincing garlic and parsley; peeling and preparing julienne onions; dicing onions; preparing leeks; preparing salad greens; peeling, seeding, and dicing tomatoes; preparing mayonnaise; preparing melons and pineapples; preparing citrus supremes.
- 20.0108/6863 13 **STOCKS AND SAUCES**
In this 38-minute DVD, industry-recognized chefs and authors, John Draz and Christopher Doetke share tips and insights as they demonstrate preparing a sachet and bouquet garni, preparing stocks, preparing roux and white sauce, preparing brown sauce: jus lie, espagnole, demi-glace, preparing veloute, preparing tomato sauce, and preparing hollandaise.
- 20.0108/6864 13 **POULTRY FABRICATION/MEAT AND POULTRY COOKING TECHNIQUES**
In this 26-minute DVD, industry-recognized chefs and authors, John Draz and Christopher Doetke share tips and insights as they demonstrate foundational food safety and preparation techniques. Segments include poultry splitting, quartering, and eight-cut; preparing airline breasts; trussing poultry; sautéing meats and poultry; poaching and simmering meats and poultry; grilling meats and poultry; braising meats and poultry.
- 20.0108/6865 13 **SEAFOOD FABRICATION AND COOKING TECHNIQUES**
In this 22-minute DVD, industry-recognized chefs and authors, John Draz and Christopher Doetke share tips and insights as they demonstrate foundational food safety and preparation techniques. Segments include filleting flatfish; filleting round fish; skinning fillets; peeling and deveining shrimp; sautéing fish; grilling fish; deep poaching fish; shallow poaching fish.
- 20.0108/6866 13 **VEGETABLES, GRAINS, AND EGG COOKERY**
In this 20-minute DVD, industry-recognized chefs and authors, John Draz and Christopher Doetke share tips and insights as they demonstrate foundational food safety and preparation techniques. Segments include parcooking vegetables, simmering rice, preparing pilaf, preparing risotto, cooking eggs in the shell, poaching eggs, scrambling eggs, preparing American-style omelets, and frying eggs.
- 20.0108/6857 13 **THE TOP 5 FOOD MISTAKES MOST TEENS MAKE & HOW TO FIX THEM**
This 25-minute DVD features teenage on-camera hosts who use MyPlate.gov to help students understand portion sizes and food group servings. A nutrition expert demonstrates easy solutions to the five food mistakes.
- 20.0108/6879 12 **FARM TO SCHOOL ACTIVITIES**
This curriculum includes 20 lesson plans that help students think about eating locally grown foods and the impact that has on environment, economics and health. Other lessons involve where student's food originates, meeting people who grow food, and trying new foods. Recipes, starting a garden, cookbook reviews, and lab experiences are included.
- 20.0108/6967 12 **5 MINUTE ACTIVITIES; NUTRITION, TEACH WHILE EATING BREAKFAST IN THE CLASSROOM**
These 5-minute lessons are to teach good nutrition and healthy eating to elementary students while they eat Breakfast in the Classroom.
- 20.0108/6852 12 **WHAT'S FOR BREAKFAST? 10 LESSONS FOR MIDDLE SCHOOL AND HIGH SCHOOL**

			<p>This book contains lessons with activities about breakfast for middle and high school students.</p>
20.0108/6845	12	WHAT'S ON MYPLATE?	<p>Do you ever stop and wonder what's on YOUR plate? discover what's on the new MyPlate food icon developed by the USDA. This 22-minute DVD is an overview of good food choices and the MyPlate food guide that highlights the best choices from each food group. Includes interviews with teens talking about their favorite foods.</p>
20.0108/6848	12	GO FOR GRAINS; 10 WHOLE GRAIN LESSONS	<p>These activities have been created for middle school students to help them identify whole grain foods, their benefits and how they can include more of them in their daily food intake.</p>
20.0108/6827	12	BAKING FUNDAMENTALS: SUCCESS IN THE KITCHEN; COOKIES, BARS AND CAKES	<p>In this 30-minute DVD Chef Dave Christopherson demonstrates and explains how to make a variety of sweet treats. Step by step instructions take viewers through each recipe from start to finish, including: rolled sugar cookies, oatmeal, walnut and dried cranberry drop cookies, rice krispies, brownies, sponge cake, white cake, boxed cake mix, and clafouti.</p>
20.0108/6826	12	BAKING FUNDAMENTALS; SUCCESS IN THE KITCHEN; MUFFINS AND QUICK BREADS, BISCUITS AND SCONES, PANCAKES	<p>In this 30-minute DVD Chef Dave Christopherson demonstrates and explains how to make a variety of different quick breads. Step by step instructions take viewers through each recipe from start to finish, including: Cream Biscuits, Scones, Cranberry Granola Muffins, Pancakes, Banana Bread and Cornbread.</p>
20.0108/6856	12	5 MINUTE ACTIVITIES; FRUIT AND VEGETABLES	<p>These 5-minute lessons are to get students of all ages thinking about fruits and vegetables. Activities are divided into age-appropriate levels. To create "teachable moments" with relevant scenarios during brief amounts of class time.</p>
20.0108/6824	12	NUTRIENT BASICS	<p>In this 20 minutes DVD, registered dietitian Melissa Halas-Liang and two students explore the functions, benefits and sources of the six types of nutrients, including fat, protein, minerals, carbohydrates, vitamins and water.</p>
20.0108/6790	12	SMALL KITCHEN APPLICANCES	<p>In this 25-minute DVD, cookbook author and culinary instructor Paulette Mitchell offers advice on selecting kitchen appliances and shows how to use them while demonstrating simple, delicious recipes including a banana-berry smoothie, sunshine carrot salad, and a tuna melt. Viewers will learn the importance of reading owners' manuals and properly caring for appliances such as blenders, food processors, toasters and toaster ovens, mixers, slow cookers, electric grills, and more.</p>
20.0108/6791	12	FOOD ALLERGIES; A LITTLE KNOWLEDGE CAN PREVENT SOME BIG PROBLEMS	<p>This 26-minute DVD answers questions about food allergies. What is the difference between a food allergy and a food sensitivity? Why do some schools have peanut-free zones? What is Celiac disease? Are some people sensitive to food dyes? Join in on a discussion of food issues with an allergy expert as well as real people who live with food sensitivities and life-threatening food allergies every day. Learn the steps one can take whether they have an allergy, work with food, or know someone with an allergy.</p>
20.0108/6792	12	COOKING FUNDAMENTALS; SUCCESS IN THE KITCHEN	

			In this 27-minute DVD, Chef Dave Christopherson demonstrates and explains a variety of basic cooking techniques necessary for success in the kitchen, including baking, blanching, boiling, grilling, roasting, sautéing, simmering, stir-frying and more as he prepares three simples, "from scratch" meals. Meals are chicken asparagus fettuccine alfredo, beef and vegetable stir-fry with rice, and roast pork with pan gravy, baked potatoes, and grilled corn and black bean salsa.
20.0108/6794	12	PASS (ON) THE SALT; SHAKING THE HABIT	This 20-minute DVD asks a question. You hardly touch the salt shaker, so you can't eat too much salt, right? Wrong. Teach students to suss out sodium in foods, and how to reduce their intake. When a third of Americans have hypertension, the USDA's sodium guideline is not to be taken lightly.
20.0108/6795	12	GET OFF THE SoFAS! AVOIDING SOLID FATS & ADDED SUGARS	In this 36-minute DVD viewers learn what solid fats and added sugars have
			in common, and why new nutritional guidelines say to avoid these calorie nightmares. But are other fats and sugars really any different? They are! This program explains the why, what, and how of it all.
20.0108/6784	12	4 WEEKS 2 A HIGHER FOOD IQ	This 28-minute DVD is a real-life documentary of a teen accepting a new wellness challenge each week. Registered Dietitian Christina Meyer-Jax gives Lexi advice, feedback, and encouragement with four dietary and fitness challenges.
20.0108/6772	12	SUPERMARKETS; AISLES OF PERSUASION	In this 28-minute DVD viewers learn how stores persuade us to buy more with strategic store layouts, tricky sale signs, and those extra big carts. Plus, get six tips to turn typical shopping habits into savvy supermarket elections.
20.0108/6765	12	ENERGY BALANCE; FEATURING THE USDA'S MYPLATE DIETARY GUIDELINES	This 20-minute DVD features MyPlate dietary guidelines. In it a dietitian and a personal trainer help the viewer discover the best food choices, short term and long-term benefits of physical activity, tips to be active each day, how to overcome common excuses and how to continue being active into adulthood.
20.0108/6776	12	EAT SMART! MYPLATE & 2010 DIETARY GUIDELINES	This 30-minute DVD uses MyPlate and the USDA's dietary guidelines to present a practical overview of the basic concepts of healthy eating. Viewers learn about the guidelines' three main recommendations: eat nutrient-dense foods, balance calories and reduce solid fats, added sugars and sodium.
20.0108/6774	12	EAT LESS! THE UPSIDE OF DOWNSIZING PORTIONS	This 29-minute DVD explores the USDA's recommendation to "eat less" and "avoid oversized portions." It examines why most people consume far more food and calories than they did in past decades, as well as how the quality of that food has changed. Shows how to consume fewer, yet more nourishing and satisfying calories.
20.0108/6775	12	PERSONALIZING MYPLATE; EASY CHANGES FOR EATING HABITS	This 31-minute DVD examines the principles of MyPlate to help people increase their consumption of whole grains, vary their proteins, and limit fat, sugar, and sodium to create a healthier plate.
20.0108/7048	11	THE EDUCATED PALATE; CULINARY EDUCATION WITH TASTE AND FLAIR	

			<p>This resource is designed to enrich food courses. The activities emphasize tasting and food analysis over recipe preparation. They can be used to teach many culinary techniques however the focus of the activities, projects and worksheets is food appreciation.</p>
20.0108/6782	10	<p>WHAT'S IN MY SCHOOL LUNCH? MAKING HEALTHY CHOICES THE GREAT CHESTERWOOD LUNCH BOX LUNCH OFF</p> <p>In this 18 minutes DVD, we join the residents of Chesterwood as they compete in "The great Chesterwood lunch box lunch off." Cheer on Phyllis Ffancy, Biff "the Truck" McAdams, and newcomer Maverick Harrison as they prepare, pack and eat their school lunches to find out who has the most energy and concentration to keep up with their busy school schedule. In this program, the cast of whacky characters demonstrate the principles of a healthy school lunch. We learn how to select, prepare and pack a fun and nutritious lunch and discover the effects of both good and bad lunch box choices on your energy and concentration.</p>	
20.0108/6986	11	<p>EAT TO WIN: NUTRITION FOR ATHLETES</p> <p>This 20-minute DVD dispels 10 common nutrition myths by explaining that to eat, when and why using the USDA's MyPlate as the guide.</p>	
20.0108/6773	11	<p>MYPLATE, MY HEALTH; THE NEWEST DIETARY GUIDELINES</p> <p>This 23-minute DVD helps viewers recognize how to develop a healthy lifestyle that combines sensible eating with regular exercise. The program explains the new MyPlate concept and encourages viewers to use the ChooseMyPlate.gov website to learn about their dietary needs and develop a personalized plan for healthy eating. On the street teen interviews point out the need for serious education on this subject.</p>	
20.0108/6764	12	<p>CREATE A GREAT PLATE; MYPLATE DIETARY GUIDELINES</p> <p>This 20-minute DVD is based on the USDA's new MyPlate campaign. It shows what healthy eating looks like, and tells you how to make at least half your grains whole, vary your veggies, focus on fruits, get your calcium-rich foods, and go lean with protein.</p>	
20.0108/6778	12	<p>AMAZING EGGS!</p> <p>In this 21-minute DVD students discover the uses of various sizes and grades of eggs, what the eggshell's color means, egg nutrients, how to store eggs, cooking temperatures and more. Chef Dave Christopherson explains the many uses of the egg while demonstrating a variety of delicious, easy to prepare egg dishes, including scrambled eggs, sunny side up egg, over easy egg, basted egg, poached egg, Hollandaise sauce, omelet, strata, frittata, and quiche. Includes a 5-day activity and lesson plan resource binder.</p>	
20.0108/7102	11	<p>FOOD SAFETY AND DISEASE PREVENTION</p> <p>This 29-minute DVD examines the risks facing consumers while highlighting food-handling methods for addressing those risks. illustrating the dangers of food-borne bacteria and gastrointestinal viruses, the program also assesses the safety of pesticides, herbicides, hormones, and antibiotics used in agriculture.</p>	
20.0108/6880	11	<p>NOURISH; TEACHER RESOURCE BINDER</p> <p>The binder and DVDs bring together materials for teaching and learning about food, nutrition, health, and sustainability. This farm to table lesson plan helps teach sustainability by providing a big-picture view of the many ways that food connects our environment, our health, and our communities and offers specific steps that individuals and groups can take to create a sustainable food future. Binder includes a curriculum guide with 6 activities and action projects, a reader with Q&A articles from food movement leaders such as Michael Pollan, Anna Lappe, Raj Patel, Oran Hesterman, and others, a food system map and study guide and the 2 DVDs: Food + Community hosted and narrated by Cameron Diaz and containing the</p>	

- award-winning PBS TV special and 11 short films and a DVD with short films exploring different themes.
- 20.0108/6744 11 **A CLOSER LOOK AT NUTRITION; METABOLISM AND ENERGY**
 In this 19-minute DVD students will learn how the chemical reactions of metabolism allow organisms to grow and reproduce, maintain their structures, and respond to their environments. The video explains the categories of metabolism (i.e., anabolism and catabolism), as well as examines latent heat and phase changes. The relationship between energy and carbohydrates is also discussed, as well as basal metabolic rate and its influencing factors.
- 20.0108/6721 11 **FRESH INGREDIENTS; HEALTHY INTERNATIONAL FOOD TIPS**
 In this 20-minute DVD, cookbook author and world traveler Paulette Mitchell presents a series of food and nutrition lessons from food markets around the world that can be applied to home-cooked meals. She contrasts packaged and processed foods with similar fresh items found at local farmer's markets and supermarkets, while offering tips for using fresh, tasty ingredients in quick-to-prepare, healthful meals.
- 20.0108/6755 11 **5 MINUTE RECIPES FOR KIDS**
 This book includes fruit recipes, main dishes, snacks, sweets and treats, and vegetable recipes that kids can make.
- 20.0108/6751 11 **ACTIVITIES AND FOODS LESSON PLANS**
 This curriculum includes 200 pages of lesson plans to introduce the connection between proper nutrition and peak performance, on or off the athletic field. Topics covered include: Nutrition and fitness self-assessments, Nutrition basics, Food myths and facts, Components of fitness, Body composition and energy balance, and Current food and fitness issues. Shopping skills, evaluating the nutrients in various foods and managing energy intake are among this collection of readings, tests, and recipes. can be adapted for short lessons or an entire nutrition course. Appropriate for grades 6-12.
- 20.0108/6674 11 **FRESH FOOD; WHAT IS FARM TO TABLE?**
 This 20-minute DVD taps into the current trend of eating locally grown foods without the use of chemical pesticides or hormones. The basics of sustainable arming are explored through the eyes of three highly trained chefs who leave big-city jobs to carve out a place to grow fresh, healthy ingredients for their gourmet dishes.
- 20.0108/6729 11 **COOKING AND CHILDREN; A LEARNING ACTIVITY**
 This 33-minute DVD follows host, Nica and preschoolers in the kitchen as they have fun learning about nutrition through making healthy snacks. It Features easy recipes, ways you can be prepared, safety tips, and highlights of easy jobs in the kitchen that teach preschoolers coordination, math, and a love of healthy food.
- 20.0108/6679 10 **PHIL LEMPERT'S FOOD SENSE**
 In this 1 hour DVD "Supermarket Guru" Phil Lempert, illuminate's food sustainability issues by showing us how breakfast gets from farm to table. Filmed in part at the famous Cafe Hon in Baltimore, Food Sense explores the manufacturing and delivery processes behind coffee, sugar, milk, eggs, bacon, orange juice and strawberries while examining the impact of those processes on the environment. --Container
- 20.0108/7073 10 **FOOD SAFETY MAP GAME**
 This game teaches safe food handling in order to reduce the risk of foodborne illness. Developed by NDSU Extension Service.
- 20.0108/6789 10 **MICROWAVE MYSTERIES; BEEP, ZAP, DEFROST!**
 This 30-minute DVD demonstrates how electricity travels from the wall socket through energy conversion onto the point where the molecules excite and cook food using microwave energy, the effect of microwaves on various

- kinds of cooking containers and techniques for food placement and arrangement for microwave cooking.
- 20.0108/6838 08 BAKING FOR SUCCESS; LESSONS THAT GO BEYOND KNEADING DOUGH
This 28-minute DVD includes video and curriculum guide. Unit one: Brownies. Unit two: Corn Bread. Unit three: Focaccia.
- 20.0108/6839 06 BAKER'S DOZEN; LESSONS FOR BETTER BAKING
This 143-minute DVD includes various demonstrations that assist the viewer in baking or in teaching baking to others. Topics include getting started, bakeware, baking, cooling, storing, chemical leavening, chocolate, designer baking, eggs, fats, flour, liquids, salt, sugars, yeast.
- 20.0108/7056 10 COOKING TECHNIQUES; HOW IT ALL BOILS DOWN
This 30-minute DVD demonstrates thirteen techniques for cooking various types of food, including baking, broiling, roasting, blanching, boiling, and steaming.
- 20.0108/6840 10 BAKER'S DOZEN LABS
This manual feature 13 baking labs, 350+ terms Baker's Glossary and Appendix. Recipes are tested and apply to foods and culinary classes, middle to secondary.
- 20.0108/6841 10 BAKING WITH FRIENDS; RECIPES, TIPS, AND FUN FACTS FOR TEACHING KIDS TO BAKE
This book has baking recipes for families, with an emphasis on child involvement. Includes educational materials for teachers, rents, and youth mentors.
- 20.0108/6754 10 GREAT GRAINS
This mini unit curriculum studies and explores: the anatomy of a grain kernel, grain nutrients, types of grains from around the world, whole grains vs. refined grains, health benefits of grains.
- 20.0108/6648 10 FOOD SCIENCE
This 45-minute DVD demonstrates 6 fun and easy **food science** experiments and explains the **science** behind them. Experiments include: sensory evaluation, biochemistry of milk using mozzarella cheese, hand washing and **food** safety, scientific method of what makes popcorn pop, emulsions using mayonnaise, and fermentation using root beer. Includes an interview with a **food science** professor and a tour of a sensory evaluation lab. Teaching materials are included.
- 20.0108/6699 10 TEST YOUR FAST FOOD KNOWLEDGE
This 28-minute DVD uses an entertaining quiz format to have participants examine the calorie counts and nutritional breakdown of a fast food jumbo cheeseburger meal to demonstrate the overabundance of fats, trans fats and high calorie content per serving. Viewers compare typical items on menus from different fast food restaurants. They learn that you can make smart choices at the fast food counter because not all fast food is bad for you. Weight control, balanced diet, vitamins and nutrients can all be part of a smart, limited fast-food diet.
- 20.0108/6691 10 CHOWKIDS COOKBOOK
This cookbook and DVD was conceived as an entertaining cooking show to be played in-room for pediatric patients and their families to provide fundamental information on healthy eating.
- 20.0108/6227 10 OBESITY IN A BOTTLE; HOW TO PICK HEALTHY BEVERAGES
This 26-minute DVD demonstrates that empty calories from sugar and fat found in many favorite beverages are adding inches to American's waistlines and may be contributing to rising rates of chronic disease. View five informative video segments offering suggestions for healthy beverage selections.
- 20.0108/6762 10 COOKING UP SUCCESS: MAKING THE MOST OF THE FAMILY AND

CONSUMER SCIENCE LAB

- This laboratory manual includes 225 classroom-tested recipes that are formatted to make them easy to follow. Each recipe is identified by skill level and instructional objective. The resource also includes lab evaluation materials, tips and suggestions for lab success, and handy reference charts.
- 20.0108/6742 10 **THE SCIENCE AND TECHNOLOGY OF FOOD; TECHNOLOGY LEARNING ACTIVITY**
This teacher and student CD-ROM contains lessons, activities and quizzes for students in grades 6-8. Lessons are Food and your body, turning food into energy, how much should you eat? Eating healthy, Water, Acids and Bases, Enzymes of food preparation, Food additives and preservation, Food borne illness, Food security, and Careers.
- 32.0107/6719 10 **JOBS IN FOOD & NUTRITION**
This 30-minute DVD shows the farmers, chefs, scientists and health care workers that all play a role in what we eat every day. Learn how these professions produce, prepare, develop, and evaluate food to ensure nutrition.
- 20.0108/6673 10 **HAPPY MEALTIMES & HEALTHY KIDS**
In this 23-minute DVD childhood feeding specialist Katja Rowell presents lessons on the when, where, and what of feeding children, featuring scenarios with actors and real families. A training guide with activities is included.
- 20.0108/6609 10 **MEAT; COOKING BASICS; 1-2-3 EASY!**
This 21-minute video discusses the basics of beef, lamb, and pork. Nutritional information, selection and preparation tips are demonstrated. Learn the different cooking methods of roasting, broiling/grilling, stir-frying/pan broiling and raising/stewing. Recipes and teaching materials are included.
- 20.0108/6628 10 **BUZZ IN A BOTTLE: THE DANGERS OF CAFFEINE-SPIKED ENERGY DRINKS**
This 20-minute DVD describes the many physical effects that energy drinks have including dizziness, fainting, heart palpitations, caffeine poisoning, headaches, fatigue, diminished concentration, anxiety, insomnia, shaking, nausea, and high blood pressure. Even more alarming is the trend of mixing these beverages with alcohol, thus allowing users to drink more alcohol than they normally would and putting them at a greater risk for alcohol poisoning. This program gives kids the facts about the real health risks.
- 20.0108/6749 10 **FOOD ADVERTISING; FACT VS FICTION**
This mini-unit explores the factors including the media that play a role in what foods we choose every day. Contains lecture material, small group discussion questions, two activity worksheets, and a unit quiz.
- 20.0108/6651 10 **MATH ACTIVITIES IN NUTRITION**
This book includes practical, real-life math applications that are right at home in both math and family and consumer sciences classrooms. Worksheets are organized by math concept.
- 20.0108/6611 10 **KITCHEN FUNDAMENTALS; BASIC TECHNIQUES USED IN FOOD PREPARATION**
This 40-minute DVD teaches the basic techniques used in food preparation. Techniques covered include: hand washing; knife cuts such as large and small dice, julienne, paring, slicing, chop, mince; measuring-dry and liquid; cooking basics-grating, sifting, whipping, rolling, broiling, sauté, pan searing, boiling, steaming.
- 20.0108/6963 09 **HERBS & SPICES**
In this 18-minute DVD cookbook author Paulette Mitchell teaches you all about herbs and spices and explains how to cook with these tasty elements using recipes for Herb-roasted vegetables, caprese salad, basil pesto, and pesto butter.

- 20.0108/6964 09 HERBS ACTIVITIES
This curriculum is designed as a week long after school program suitable for elementary and middle school students. Lessons can be adapted for any classroom use. Worksheets and the DVD Herbs & Spices support the activities and recipes.
- 20.0108/6590 09 NUTRITION LABELS; START WITH BREAKFAST
This 13-minute DVD features 6 teens who tell why breakfast is the smart way to start the day, and how to eat smart by reading nutrition labels. The audience learns how to balance protein, healthy fats and carbohydrates, why a balanced breakfast is important, how to read the ingredients list on the nutrition label, and why we should avoid sugar, corn syrup, enriched flour, and trans fats and choose whole grains instead.
- 20.0108/6591 09 FOOD SCIENCE ACTIVITIES FOR MIDDLE SCHOOL
In this curriculum, the activities are organized into 5 units of food science. Activities and labs are designed to illustrate the practical application of food science in the "real" world. Projects can be integrated into most food and nutrition courses for middle school classes. 1. Food science -- 2. Food production -- 3. Food safety -- 4. Nutrition -- 5. Biotechnology.
- 20.0108/TX6558 09 SCALING BACK ON OBESITY
This curriculum includes lessons on perception and body image, a balancing act, what tips the scale? eating for good health, cause and effect, our relationships with food, professionals target obesity. Student-centered learning activities encourage achievement through inquiry and collaboration. Information is provided for essential questions, skill focus, objectives and outcomes, assessments, resources, and related FCCLA programs. Includes a CD of the entire packet, including student handouts and Power Points.
- 20.0108/6573 09 MATH IN FOODS
This curriculum combines basic math and food concepts into 13 worksheets. Principles and standards from School Mathematics NCTM and Family and Consumer Sciences National Standards are applied to each worksheet. Includes answer keys and student exam.
- 20.0108/6575 09 SMART NUTRITION
This 21-minute DVD features a host and 2 teens who set the facts straight about breakfast, body image, portion size, physical activity, the importance of fruits and vegetables, beverages, significant nutrients, late night snacking, vegetarian diets, and acne.
- 20.0108/6540 09 WORLD FOODS; MEXICAN COOKING
In this 19-minute DVD cookbook author and world traveler Paulette Mitchell shows you how to prepare delicious Mexican dishes; guacamole, two traditional salsas, quesadillas, tortilla soup, and chilies rellenos
- 20.0108/6544 09 NUTRITION CONTROVERSIES
This 23-minute DVD shows how messages about food and nutrition that we hear can be confusing and it's not always easy to discern the facts from fiction. The host and two teens take a closer look at controversial nutrition topics to get the straight facts on food safety, organic foods, genetically engineered foods, food allergies, MSG, functional foods, dietary supplements, and more.
- 20.0108/OK6549 09 CHEMISTRY OF FOOD
This curriculum emphasizes lab activities that focus on chemistry principles and scientific method as it relates to foods. Topics in this publication include basic principles of chemistry, acids and bases, enzymes and food preparation, additives and preservation, nutrition and the body, public health and food hazards including bioterrorism, safety, meal and recipe planning, proteins, dairy products, baking and more.

- 20.0108/6542 09 GET TO KNOW FOODSERVICE EQUIPMENT AND TOOLS
This 18-minute DVD identifies the tools of the trade including utensils, pots and pans, knives and bowls while pointing out how construction affects usage.
- 20.0108/6539 09 FAST FOOD NUTRITION
This 16-minute DVD follows 2 teen fast food servers as they explore the world of fast food. It helps viewers learn how to make the healthiest choices when eating on the go at fast food restaurants.
- 20.0108/6543 09 GROCERY SHOPPING CHALLENGE
This 12-minute DVD shows students the tricks grocery stores use to get you to spend more of your money. Follow 2 teens as they see who can get the best price and nutritional value for eight common grocery items.
- 20.0108/6547 09 CAFFEINE
This unit looks at caffeine and will help the student understand what this substance is and how it affects the body. It contains lecture material, small group discussion questions, 2 activity worksheets and a unit quiz.
- 20.0108/6501 09 SUCCESSFUL FOOD SCIENCE LESSON PLANS; 12 UNITS OF FOOD CHEMISTRY AND MORE
This lesson plan book includes 12 units of food science. Activities and labs are designed to illustrate the practical application of food science in the "real" world. Projects and labs can be integrated into most food and nutrition courses. Grades 9-12.
- 20.0108/6478 09 ELEMENTS OF HUMAN NUTRITION. WATER
In this 30-minute DVD viewers learn what water does for the body, from cell structure and joint lubrication to body temperature regulation and vitamin dissolution. Understand potential problems, such as what dehydration is and can do, and what water contamination means to third world countries and disaster areas. Learn what concerns surround water alternatives like energy drinks and sodas.
- 20.0108/6479 09 ELEMENTS OF HUMAN NUTRITION. VITAMINS
This 25-minute DVD teaches the basics of vitamins, including the best ways to get the vitamins you need, the dangers of "overdosing", and the signs of vitamins shortage.
- 20.0108/6480 09 ELEMENTS OF HUMAN NUTRITION. CARBS
This 21-minute DVD is an exploration of the role of carbohydrates in the daily diet and of why people on a diet avoid carbs. Explains about glucose, insulin, diabetes and the glycemic index, and about the main problem with carbs in the typical diet.
- 20.0108/6481 09 ELEMENTS OF HUMAN NUTRITION. FATS
In this 21-minute DVD, viewers discover the importance of lipids to good nutrition, the differences between various kinds of fat, and how fats relate to vitamins, hormones, energy, and our nervous system.
- 20.0108/6482 09 ELEMENTS OF HUMAN NUTRITION. PROTEIN
In this 21-minute DVD viewers learn what a protein is and the foods that provide it, how our bodies process protein, the difference between high and low-quality proteins, and the recommended intakes of this essential nutrient.
- 20.0108/6483 09 ELEMENTS OF HUMAN NUTRITION. MINERALS
In this 27-minute DVD viewers learn the names and functions of minerals, and which foods are the best sources. See how minerals behave in our bodies once we ingest them, as well as how they react with each other in many vital bodily functions.
- 20.0108/6519 08 MEALS IN MINUTES; EASY STIR FRY

- In this 20-minute DVD comedian Stevie Ray as he walks step-by-step through the basics of stir-fry cooking. Learn about the essentials, including the history, the wok, what utensils to use, how to prepare rice, and more. Stevie prepares a simple chicken stir-fry. Grade 6 to adult.
- 20.0108/6969 09 5 MINUTE ACTIVITIES: FOOD AND KITCHEN SAFETY
Contains instructions for short activities designed to teach kitchen safety and covers food handling, preventing fires, sanitation, food safety hazards, foodborne pathogens, and more.
- 20.0108/6469 08 FOOD SCIENCE; 50 WEB-BASED LESSON PLANS
Worksheets in this book guide students to websites that help answer questions about food science topics. Grade 7 to adult.
- 20.0108/6470 08 5 MINUTE ACTIVITIES; FOOD AND NUTRITION
This book has activities to break the ice, fill down time, or get students excited to learn. These 5-minute lessons are to reinforce, introduce, or conclude lessons in Foods and Nutrition classes and to utilize brief learning opportunities in the classroom. For Grades 6-12.
- 20.0108/6476 08 NUTRITION, HEALTH AND WELLNESS; 50 WEB-BASED LESSON PLANS
This book has lessons that guide students to websites that help answer questions about nutrition, health and wellness topics.
- 20.0108/6464 08 MATH IN THE KITCHEN; DO YOU MEASURE UP?
This 28-minute DVD includes both standard unit and metric measurement Matt, the Mathematical Cook is a lively host who will multiply, divide, measure and whip up a few recipes in the process. This program teaches viewers how to read a recipe with its abbreviations, equivalents, measuring techniques, increasing and reducing recipes, and determining the "best deal" for grocery store prices. It also shows the measuring out of ingredients for Chicken A La King, Spaghetti Sauce, and Peanut Butter Cookies.
- 20.0108/6467 08 MEALS IN MINUTES; KITCHEN AND FOOD SAFETY
This 19-minute DVD features comedian Stevie Ray and a split screen format that allows viewers to study right and wrong methods of hand washing, knife safety, cross-contamination, burns and cuts, food storage and more. He prepares apple crisp, spaghetti with meatballs, and a dinner salad.
- 20.0108/6675 08 MEAL APPEAL; QUICK GARNISHES & FOOD PRESENTATION
In this 17-minute DVD, Paulette Mitchell presents innovative food designs for fruits, vegetables, breads, and more.
- 20.0108/6447 08 BREAKFAST, BECAUSE!
This 24-minute DVD features 4 entertaining vignettes that teach the importance of eating a healthy breakfast. Teaching materials based on MyPyramid are included.
- 20.0108/6449 08 AMAZING EGGS! EXPLORE THE VERSATILITY OF EGGS
In this 20-minute DVD students learn size, grade and color, storage, cooking temperatures, nutrition.
- 20.0108/6450 08 FRUITS & VEGETABLES
This 16-minute DVD discusses the variety of fruits and vegetables available. Chef Paulette Mitchell demonstrates preparing fruits and vegetables, including selection as well as cooking methods. Paulette also demonstrates some easy recipes including: fruit kabobs, fruit smoothies, fruit ices, vegetable pizza and veggie tortilla roll-ups.
- 20.0108/6454 08 FOOD MANAGEMENT UNIT & COOKBOOK
This organized guide provides recipes, master grocery order forms, worksheets and answer keys. Tips and ideas from an experienced FACS teacher make labs a success from start to finish. Includes activities on lab safety, recipe analysis and menu planning. Middle school food labs.

- 20.0108/6351 08 **FOOD ADDITIVES; WHY SO MANY CHEMICALS?**
This 25-minute DVD takes a simple, factual look at the everyday trade-offs we make when we choose our food. Describes the chemicals used, why they are added and how we can make intelligent, informed decisions about the food we eat.
- 20.0108/6350 08 **REAL FOOD; THE COST OF CONVENIENCE**
This 24-minute DVD follows the history of the post-World War II flight to convenient, processed foods. Illustrates how much we pay, in both dollars and nutrition, when we buy processed foods. Shows how buying local products, fresh ingredients, and raw foods will impact health as well as wallets.
- 20.0108/6412 08 **CONFESSIONS OF A FOOD STYLIST**
This 18-minute DVD features food stylist, cookbook author, and teacher Lisa Golden Schroeder as she gives insight into the career of a food stylist. Learn the salary ranges, geographic locations where this profession is booming, long-term career outlooks, and more.
- 20.0108/6416 08 **PROJECT NUTRITION FOR LIFE**
In this 15-minute DVD middle-schoolers learn what kids are really eating today, how to understand the food pyramid, how foods affect our body, and about using food labels to make healthy choices.
- 20.0108/5223 07 **FOOD SAFETY**
This 25-minute DVD teaches students how to handle food safely and prevent food-related illnesses, to keep dangerous bacteria from growing into a health hazard, and to take simple (but not always obvious) safeguards when preparing and storing food. This program emphasizes the reasons behind safe food handling so students understand and retain the proper methods
- 20.0108/6463 07 **A SCIENTIFIC LOOK AT NUTRITION**
In this 22-minute DVD, students will learn what happens to the food you consume and how it benefits the body. This presentation goes "behind the scenes" in your body to illustrate how the 6 essential nutrients work in the body. It also explains digestion, metabolism, and the expenditure of energy.
- 20.0108/6401 07 **50 WEB-BASED LESSON PLANS FOR NUTRITION CLASSES**
This is a collection of web sites and lesson plans to utilize them.
- 20.0108/6404 07 **CAFFEINE & ENERGY DRINKS**
This PowerPoint presentation includes related Web sites, review questions, and presenter's notes. It explains the science behind the effects of caffeine, the amounts of caffeine and sugar in some drinks, some common misconceptions, taurine, glucuronolactone, and other additives.
- 20.0108/6406 07 **SUPERFOODS**
In this 17-minute DVD Chef Jon presents nutrient-dense foods in delicious recipes. Featured foods include-avocado, black beans, broccoli, yogurt, oats, salmon and tomatoes. These foods are used in quesadillas, Asian salmon salad, oatmeal muesli and more.
- 20.0108/6407 07 **MICROWAVE OVENS**
In this 16-minute DVD Chef Jonathan Locke uses a basic microwave to explain how microwave ovens cook. He also discusses safety and cooking techniques and demonstrates easy recipes.
- 20.0108/6342 07 **TEEN NUTRITION; WHAT'S THE BIG DEBATE?**
This 24-minute DVD explains why nutrition is important. Presents ways that teenagers can improve their eating habits.
- 20.0108/6284 07 **FOOD LABELS; READ BEFORE YOU EAT**

- This CD-ROM is an easy to use self-paced, multi-media course in PowerPoint, Keynote, QuickTime and Flash formats.
- 20.0108/6226 07 FEED ME! KIDS AND NUTRITION
This 26 min. DVD uses MyPyramid for Kids to show how to make healthy food choices for kids in spite of the fact that many meals are eaten at fast food restaurants and kids watch thousands of commercials that make sugar and fat look "cool".
- 20.0108/6728 07 JUST THE FACTS SALADS
In this 35-minute DVD Chef Jonathan Locke demonstrates and discusses salad-making techniques, nutrition information and fun facts. Recipes shown are on green salads, fajita salads, tabouli salads, pasta salads and more.
- 20.0108/6240 07 JUST THE FACTS KNIVES
This 17-minute DVD shows students, Grade 10 to Adult, how to handle knives of all sizes. Chef Jon demonstrates how to use a paring knife, a peeler, a Chinese cleaver, French chef's knife, a bread knife and a roast knife. Safety and knife handling tips are also covered.
- 20.0108/6218 07 WELCOME TO THE KITCHEN
In this 23-minute DVD, Mike Colameco illustrates smart cleaning and storage methods and their importance in cooking. He provides facts on food-borne illnesses, as well as the correct use of knives, food processors, and cutting boards. He shows how to set up and protect the cooking area, safe chopping, cutting, slicing, dicing, and mincing.
- 20.0108/6219 07 LOST IN THE SUPERMARKET
This 27-minute DVD features Mike Colameco as he goes through the grocery store with a well-organized shopping list. He teaches how to compare prices, find bargains, read nutrition labels, and determine the proper quantity to buy. A focus on organic foods is also included.
- 20.0108/6220 07 COOKING 101
This 27-minute DVD is part of a series featuring PBS's Mike Colameco. In this video, he guides viewers through the creation of two meals: pork loin with potatoes and spinach, and spaghetti and meatballs. Along with step-by-step demonstrations of basic cooking techniques, Mike also breaks down each meal by cost.
- 20.0108/7019 06 HISTORY OF AMERICAN CUISINE
In this 22-minute DVD and introductory overview considers the regions of the United States, explaining how regional cuisines developed in response to geography (which determined what foods were available) and ethnology (the traditional foodways of the regions' immigrant ethnic groups). A narrator, executive chef, and historian weave together a story of food history from 1519 until the present.
- 20.0108/6221 06 FOODBORNE ILLNESS
This 24-minute DVD describes common -and serious- food-borne illnesses, how they're spread, and how they can be prevented through careful food handling and proper food preparation. Tips for selecting safe food at the market and the optimal temperatures for cooking meats and eggs are covered as well.
- 20.0108/6222 06 FOOD SAFETY
This 21-minute DVD discusses the processes of safely handling, preparing, and storing food to prevent food borne illness.
- 20.0108/6140 06 PORTION SIZE ME, TOO! HOW TO MAKE HEALTHY FAST-FOOD CHOICES
This 25-minute DVD shows how people's choices are what make them fat. Two graduate students ate fast food for a month. They make healthier choices with portions suitable to their body types and both ended up losing weight and lowering their cholesterol. Viewers will learn how they did it,

			comparing calories, portion sizes, extras, and thinking “outside the bun” for healthier choices.
20.0108/6142	06	SNACK SMARTS; EXPLORE THE GROCERY STORE AND BUY THE BEST FOODS FOR THE BEST YOU!	This 18-minute DVD teaches how to read nutrition labels, weigh options to choose foods that will make you look and feel good, and find new foods that teens will like. The teens in the video find healthy food to satisfy cravings for salty snacks, crunchy snacks, creamy snacks and sweet snacks.
20.0108/6223	06	KITCHEN SAFETY	This 18-minute DVD explains how to safely use and store knives, how to prevent bruises, shocks, and burns; and how to put out a fire (and when to simply evacuate and call 911). Viewable and printable teacher's guide.
20.0108/6225	06	OBESITY IN A BOTTLE; UNDERSTANDING LIQUID CALORIES AND NUTRITION	This 21-minute DVD addresses how beverages are a factor in the obesity issue. It was filmed at a "fun park" with a fast-paced, teen-friendly format. A registered dietitian presents: the effects of beverages on weight gain, beverage size, the dangers of both regular and diet sodas, a comparison of sports and energy drinks, a nutritional breakdown of other popular beverages, the benefits of drinking water.
20.0108/6282	06	FROM FARM TO TABLE	This 21-minute DVD takes a comprehensive look at modern agriculture and discusses where, why, and how it evolved. It examines the whole process of food production and distribution, from the Neolithic Revolution and the dawn of farming to the rise of industrial agriculture and the Green Revolution.
20.0108/6168	06	PASS THE SALT; SODIUM IN YOUR FOOD	This CD-ROM is a PowerCourse that can be used by students at home or school, alone or in a group. It holds a self-paced, multi-media course. It includes links to experiments, history of salt, and nutritional information. This self-directed cd corrects misconceptions about salt in food.
20.0108/6224	05	FSI FOOD SAFETY INVESTIGATION; SPOILED ROTTEN	This 16-minute DVD shows the Food Safety Investigation (FSI) Team checking for clues of food poisoning at a food safety crime scene. through their investigation, the experts back at FSI headquarters show viewers the basic rules to follow to prevent food-borne illnesses.
20.0108/5954	05	KITCHEN MATH, MEASURING	This 36-minute DVD teaches students the basic kitchen math for measuring ingredients with the help of a professional chef. Each measuring technique is demonstrated in a clear and fun way, so students can follow along. Measuring techniques and terms covered include: measuring liquid, dry, and moist ingredients; sifting dry ingredients; double and half measurements; and identifying measuring equipment.
20.0108/5975	05	NUTRIENT BASICS	This 15-minute video explains how six nutrients-protein, vitamins, minerals, carbohydrates, fat and water- work to keep us healthy.
20.0108/5976	05	FAST FOOD SURVIVAL GUIDE	This 22-minute DVD shows how fast food can be a part of a healthy diet. Explores the problems with fast food without labeling it all as "Junk food".
20.0108/6727	04	MEALS IN MINUTES; WRAP AND ROLL	In this 30-minute DVD Chef Andrew demonstrates simple, healthy recipes you can prepare in minutes.
20.0108/6341	04	SUPER SIZE ME—EDUCATIONALLY ENHANCED	In this full-length movie-100 minutes, DVD-filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making Americans fat. For 30 days, he can't eat or drink anything that isn't on McDonald's menu; he must

- eat three square meals a day, he must eat everything on the menu at least once and supersize his meal if asked. He treks across the country interviewing a host of experts on fast food and a number of regular folk while downing McDonald's to try and find out why 37% of American are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac. Educationally enhanced features: 24 curriculum lessons; 12 middle school, 12 high school; Super quiz me game; cafeteria counter activity; student handout materials; instructor's manual".
- 20.0108/5799 04 **NUTRITION CAREERS FOR THE 21ST CENTURY**
This 22-minute video shows interviews with people working in the nutrition business. Includes a sports nutritionist for professional athletic teams, a public health nutritionist, a famous food entrepreneur, a book author, a woman who runs a food company, an eating disorders specialist, and a public relations expert who helps food companies tell their stories. For high school.
- 20.0108/5801 03 **ADVENTURES IN THE GROCERY STORE**
In this 19-minute video Chef Andrew shares his consumer knowledge as a professional shopper on nutrition know-how, food safety, label reading, unit pricing, money management, food storage and more. Grade 6 - Adult
- 20.0108/5621 03 **BEST PRACTICES, TEACHING STRATEGIES INNOVATIVE TEACHING TECHNIQUES FOR INTERACTIVE CLASSROOMS**
This book is a collection of excellent lesson plans for Foods and Nutrition classes. It is designed to help the teacher become "a guide on the side" vs. a "Sage on the Stage".
- 20.0108/5746 03 **BAKING MATH**
In this 10-minute video 4 students demonstrate practical and applied math as they present the basics of measuring math and "how to measure" liquid, solid and dry ingredients while making a fast, easy banana chocolate chip bread. Video worksheets are included.
- 20.0108/5622 02 **COOKING WITH CLASS; A COLLECTION OF RECIPES THAT MINNESOTA FACS TEACHERS HAVE CLASS-TESTED AND SWORN**
This cookbook is a collection of recipes from teachers. They are all class-tested.
- 20.0108/5623 02 **LOOK WHAT'S COOKING: FRESH IDEAS FOR DEMOS & LABS**
This binder is full of recipes for FACS cooking classes—it includes recipes for the teacher to demonstrate and for the class to cook
- 20.0108/5351 01 **THE WAY WE EAT; WHAT FOOD MEANS**
This 19-minute DVD explores what role food plays in our lives. It discusses food as fuel convenience, medicine, and social bond. It also looks at food and mood, food alienation, and future food.
- 20.0108/5374 00 **EATING DISORDERS, BODY IMAGE**
This mini-unit introduces the topic of eating disorders and body image, gives definitions, signs, symptoms and treatments of disorders, and concludes with activities that encourage healthy body image.
- 20.0108/5740 97 **THE SNACK SHOP**
With this curriculum, accompanied by a videotape, students work collaboratively in small groups to create, prepare, market and sell their health snacks. Work groups compile a business portfolio of learning activities needed to produce their products and are assessed as a group and as individuals.
- 20.0108/WV4176 93 **LET'S PARTY**
A book developed to help parents and schools to plan parties around nutritional standards. Includes recipes, party ideas and nutrition tips centered on twelve party themes. Designed for elementary but could be adapted for older students.

20.0110**HOUSING, HOME FURNISHING, AND EQUIPMENT**

- 20.0110/7110 15 50 APP ACTIVITIES FOR HOUSING, DESIGN & FASHION
This book features 50 different free and low-cost apps that can be used in the interactive classroom to create lesson plans, to use as resources or to play educational games.
- 20.0110/6859 13 BEHIND THE COLOR WHEEL; USING COLOR IN ART AND DESIGN
In this 24-minute DVD viewers examine graphic and interior design, paintings, and other media to learn: the science behind color, color systems for different media, popular color schemes, color wheel relationships, to create tints, shades and tones by altering hue value and intensity, and how to create color combinations that evoke different responses.
- 20.0110/6806 12 THE SPACE WITHIN; PEOPLE, DESIGN & THE ROOM
This 29-minute DVD demonstrates how sound design principles are the heart of interior design, but that its soul lies in the relationship of people to things and spaces. Viewers learn why "people" are the starting point for all design and style.
- 32.0107/6935 10 JOBS IN HOUSING & INTERIOR DESIGN
Many professionals work together to create a house, long before it becomes a home. Explore the careers of an architect, general contractor and interior designer and other related professionals. Learn how their combined knowledge turns the idea of a house into a reality. See what each job entails, from planning, to meeting with clients, to solving problems and completing a project. Discover the role business skills play and the type of education and experience required for a career in housing & interior design.
- 20.0110/6750 10 MATH IN DESIGN; TEXTILES DESIGN, FASHION DESIGN, INTERIOR DESIGN, ARCHITECTURAL DESIGN
This curriculum combines sewing, interior design and housing with basic math concepts in fun, practical, real-life scenarios. Worksheets incorporate hands-on applications of math in everyday life that are right at home in the FACS or math classroom. School Mathematics NCTM Principles and Standards and Family Consumer Sciences National Standards are applied to each worksheet. Includes answer keys and student exam for grades 8-12.
- 20.0110/6607 10 ELEMENTS OF DESIGN
This 21-minute DVD examines the design elements of color, line, shape, and texture applied to interiors and fashion, and explains how to use them to achieve the results you want.
- 20.0110/6608 10 DESIGN; ALL ABOUT COLOR
This 21-minute DVD examines the history of color and the development of color theories, the color system of hue, value, and chroma, the color wheel, warm and cool colors, and color schemes.
- 20.0110/6650 10 DESIGN: ALL ABOUT TEXTILES
This 24-minute DVD showcases samples and explains different types of natural and synthetic fibers, fabric construction and surface designs. Natural fibers include: Plant--cotton, flax, jute, sisal, bamboo, Animal-wool, silk, Mineral. Synthetic fibers include: Nylon, Polyester, Rayon, Acrylic, Microfibers.
- 20.0110/6502 09 INTERIOR DESIGN PROJECT; GREEN DESIGN
This 21-minute DVD shows environmentally friendly design options, including low-flow and water restricting plumbing choices, tile options, including recycled glass and handmade clay tiles, unique countertops from recycled paper, concrete, copper, and glass, reclaimed or FSC certified wood flooring and recycled or natural-source carpet options, energy-efficient appliances, lighting including compact fluorescent bulbs and LEDs, VOC-free paints and organic fabric. Grade 6 through Adult.

- 20.0110/6503 09 INTERIOR DESIGN PROJECT; FURNITURE STYLES
This 20-minute DVD takes the viewer on a tour of furniture showrooms to discover the distinguishing characteristics of furniture and decorating styles. Award winning designer, Brandi Hagen gives viewers insight into the furnishings and finishes of 11 different styles, including Traditional, Victorian era, Mission, Art Deco/Nouveau, Retro style, African influence, Asian influence, Southwestern, Shabby Chic, Country, and Contemporary. Grade 6 through Adult
- 20.0110/6473 08 5 MINUTE ACTIVITIES; INTERIOR DESIGN
This book has activities to break the ice, fill down time, or get students excited to learn. These 5-minute lessons are to reinforce, introduce, or conclude lessons in interior design class and to utilize brief learning opportunities in the classroom. Grades 6 to adult.
- 20.0110/6348 08 INTERIOR LIGHTING; BRINGING ROOMS TO LIFE
This 22-minute DVD covers the basics of residential interior lighting. Contents: Direction of lighting -- Quality of lighting -- Intensity of lighting -- Styles of lamps -- Types of fixtures
- 20.0110/6413 08 GO GREEN AROUND YOUR HOME
This 20-minute DVD shows a group of students as they discover tips to minimize waste and reduce toxins, small ways to save a lot of energy, important items to recycle, items that shouldn't be put in the trash, eco-friendly ways to shop, benefits of eating organic foods, and environmentally-safe products to use.
- 20.0110/6402 07 50 WEB-BASED LESSON PLANS FOR FASHION, DESIGN, AND HOUSING
This is a collection of web sites and lesson plans to utilize them.
- 20.0110/5958 06 THE PRINCIPLES OF DESIGN
This 23-minute video explains the design principles of balance, proportion and scale, harmony, rhythm, and emphasis and explains how to use them to achieve the results you want.
- 20.0110/5957 06 THE ELEMENTS OF DESIGN
This 19-minute video examines the design elements of color, line, shape, form, pattern, and texture in various design disciplines, and explains how to use them to achieve the results you want.
- 20.0110/6170 06 VISUAL DESIGN BASICS
This CD-ROM is a primer in visual literacy. It teaches the true fundamentals of visual design in seven sections: lines, shapes, angles and curves, rhythm, proportion and scale, balance, and groups and colors.
- 20.0110/6185 06 THE SECRETS OF HOME DECORATING USING THE ART & BEAUTY OF FENG SHUI
This DVD teaches the five design elements of Feng Shui as applied to home decorating.
- 20.0110/6172 06 COLOR FOR INTERIOR DESIGN
This CD is a practical "how-to" program that shows how to use color to shape environments. Viewers learn how to put colors together to create beauty and comfort. They will learn about complementary colors, tints, shades, tones, pastels, hue, value, intensity, primary and secondary colors"—Container
- 20.0110/6173 06 COLOR IN EVERYDAY LIFE
This 23-minute DVD is an introduction to the psychology and language of color. It illustrates how color influences actions, feelings, and decisions, and is useful for interior design, wardrobe planning, and aesthetic awareness.
- 20.0110/6475 06 INTERIOR DESIGN; THE BASICS

- This 21-minute DVD discusses the basic elements of interior design, including; design styles, life styles, drawing floor plans, and planning furnishings, lighting, and accessories.
- 20.0110/6077 05 CAREERS IN INTERIOR DESIGN; THE BUSINESS OF STRUCTURE AND STYLE
This 17-minute DVD, for grade 7 through adult viewers, has interviews with designers who have successful careers in residential and commercial design, "green" design, lighting design, sales, interior design education and design animation.
- 20.0110/6890 05 HOUSING STYLES & TRENDS; PRESENTATION
In this CD presentation, the reader/viewer will see styles of American homes and trends in housing in the 21st century. The packet includes a review of housing styles & trends, activities, housing style quiz, related web sites, slide handouts with notes.
- 20.0110/5953 05 WINDOW TREATMENTS; UNCOVERING COMMON WINDOW COVERINGS
This PowerPoint presentation can be presented on screen or printed to overheads. It includes a review of window treatments, activities, a quiz, related websites, and slide handouts.
- 20.0110/5798 03 YOUR SPACE; THE BASICS OF FURNISHING & DECORATING
This 20-minute video features John Ewoldt, a columnist for a major newspaper, as he shares his advice on furnishing your space, whether a dorm room or an apartment.
- 20.0110/OK5616 03 HOUSING AND HOME FURNISHINGS
This curriculum includes an instructor's guide, a student workbook, and a resource CD-ROM. Unites include planning living space for human needs, evaluating housing alternatives, financing housing alternatives, applying elements and principles of interior design, arranging interior spaces, designing interior backgrounds, selecting furniture and accessories, selecting appliances, planning for safety and security, and exploring careers in housing and home furnishings.
- 20.0110/6889 03 INTERIOR DESIGN; LESSON PLANS
This curriculum is appropriate for Grades 8 through 12 and includes 12 lesson plans and additional lessons and enrichment activities.
- 20.0110/5516 02 BUILDING HOMES OF OUR OWN; AN INTERACTIVE TEACHING TOOL
This CD with user guide, includes a home building simulation game, a Teacher's guide that offers sample lesson plans and additional activities that align with national content standards in core subject areas, and a 23-minute tutorial presentation that takes you through the game play from start to finish.
- 20.0110/5427 01 HOUSING STYLES
This 19-minute DVD features an overview of housing styles, including: Colonial, Cape Cod, Craftsman, Ranch, Split-level, International, Contemporary/Modern, and Eclectic/Transitional.
- 20.0110/5428 00 THE POWER OF COLOR
This 18-minute video helps students understand the most powerful tool in decorating and fashion to create a personal image. Discusses What is color? historical and psychological aspects of color, color for fashion and home and
- 20.0110/6174 92 THE AMERICAN HOUSE; A GUIDE TO ARCHITECTURAL STYLES
This 25-minute video teaches how to identify the most common styles of American houses, and the vocabulary of the architecture of residential design. Styles include Tudor, Neo-Classic (Greek revival), Queen Anne, Bungalow(Craftsman), Ranch/Split level, Prairie School, Colonial revival, Contemporary.

20.0201**CHILD CARE AND GUIDANCE MANAGEMENT AND SERVICES,
GENERAL**

- 20.0201/6672 10 INCREDIBLE EDIBLE SCIENCE: RECIPES FOR DEVELOPING SCIENCE AND LITERACY SKILLS
This book includes 160 plus science-based activities that encourage children's investigative nature while incorporating concepts in mathematics, language, and literacy. It is designed for early childhood educators and the children they teach.
- 20.0201/6670 10 RETHINKING NUTRITION; CONNECTING SCIENCE AND PRACTICE IN EARLY CHILDHOOD SETTINGS
This book is for early childhood teachers and child care providers and gives practical tips and research-based guidance on nutrition. Each chapter provides examples that bring nutrition principles to life in early childhood settings, topic suggestions for staff discussions, sample letters to families, and further reading suggestions.
- 32.0107/6445 08 CONFESSIONS OF A MONTESSORI TEACHER AND IN-HOME CHILDCARE PROVIDER
In this 15-minute DVD peer into the world of experienced Montessori teachers and in-home childcare providers. Through interviews and live footage of the experts, students will discover what it takes to succeed in these professions as well as learn education and training required; salary range; long-term career outlook; typical daily activities; and "highs and lows" of the job.
- 20.0201/6970 06 QUICK & LIVELY; CLASSROOM ACTIVITIES
Contains 260 brief activities, grouped in fifty-two thematic categories, for third through sixth graders, and includes fifty-three reproducibles on a CD-ROM.
- 20.0201/5317 00 SKILLS FOR CHILD CARE WORKERS
This 16-minute video shows the traits and characteristics that make for a successful childcare teacher/worker. It also demonstrates examples of effective adult behavior with children in childcare situations. A discussion guide is included.

20.0299**CHILD CARE AND GUIDANCE MANAGEMENT AND SERVICES,
OTHER**

- 20.0299/6414 06 LOOK—A BABYSITTER
This 14-minute DVD shows baby Grace as she puts a new babysitter through a few tests. Shows how to get babysitting jobs and what to do after you've got one. Grade 4 to adult.
- 20.0299/5821 03 SAFETY FIRST BABYSITTING
This 21-minute DVD follows three temporary child care givers who face a variety of challenges and learn the demands of safety first child care

20.0301**CLOTHING, APPAREL, AND TEXTILES MANAGEMENT,
PRODUCT**

- 32.0107/6720 10 JOBS IN CLOTHING, TEXTILES & FASHION
This 24-minute DVD explores careers in the clothing and fashion industries, such as clothing designer, fashion merchandiser, fashion journalism and boutique owner.

- 20.0301/5088 00 FASHION, FADS AND FREEDOM
This 20-minute DVD is modern and provocative. Articulate and youthful commentators explain their own clothing choices and inspire students to discuss this subject.
- 20.0301/5086 90 HOW CLOTHING IS MADE
This 24-minute DVD takes the viewer behind the scenes at a small clothing manufacturer in Chicago.

20.9999 **FAMILY AND CONSUMER SCIENCES CAREER STUDIES**

- 20.9999/6398 07 50 WEB-BASED LESSON PLANS FOR CAREERS
This is a collection of Web sites and lesson plans to utilize them.

32.0101 **STUDY SKILLS AND OTHER BASIC SKILLS**

- 32.0101/7085 15 INTERNET RESEARCH; WHAT'S CREDIBLE?
This 29-minute DVD shows that on the internet, it's incredibly easy and fast to research a topic. But it's also incredibly easy to end up with unreliable and non-credible information that makes your research efforts fruitless. With an overwhelming abundance of options after doing an Internet search, how can you tell which results are reliable? In this video viewers will learn strategies for narrowing down results and homing in on credible sources of information online. Experts such as college professors and media librarians offer advice, while students share their own experiences. A special section on Wikipedia investigates whether it's trustworthy or not for academic or professional use.
- 32.0101/6855 12 5 MINUTE ACTIVITIES; TIME MANAGEMENT
These 5-minute lessons are to introduce, reinforce, and review lessons on study and time management skills in the classroom. To create "teachable moments" with relevant scenarios during brief amounts of class time.
- 32.0101//6593 09 ACADEMIC SUCCESS, SMART TIPS FOR SERIOUS STUDENTS. CRITICAL THINKING AND PROBLEM-SOLVING
In this 10-minute DVD, a 2-section program shows viewers how to handle whatever challenges come their way by defining critical thinking and examining how it's applied to the process of problem-solving. An in-class discussion segment on critical thinking explains how to rationally assess a statement and express disagreement, while a similar segment on problem-solving considers what to do when preparing for what appears to be an overwhelmingly tough
- 32.0101/6645 09 MEDIA LITERACY IN THE 21ST CENTURY CLASSROOM
This 40-minute DVD teaches students how to dissect and defend against digital corporate and political manipulation. Defining media literacy in terms of access, analysis, evaluation, and creation, the video examines race and gender issues, embedded social cues, the prevalence of media bias, and concrete methods for questioning the objectives and studying the techniques of media. Well known TV commercials are used as case studies.
- 32.0101/6536 04 GREAT HOMEWORK AND STUDY SKILLS
This 85-minute DVD follows 4 different students and is entertaining but also teaches tips for good study habits and learning strategies. Includes teacher's manual with lesson plans for middle school level and high school level.

- 32.0101/5747 04 **DEVELOPING GOOD STUDY SKILLS**
 This set of 2 videos with a resource book teaches middle and high school students how to develop good study skills. Topics covered include listening skills, taking notes, prioritize and schedule, a good place to study, reading and retaining strategies, memorize for objective tests, develop study guides and study groups, describe the basic format of an essay, use libraries and internet for research, cite sources, and creating an outline.

32.0104 **COMPUTATIONAL SKILLS**

- 32.0104/6876 12 **UNDERSTANDING FRACTIONS, MATH SERIES**
 This Math series curriculum features units on understanding fractions and operations of fractions. Each unit has specific objectives, essential content aligned to those objectives, and multiple assignments where students can demonstrate skill mastery.
- 32.0104/6877 12 **DECIMALS AND PERCENTS, MATH SERIES**
 This curriculum features specific objectives, essential content aligned to those objectives, and multiple assignments where students can demonstrate skill mastery. Units on defining decimal numbers, calculating percentages, and operations of decimal numbers are included.
- 32.0104/OK6245 06 **MATH SERIES: MEASUREMENT**
 This curriculum was designed with an emphasis on applied practice. Units include; Linear measurement, Units of measurement, and Figuring Board feet.

32.0105 **JOB-SEEKING/CHANGING SKILLS**

- 32.0105/OK7025 14 **CAREER ORIENTATION**
 This curriculum includes units on: Understanding Yourself; Planning for a Career; Applying for a Job; Succeeding on the Job; Communicating for Career Success; Managing Your Time; Managing Your Money; Technology in the Workplace: Balancing Family and Career; Safety in the Workplace.
- 32.0105/7026 14 **LINKEDIN FOR NETWORKING & JOB SEARCH; BASIC & ADVANCED TECHNIQUES**
 This 30-minute DVD explains how to create an effective LinkedIn profile and use the site to connect with potential employers. Supplemented by tips from hiring managers and social media experts, the video also covers "building a brand," gaining introductions and developing a network, adding endorsements to a profile, finding unadvertised jobs, and more. Recommended as an important update to any career-search curriculum that wants to show why resumes alone are no longer enough.
- 32.0105/OK7037 14 **CAREER SUCCESS SKILLS**
 This curriculum contains specific job competencies, and units on finding a job, communication skills, etiquette for every day, and succeeding on the job. Activities and assignments are included. Disk contains a PowerPoint presentation.
- 32.0105/6972 13 **WHAT'S AT THE END OF YOUR PATH?**
 In this 10-minute DVD students see how deciding on a career path early can save them both time and money. This video is designed to inform, educate and encourage middle school and high school students about the importance of selecting a career pathway. It emphasizes the need for career exploration and highlights several career pathways providing students with areas of focus as they begin to make their critical career decisions.
- 32.0105/7056 12 **APPLICATIONS**

- This 20-minute DVD uses case studies and advice from career counseling experts as it explains the ins and outs of the job application process. Profiling two different contenders who are applying for their dream jobs, the program takes viewers through the often detailed and laborious steps of preparing a CV or resume, writing a cover letter, and making sure these get through the appropriate channels. Discussions of other job application methods round out this guide.
- 32.0105/7091 11 **BEFORE YOU APPLY; RESUMES, PORTFOLIOS, AND YOUR ONLINE PERSONA**
 This 28-minute DVD is about job hunting and selling yourself. To make a sale, you must advertise. From traditional paper resumes to new-media methods of self-promotion, this video explores the best ways for applicants to showcase their talents, accomplishments, and potential value to employers.
- 32.0105/6829 11 **COMMON JOB INTERVIEW MISTAKES; WHAT NOT TO SAY OR DO**
 This 25-minute DVD shows how to avoid coming off as unprepared, unmotivated, and unprofessional in an interview. It offers concrete advice from experts, eye-catching graphics that reinforce core concepts, and clear-cut dramatizations that illustrate interview dos and don'ts. From tips on insuring punctuality to strategies for giving the most positive, team-oriented impression possible, this is a good resource for young people.
- 32.0105/6783 11 **JOB SEARCH; BUSTING THE MTHS**
 This 15-minute DVD flip seven of the most commonly held job search myths on their heads. We start by smashing the misconceptions that sending out covering letters and resumes will get you an interview, all are advertised, and inexperienced job seekers or frequent job changers miss out on jobs. Then it dispels the myths that the most qualified applicants always get the best jobs, you should take the first job you are offered, always stick to the job you have, and employers dismiss job seekers who market themselves. Viewers will discover practical strategies to challenge and overcome these pervasive myths.
- 32.0105/6780 11 **THE JOB SEEKER**
 In this 21 minutes DVD, we see that "landing your dream job is never easy, but for these three-young people it will be a grueling series of trials. In the spirit of popular reality TV show "The Apprentice", we follow three hopeful young people as they apply for a coveted international travel guide position at Powell International Travel Agency. They must persevere through the job application process, from preparing a resume and cover letter, to attending the interview, right through to the final verdict. Along the way we learn from their successes and failures, discovering what it takes to be successful in applying for that dream job"--container.
- 32.0105/6781 11 **HOW WILL THIS HELP ME GET A JOB?**
 In this 22 minutes DVD, we meet a group of teens who meet and plan a variety of things, while at the same time learning important communication, teamwork, problem solving, initiative, self-management, learning and technology skills that can be used at work.
- 32.0105/6701 11 **MAPPING A CAREER PATH; KNOW YOUR APTITUDE, INTERESTS, VALUES & PERSONALITY**
 This 21-minute DVD helps students explore popular assessment techniques and hear from other job searchers about their experiences navigating the four domains of self-assessment-aptitude, values, personality and interests. This DVD includes an extra program with designated stopping points for structured student activities. All activity worksheets referenced are on the CD in the video case.
- 32.0105/6702 11 **YOUR JOB SEARCH; NAVIGATING THE ROADS TO EMPLOYMENT**

- In this 22-minute DVD employers offer insights to reinforce the importance of networking, proper attire (and attitude) for a job fair, and what to expect when applying for a job. Learn how to develop a search plan by using multiple methods to find a job in no time! Includes a CD with printable worksheets in PDF format.
- 32.0105/6703 11 **ENGAGING RESUMES & COVER LETTERS; HOW TO HOOK THE JOB YOU WANT**
 In this 26-minute DVD job seekers and hiring managers discuss how they view and judge resumes and cover letters. Students learn how to make theirs stand out in a professional manner and how to present their skills creatively. Discover how to edit a resume and craft a cover letter for the specific job you're seeking. This DVD includes an extra program with designated stopping points for structured student activities. All activity worksheets referenced are on the CD in the video case.
- 32.0105/6704 11 **SOLID INTERVIEW SKILLS; YOUR JOURNEY TO A JOB OFFER**
 In this 24-minute DVD, experts and job seekers offer practical firsthand advice for before the interview (plan, prepare, practice!), during the interview (how to be clear and concise), and after the interview (there's more to it than waiting to say 'yes'). Students learn about the many types of interviews, as well as the basics of body language, appropriate attire and answering tips. This DVD includes an extra program with designated stopping points for structured student activities. All activity worksheets referenced are on the CD in the video case.
- 32.0105/6891 10 **YOU'RE HIRED; JOB-WINNING INTERVIEW STRATEGIES**
 This 26-minute DVD provides young adults with information on how to prepare for a job interview. Includes information on how to define job goals, research a company of interest, communicate strengths and skills, and the best ways to follow up after an interview. Also provides examples of common interview questions that can be difficult to answer.
- 32.0105/6892 10 **GETTING IT RIGHT AT THE INTERVIEW**
 This 24-minute DVD feature career expert Avril Anderson guiding a college student through the job seeking and interview process in a mock reality show format. Discusses job interview preparation and common interview mistakes.
- 32.0105/6831 10 **THE JOB APPLICATION PROCESS**
 This 24-minute DVD is designed for the absolute beginner. It follows Ben, a high-school grad looking for a part-time job, as he identifies his hidden transferable skills, brainstorms some cool job possibilities, searches for open positions, writes an engaging cover letter, and compiles a solid first resume.
- 32.0105/6657 10 **DRESS AND GROOM FOR THE WORKPLACE**
 This 18-minute DVD presents tips for dressing and grooming to assist in getting and keeping a job. It also provides tips for shopping for appropriate clothes on any budget, developing a suitable style, and how to use accessories.
- 32.0105/OK6803 10 **LIFE SKILLS; CAREER SUCCESS SKILLS**
 This curriculum contains specific job competencies, and units on planning for a career, applying for a job, and succeeding on the job. Activities and assignments are included. disk contains a PowerPoint presentation.
- 32.0105/6667 10 **THE JOB SEEKER; INTERVIEW DOS AND DON'TS WITH SUE MOREM**
 This 50-minute DVD features career expert Sue Morem guiding several recent college graduates through the job interview process. Provides advice on preparing and dressing for an interview. Presents mock interviews and analyzes what the students do well and where they could improve.
- 32.0105/6656 09 **JOB SEEKING SKILLS FOR YOUNG PEOPLE**

- This 26 min. DVD investigates Generation Y. They are highly technology driven, seek shorter term career pathways and jobs that either make a difference in society or are a means to an end based on lifestyle. It provides advice on likely career paths and job seeking skills specific to their needs, including resumes and job interviews.
- 32.0105/6508 09 IN YOUR EAR; THE JOB INTERVIEW
This 11-minute DVD is a segment from ABC News Nightline that follows Peggy Klaus, a career and communications coach, as she takes an anxious job-seeker under her wing. During the interview, she feeds instructions via a remote transmitter to the applicant, who wears a tiny earphone receiver.
- 32.0105/6431 08 RESUMES; A HOW-TO GUIDE
This 24-minute DVD is for students grades 10 through college. In the program students learn how to write functional, chronological, combination, and newsletter-style resumes using information on their skills and experience that they identify through 2 exercises: Personal Inventory and Showing Your Colors. Ways to get a resume in front of a decision-maker's eyes are also addressed, and insightful snippets of commentary by a career counselor and an HR professional are interspersed throughout.
- 32.0105/6438 08 WHO WOULD YOU HIRE? FIRST IMPRESSIONS
This DVD shows young people interviewing for the same job. Each does some things right and some things wrong. Viewers watch and discuss those points, then decide who they would hire. Then they find out which candidate was the choice and why.
- 32.0105/6376 08 A TWO-WAY STREET: INTERVIEW SKILLS IN ACTION
This 20-minute DVD discusses what to wear, the importance of arriving on time, acting relaxed, and becoming aware of non-verbal behaviors. It shows how to practice answers to questions about education, work experience, career goals, and personal values, including how to turn potential negatives in these areas into positives.
- 32.0105/6377 08 NERVES, SWEAT AND FEAR: THE BASICS OF INTERVIEW PREPARATION
This 21-minute DVD emphasizes that when it comes to interview fright, the best defense is a good offense. And a good offense begins with thorough preparation—something most people don't do.
- 32.0105/6378 08 SPECIAL INTERVIEW CHALLENGES: MINORITIES, WOMEN AND PEOPLE WITH DISABILITIES
This 20-minute DVD explores some success strategies for the job search and interview processes for populations that may cope with discriminating behaviors. A brief overview of Federal protection for special populations is also covered and discrimination is broadly defined.
- 32.0105/6325 07 INTERVIEWING FOR A JOB
This 12-minute DVD covers preparing for an interview, dressing for an interview, using body language to good advantage, articulating skills and abilities, answering difficult questions, and handling salary and benefit issues.
- 32.0105/6393 07 YOU'RE HIRED! SKILLS YOU NEED TO GET THE JOB YOU WANT
This 18-minute DVD identifies the skills all workers need, whether they're in the office, on the construction site, or working retail. Some skills are basic like reading and writing, others must do with the personal qualities of honesty and enthusiasm. People skills are all about teamwork and working well with others.
- 32.0105/6390 06 10 THINGS NOT TO DO IN AN INTERVIEW
This 25-minute DVD is presented in the style of the BBC television series *The Office* and highlights things to avoid in a job interview. It explores such areas as punctuality, listening, and preparation
- 32.0105/6274 05 GETTING TO USE YOUR SKILLS IN YOUR IDEAL CAREER

In this 21-minute DVD, Mike Farr speaks frankly about setting goals for work and life, finding a job in less time, and common mistakes that job seekers make. Job seekers will discover the best way to begin their job search.

- 32.0105/6668 03 **MAKING A GOOD IMPRESSION: Resumes, Interviews and Appearance**
 In this 21-minute video, the world of emails and text messaging, it's easy for young people to forget the importance of concise business writing with a courteous presentation. Indeed, many teens may not realize that the "laid-back" communication style that is common at school is far from appropriate in the world of work.

32.0107

CAREER EXPLORATION

- 32.0107/7035 14 **CAREERS WITHOUT COLLEGE**
 This 24-minute DVD provides a look at today's top jobs that don't require a college degree. Career fields discussed are in fast-growing industries like computer, medicine, trades, and the law. Individuals discuss their jobs, skills, and training in featured careers that include Web Developer, Pharmacy Technician, Plumber, and Court Reporter. Other careers in these fields are also discussed. Instructor's guide included.
- 32.0107/6887 13 **CHILD DEVELOPMENT CAREERS**
 This 21-minute DVD gives a look into a variety of careers that work directly with the growth and development of children. It allows viewers to discover the benefits and challenges of working with children through personal interviews of people working in various child development careers.
- 32.0107/6944 13 **CULINARY ARTS AND FOOD SERVICES VOLUME 1**
 This 32-minute DVD, part of a series on occupations, describes a few of the careers in the area of culinary arts and food service. It includes information about employment opportunities, job descriptions and qualifications, wage expectancies and an employment outlook for each career. Careers included on this DVD are Caterer, Restaurant Manager, Food Service Manager, Cook, Chef, and Baker.
- 32.0107/6945 13 **CULINARY ARTS AND FOOD SERVICES VOLUME 2**
 This 45-minute DVD, part of a series on occupations, describes a few of the careers in the area of culinary arts and food service. It includes information about employment opportunities, job descriptions and qualifications, wage expectancies and an employment outlook for each career. Careers included on this DVD are Bartender, Food and Beverage Director, Food Production Worker, Butcher and Meat Cutter, and Institutional Food Service Worker.
- 32.0107/7068 12 **CAREER OPPORTUNITIES: FLORAL INDUSTRY**
 This 60-minute DVD journeys through multiple levels of the floral industry from the grower to a retail floral shop and discusses other careers which depend on or support the floral industry. Detailed information on career opportunities, educational requirements, job duties and career potentials is included.
- 32.0107/6846 12 **DO YOU HAVE WHAT IT TAKES? FASHION DESIGN CAREERS**
 Do you have what it takes to be a fashion designer? Loin eight up-and-coming fashion designers as they discuss the characteristics, traits, and skills needed to make it in the fashion industry. Candid interviews with young designer's tackle questions about careers in fashion design, including: What It Takes: What traits do you need to have? Inspiration: Where do designers get ideas?; The Tough Stuff: What are the realities of being a fashion designer?; and more.
- 32.0107/6868 11 **REAL PEOPLE, COOL CAREERS**

- This DVD set includes 2 discs and a CD ROM with print activities. Disc 1 includes a police officer, a paramedic, a massage therapist, a small market radio announcer, pilot, and baseball umpire. Disc 2 includes a registered nurse, computer graphic designer, firefighter, editor, chef and emergency medical technician. The individuals discuss various aspects of their jobs including required education, median earnings, and job growth.
- 32.0107/6693 11 HUMAN SERVICES CAREERS
This 25-minute DVD describes human services careers that involve tending to families and to human needs, whether it be early childhood, counseling and mental health, family and community services, personal care, or consumer services. It explores a variety of human services career options, with varying levels of required education, including small business owner, clergy, personal trainer, marriage and family counselor, social services worker, and sales consultant.
- 32.0107/6858 10 RIASEC AT WORK; MATCH YOUR PERSONALITY TO CAREERS
This 30-minute DVD describes the six personality types devised by psychologist John L. Holland and how they can be used to determine the best career for any person.
- 32.0107/6716 10 JOBS IN CHILD DEVELOPMENT
This 29-minute DVD shows the personality and skills required to become a teacher, social worker, and developmental therapist. Learn what these jobs entail as well as other careers relating to the growth and development of children.
- 32.0107/6719 10 JOBS IN FOOD & NUTRITION
This 30-minute DVD shows the farmers, chefs, scientists and health care workers that all play a role in what we eat every day. Learn how these professions produce, prepare, develop, and evaluate food to ensure nutrition.
- 32.0107/6720 10 JOBS IN CLOTHING, TEXTILES & FASHION
This 24-minute DVD explores careers in the clothing and fashion industries, such as clothing designer, fashion merchandiser, fashion journalism and boutique owner.
- 32.0107/6935 10 JOBS IN HOUSING & INTERIOR DESIGN
Many professionals work together to create a house, long before it becomes a home. Explore the careers of an architect, general contractor and interior designer and other related professionals. Learn how their combined knowledge turns the idea of a house into a reality. See what each job entails, from planning, to meeting with clients, to solving problems and completing a project. Discover the role business skills play and the type of education and experience required for a career in housing & interior design.
- 32.0107/6835 10 GREEN JOBS
This 24-minute DVD shows viewers what jobs are considered green, where the opportunities are, and how best to prepare for these growing careers. Also includes a bonus content section featuring individual interviews with Laurence Shatkin, Frank Redavide, and Carl Lecher.
- 32.0107/6799 10 WANT THIS JOB? DO YOUR MATH
On this CD, a series of twelve (12) one-minute "micro documentaries" profiles men and women whose fascinating work reveals the possibilities that exist for those with skill in math and science. Each clip is accompanied by an activity that allows the viewer. to test his or her skills in the field profiled. With surprising depth, this unique resource delivers insight into the high-tech workplace of the future.
- 32.0107/6800 10 MATH. WHO NEEDS IT?!
This 60-minute DVD is an entertaining and inspiring TV special starring Jaime Escalante, the renowned math teacher who inspired the Academy Award nominated movie "Stand and Deliver," and his students, with guest appearances by Bill Cosby, dizzy Gillespie, Teri Garr, Jo Piscopo, Maria

- Gibbs, Paul Rodriquez, Jeff Altman, Rosana DeSoto, Paula Poundstone, Charles Fleischer, K.L. Hughley and world class professionals, engineers and designers at their workplaces for the Futures series. Starring Jaime Escalante's East Los Angeles classroom, Math. . . Who Needs It?! is a fun and exciting adventure giving viewers a new perspective on how math is used in real life. From applications in skateboard design and today's high-tech rollercoasters to fashion, sports, and music, you've never experienced math like this before!"--container.
- 32.0107/6434 09 **EXPLORING CAREER CLUSTERS AND PATHS**
This 20-minute DVD describes every day hands-on ideas that young people can do to find their career interests and career direction. The video also emphasizes the relevance of school subjects to careers. Students learn how to explore their career clues and how to consider opportunities in the 16 US Dept of Educ career clusters. Career information sources, information about networking, volunteering, and internships are also discussed.
- 32.0107/6466 09 **CAREERS IN HOSPITALITY; SERVICE AND ADVENTURE**
This 21-minute DVD gives the inside scoop about jobs in hotel management and restaurants through engaging interviews with experts. Learn about the educational, personal and professional requirements of this field as well s why kindness and goodwill are essential for success. Grade 7 - adult.
- 32.0107/6537 08 **CAREERS IN ART**
This 29-minute DVD includes interviews with an architect, an art educator, a fashion designer, a framer, a gallery owner, a graphic designer, an industrial designer, an interior designer, a metal sculptor, a painter, a photographer, a publication designer, and an urban planner.
- 32.0107/6445 08 **CONFESSIONS OF A MONTESSORI TEACHER AND IN-HOME CHILDCARE PROVIDER**
In this 15-minute DVD peer into the world of experienced Montessori teachers and in-home childcare providers. Through interviews and live footage of the experts, students will discover what it takes to succeed in these professions as well as learn education and training required; salary range; long-term career outlook; typical daily activities; and "highs and lows' of the job.
- 32.0107/6435 08 **DREAM CATCHERS; DEVELOPING CAREER AND EDUCATIONAL AWARENESS**
This workbook uses the idea behind a dream catcher to help students understand how to explore careers and choose the right one for them. The activities will help students learn about jobs, think about their individual skills and improve them, organize their time, discover where to get the education and training, and start making their dreams come true.
- 32.0107/6436 09 **DEVELOPING CAREER AND LIVING SKILLS; CAREER CLUSTER DISCOVERY GUIDE**
This guide is designed to help students identify the types of occupations that interest them in the world of work. They will explore career clusters, learn about jobs in each cluster, and discover the clusters and careers that might be right for each of them.
- 32.0107/6513 09 **FOOD, AGRICULTURE, AND NATURAL RESOURCES—TOP CAREERS IN TWO YEARS**
This 21-minute DVD rounds up a diverse group of workers in the fields of food, agriculture, and natural resources--a food service manager, a dietetic technician, an agricultural manager, a dairy farm manager, a landscape supervisor, an environmental science and protection technician, a water treatment plant operator, and an aquaculture technician--to illustrate what they do and how they go about doing it. --container.
- 32.0107/6516 08 **THE ART OF THE INTERVIEW**

- This 48-minute DVD is a documentary film about Emmy Award winning writer, director, and documentary producer Patti Obrow White. It explores the art and science of conducting journalistic interviews. The result is an excellent resource for aspiring reporters, writers, and documentary producers, as well as police officers, private investigators, and attorneys. Employers and job applicants seeking any employer's perspective--will also benefit from White's advice.
- 32.0107/6328 08 CAREERS TO CONSIDER; THE HOSPITALITY INDUSTRY
This 23-minute DVD introduces viewers to 3 main areas of expertise-hotel management, culinary arts, and tourism-with detailed explanations of important jobs in each. With interviews and visuals, the jobs of a hotel general manager, business center supervisor, front desk supervisor, executive chef, food scientist, professional food server, commercial pilot, bed-and-breakfast innkeeper, and cruise ship manager are described.
- 32.0107/6321 07 CAREERS IN SPORTS BUSINESS
This 17-minute DVD introduces students to real people who have found satisfaction in their work. Cindy Sites is a ballet dancer who is a successful owner of a small chain of fitness studios and Ray Anderson who became Vice President of NFL operations.
- 32.0107/7080 06 WHAT TYPE OF PERSON AM I?
This 18-minute DVD shows the six personality types of the Holland Hexagon, developed by John Holland. The video identifies what each type means in simple terms that middle school students can relate to. The program also presents examples of various careers that appeal to these different types of personalities. Includes a teacher's resource book.
- 32.0107/6179 06 CAREERS: EXPLORING THE WORLD OF WORK
This DVD is for grades 7-12. By exploring 6 different personality types, based on the Holland Hexagon, students get a first hand look through actual interviews at jobs that match up with the personalities and strengths. A teacher's guide is included.
- 32.0107/6263 05 CAREER ASSESSMENT; FINDING A CAREER THAT FITS
This 25-minute DVD is designed to help viewers assess their aptitudes and interests, work styles, skills, talents, abilities, likes and dislikes to determine which career fields are best for them. Includes a look at the holland Codes as well as other self-directed assessment materials. Identifies web sites to use for career assessment tests.
- 32.0107/6277 04 CAREER CLUSTERS 2
This set of 4 DVDs looks at the educational training requirements as well as the actual day to day work of people who share their experiences and advice about the jobs they've chosen and how they got them. In the Manufacturing Cluster, people who work as a tool and die maker, a precision assembler, a welder, and an industrial production manager discuss their jobs. The Transportation, Distribution & Logistics DVD interviews an urban and regional planner, a bus driver, a truck driver, a delivery driver, and an auto service technician. On the Law, Public Safety and Security DVD a police officer, a detective, a lawyer, a paralegal, and a firefighter describe their work and careers. The Agriculture, Food and Natural Resources DVD shows an agriculture and food scientist, a nursery manager, a tree surgeon, and a veterinarian.
- 32.0107/6278 04 CAREER CLUSTERS 3
This set of 4 DVDs looks at the educational and training requirements as well as the actual day to day work of people who share their experiences and advice about the jobs they've chosen and how they got them. In Architecture and Construction an architect, plumber, electrician, and construction and building inspector are interviewed. On the Hospitality and Tourism DVD viewers hear from a travel agent, a hotel manager, a baker, and a waitress.

- People in the Human Services cluster who are shown include a preschool teacher, a clinical psychologist, a social worker, and a cosmetologist. The Arts, Audio Visual Technology and Communications DVD interviews a cable TV broadcast engineer, newspaper reporter, professional actor, commercial artist, and a TV director/producer.
- 32.0107/6279 04 CAREER CLUSTERS 4
This set of 4 DVDs looks at the educational and training requirements as well as the actual day to day work of people who share their experiences and advice about the jobs they've chosen and how they got them. In Marketing, Sales and Service viewers are introduced to an account director/senior associate, an account director/partner, an associate creative director, and a managing partner. The Finance DVD features wealth management specialists, accountants, bank managers, and stockbrokers. On the Business, Management and Administration DVD a corporate accounting assistant, an administrative assistant, an account director, and a principal at a commercial real estate services firm are all profiled. The Government and Public Administration DVD introduces a city manager, a community relations manager, a police officer, and park ranger/director of parks, recreation, and forestry.
- 32.0107/5908 04 EARLY CHILDHOOD PROFESSIONS
This 21-minute video shows interviews with professionals who work with children. A Kindergarten teacher, a Spanish liaison, a public health nurse, a pediatrician, a dance instructor, a public library assistant director, an AmeriCorps education assistant, a social worker, a special education teacher, a nursery school director, an elementary school principal, and a childcare center teacher, are represented.
- 32.0107/6276 02 CAREER CLUSTERS 1
This set of 4 DVDs looks at the educational and training requirements as well as the actual day to day work of people who share their experiences and advice about the jobs they've chosen and how they got them. In Health Services, emergency medical technicians, pharmacists, physical therapists, dental hygienists, dietetic technician, dietician, licensed practical nurse, and registered nurses talk about their careers. In Information Technology Services computer engineers, computer programmers, systems analysts, and database administrators discuss the skills and educational background needed for their careers. In the Education and Training DVD elementary teachers, teacher's aides, administrators and librarians discuss their responsibilities and training. The Scientific, engineering and technical services DVD offers interviews with a civil engineer, an electronics technician, a hazardous waste technician, and a water and liquid waste treatment plant and systems operator.

34.0102

BIRTH-RELATED HEALTH PRACTICES

- 34.0102/5800 08 THE BABY BORROWERS
The TV reality series "The Baby Borrowers" is an intriguing social experiment that asks five diverse teenage couples, ages 18-20 – to fast-track themselves to adulthood. Over the course of three weeks, the teens are asked to set up a home, get a job, and become caring parents to babies, toddlers, pre-teens and their pets, teenagers, and senior citizens – in that order.
- 34.0102/6708 11 BEGINNINGS OF LIFE. FROM CONCEPTION TO BABY
In this 30-minute DVD viewers learn about fertilization and how chromosomes determine the gender and physical attributes of a baby. It shows how a single cell develops into an embryo and follow the rapidly

- changing stages of fetal development. Viewers also examine the importance of prenatal care, nutrition and a healthy prenatal environment. --container.
- 34.0102/6709 11 **BEGINNING OF LIFE. PREGNANCY IN PROGRESS**
In this 33-minute DVD viewers learn the early signs of pregnancy and the host of changes women will experience. Explains common prenatal tests and what they can reveal about a baby's development.
- 34.0102/6710 11 **BEGINNING OF LIFE. UNDERSTANDING CHILDBIRTH**
This 32-minute DVD teaches about contractions, how to discern true labor from false, the three stages of labor, and the appropriate time to call a medical professional. See what to expect during a traditional delivery or a Cesarean section.
- 34.0102/6711 11 **BEGINNING OF LIFE. NEWBORN DEVELOPMENT**
In this 42-minute DVD learn about the physical, cognitive, and social changes that newborns experience in early infancy. Explains the crucial role of sleep and nutrition in fostering development and offers guidelines for parents to care for their baby.
- 34.0102/6712 11 **BEGINNING OF LIFE. HEREDITY & ENVIRONMENT**
This 38-minute DVD explains how genes determine the traits of an individual, and discusses how environmental factors can affect a child's health later in life.
- 34.0102/6523 09 **HUMAN REPRODUCTION AND CHILDBIRTH**
This 21-minute DVD uses animated graphics to clearly and vividly illustrate the biological functions of the different parts of the male and female reproductive systems. It shows how millions of sperm race through the uterus and into the fallopian tube where fertilization occurs, and subsequently how the fertilized egg develops into an embryo. The program also describes the basics of menstruation. Animated graphics vividly detail the different stages or trimesters of embryonic and fetal development. The program also follows a young couple through the woman's pregnancy, as both husband and wife describe the importance of good nutrition, sleep, low stress, and avoidance of alcohol and drugs. The process of birth is described as the young couple talks about their joy at the birth of their baby daughter.
- 34.0102/6288 06 **FROM CONCEPTION TO BIRTH**
This 52-minute DVD takes the viewer from the miracle of conception to the wonder of birth. Following 9 couples, the video explores the fundamentals of egg and sperm production, observes cell division within the first few hours of pregnancy, views gestation at frequent intervals, and welcomes each child into the world. State-of -the-art, reality based animation depicts the Birthing process from the inside out and clearly conveys the power and complexity of human development. Contains footage of childbirth. Discovery Channel Production.
- 34.0102/6687 05 **IN THE WOMB**
In this 89-minute DVD, cutting-edge technology makes it possible for the viewer to open a window into the hidden world of the fetus and explore each trimester in amazing new detail. 3-D and 4-D imagery sheds light on the delicate, dark world of a fetus as never before and follows a rare fetoscope operation, performed in utero with the hope of correcting life-threatening complications before birth.
- 34.0102/5811 02 **FACTS ON PREGNANCY**
This CD explains what is to be expected at each stage of pregnancy. It covers health considerations, potential complications, and important medical tests, and has fact vs. myth quizzes to help students recognize misinformation that can be confusing and even dangerous to a mother-to-be and her unborn child. A list of frequently asked questions, Web sites, organizations and educational resources is provided. Material on each page is printable for reference.

34.0103**PERSONAL HEALTH IMPROVEMENT AND MAINTANANCE**

- 34.0103/7104 15 THE BASIC HYGIENE VIDEO
This 19-minute DVD uses clever animation along with entertaining comments from real students, as well as expert commentary from a pediatrician, to teach the basics of good hygiene. Throughout the video, students are reassured that body odor, bad breath, tooth decay, oily hair, skin break outs and acne can all be managed by developing good habits of personal care. A racial and ethnically balanced group of teens speak directly to students and weigh in with personal advice and hygiene tips.
- 34.0103/6965 13 50 APP ACTIVITIES FOR FITNESS
This is a collection of fifty fun and innovative lesson ideas based on a variety of free and paid apps for iPad, iPod, iPhone, and Android phones and tablet computers. Aligned with National Standards.
- 34.0103/6906 13 MAINTAINING A HEALTHY HEART: AN OWNER'S GUIDE
This 21-minute DVD presents the physiology and functioning of the heart and how to keep it healthy. Suggests not smoking, eating a healthy diet in moderate portions, maintaining a healthy weight and exercising.
- 34.0103/6987 12 CHAIR ACTIVITY BINGO
This kit is a bingo game where participants sit in a chair and perform simple physical activities and stretches.
- 34.0103/6900 11 STEROIDS; BIG MUSCLES, BIGGER PROBLEMS
Illustrates the biochemical basics of anabolic steroids and their synthetic relationship to testosterone, their general impact on the human anatomy and how they can be especially devastating in young people whose bodies aren't fully developed. Presents the medical and psychological risks of steroid use, both in the short term and over an extended period.
- 34.0103/6888 13 SLEEPLESS IN AMERICA
This 32-minute DVD discusses practical steps to help adolescents get the sleep they need. It is based in part on the book Sleepless in America by Mary Sheedy Kurcinka.
- 34.0103/6844 12 RECOVERING: ANOREXIA NERVOSA AND BULIMIA NERVOSA
Eating disorders anorexia nervosa and bulimia nervosa afflict people of all ages and race, especially young women, and are serious medical conditions that can be deadly if left untreated. Join documentary filmmaker and host Larkin McPhee (Dying to Be Thin) as she uncovers the challenges of coping with an eating disorder. Meet some experts and people in recovery who offer an honest appraisal of their struggles to overcome their eating disorders. Topics and themes discussed include: Who is at risk? What sustains an eating disorder?; Why are eating disorders dangerous? ; How are eating disorders treated?".
- 34.0103/6823 12 54321 +8 COUNTDOWN TO YOUR HEALTH
This 24-minute DVD is an overview of the six things high school students can do each day to stay healthy. **54321 +8** is an easy to remember countdown that gives viewers a simple way to remember each wellness tip. It features health professionals presenting the facts behind the number and real high school students sharing some practical advice about how they live each number of the countdown every day.
- 34.0103/6824 13 54321 +8 COUNTDOWN TO YOUR HEALTH LESSON PLANS
This collection of lesson plans is coordinated to the video of the same name. Both are divided into six themes: 5 Fruits and Vegetables; 4 Glasses of Water; 3 Good Laughs; 2 Hours of Screen Time; 1 Hour of Physical Activity; 8 Hours of Sleep.
- 34.0103/0103 11 PERFECTION

This 21-minute DVD is a powerful short-form documentary about three girls and their struggles with eating disorders. The film chronicles the day-to-day lives of Shannon, Steph and Colleen, who discuss what it's like coping with the sometimes-overlapping symptoms of anorexia, bulimia and OSFED (Other Specified Feeding or Eating Disorder). Viewers will pick up on the common themes such as striving for **perfection**, obsession with control, especially regarding food and weight, and the quest for acceptance, belonging, and love. Social worker Cheryl Hunsberger urges viewers to realize that eating disorders are a form of mental illness, and if not treated can lead to hospitalization and even death, as eating disorders have the highest mortality rate of any mental illness. Director Monica Zinn make "**Perfection**" at 17 years of age.

- 34.0103/6629 09 DO YOU HAVE AN EATING DISORDER?
 In this 19-minute DVD teens and young adults describe their anorexia, bulimia, binge eating, purging and compulsive exercising. A young country singer, a teenage boy, a teen and her counselor all talk about their struggles. The program stresses that there are warning signs to different eating disorders; that eating disorders have serious, even deadly, health consequences; and there are positive steps you should take if you or a friend are at risk. Grades 7 - adult.
- 34.0103/6522 09 NOBODY'S PERFECT; LEARNING SELF ACCEPTANCE
 This 23-minute DVD helps middle school students understand that although every one of us is different and unique, nobody is perfect. It emphasizes the importance of recognizing personal strengths, using positive self-talk and striving to make the best out of challenging situations.
- 34.0103/6494 09 LIFESYTL E DISEASES AND HOW TO AVOID THEM
 This 19-minute DVD is accompanied by a teacher's resource book. Teens assume they are too young to get cancer, diabetes, chronic lung diseases, or other lifestyle diseases. But, in fact, the choices teens make can damage their health now and in the future. This program profiles overweight teens with high cholesterol, high blood pressure, sleep apnea, and other problems. It also shows a teen smoker and a teen alcoholic. Grades 7 through adult.
- 34.0103/6495 09 COPING WITH THE BODY IMAGE BLUES
 This 22-minute DVD, with an accompanying teacher's resource book, uses a mix of dramatic vignettes, humorous animation and real student interviews to analyzes how a bad self image can damage self-esteem. It also shows why it's important to accept one's body the way it is. Older teen on-camera presenters help viewers understand that the media's image of the perfect body is heavily distorted. The video includes interviews with teens who are very happy with their bodies even though they don't fit the stereotypes glamorized by the media. Grade 5 through 9.
- 34.0103/6496 09 THE 5 ESSENTIAL HABITS OF HEALTHY TEENS
 This 17-minute DVD includes a teacher's resource book. Viewers follow Dr. Mohr, a Registered Dietitian and Board-Certified Specialist in Sports Dietetics, as he explores the five essential habits that promote health: eating a nutritious diet, starting each day with breakfast, exercising daily, getting enough sleep and staying drug-free. Recipes, helpful hints, and real teens demonstrating exercise, going to a sleep lab, and participating in a forum are included. Grades 7 through adult.
- 34.0103/6448 09 C.A.T.C.H. ONTO GOOD HYGIENE!
 In this 15-minute DVD three teens demonstrate and share the fundamentals of hygiene including hand washing, acne, dental care and care for your body, skin and hair.
- 34.0103/7075 07 CAUTION: TEENAGER UNDER CONSTRUCTION
 This 16-minute DVD traces the complex changes faced by middle school students in a light-hearted style. In it topics such as emotional and physical

- changes, relationships, stress caused by peer pressure and the desire to be popular, managing time, healthy ways to deal with stress, recognizing their own positive traits and having a healthy self-image, good hygiene, and good communication skills are discussed.
- 34.0103/6403 07 THE TRUTH ABOUT TANNING
This PowerPoint presentation gives facts and figures about the history of tanning, the dangers, the addiction, and how to be healthy and active safely.
- 34.0103/6167 06 GERMS AND VIRUSES; A SELF DEFENSE GUIDE
In this 21-minute DVD viewers will learn the common misconceptions about microscopic organisms. The best measures to take in daily life to prevent germs, bacteria and viruses are covered.
- 34.0103/6103 06 FROM A TO ZZZZS; WHAT TEENS NEED TO KNOW ABOUT SLEEP
This 20-minute video is accompanied by a teacher's resource book that includes activities and fact sheets. The video will help young people understand the need for healthy sleep habits by explaining the biology of sleep, describing the consequences of too little sleep, and providing tips for getting restful sleep each night.
- 34.0103/6141 05 TEENS AND TANNING; SUN SAFETY UPDATE
This 16-minute video features a dermatologist who explains the dangers of overexposure to the sun and tanning beds and suggests alternatives. Learn how a few changes--such as seeking shade, applying sunscreen, wearing sunglasses and hats and staying out of tanning beds--can keep you safe and happy in the sun.
- 34.0103/6361 04 YOU, YOUR BODY AND PUBERTY
This 24-minute DVD will help students work with their peers, teachers and family members to learn more the changes that take place during puberty. In addition, the program will help students practice the emotional and social skills needed to meet those changes with maturity and grace.

34.0104

ADDICTION PREVENTION AND TREATMENT

- 34.0104/7105 15 VAPING: MORE DANGEROUS THAN YOU THINK
This 21-minute DVD addresses the new craze of vaping drugs (nicotine, alcohol, liquid marijuana and others). Through interviews with teen users and medical professionals, this program clearly demonstrates the serious health risks of vaping, including drug overdose, instant high or drunk, alcohol poisoning, and impaired thinking and decision making. It explains that vaping delivers an unknown dose of drugs or alcohol directly to the brain. Vaping nicotine carries the additional risk of accidental swallowing of liquid nicotine which has put hundreds of teens into ERs. Vaping pens make it easy to disguise marijuana use because there is little or no odor.
- 34.0104/7113 15 THE OVERDOSE EPIC: WHAT CAN BE DONE TO STOP IT
This 20-minute DVD takes a hard look at drug **overdose** from three points of view--an ER doctor, a pharmacologist, and several teens who have overdosed and lived to tell about it. Viewers learn the most lethal drug **overdose** happens when users combine various drugs that can cause almost instant death. The program includes vital information on how to recognize drug **overdose** in others and how to get immediate help.
- 34.0104/7114 15 POTHEAD
Potheads tells the fictional story of Trevor, a teen becoming gradually addicted to marijuana as his grades slip, his relationships with his parents and friends become strained, and his motivation to do things other than smoking marijuana diminishes. As Trevor's downward spiral plays out, the program

- weaves in interviews with real teens who were potheads, but managed to turn their lives around.
- 34.0104/7115 15 **THE TOTALLY DISGUSTING ALCOHOL GROSS OUT VIDEO**
 This 15-minute DVD will get students to think twice before engaging in underage drinking. It's all there. . .the vomiting, the stomach pumping, the DUIs, the toilet clutching, the hangovers, the ER visits, the bad decision making. Viewers will gain a thorough understanding of how alcohol affects the body and the risks associated with alcohol use. This program delivers a strong no-use message.
- 34.0104/7121 15 **SELF INFLICTED: A VIDEO ABOUT NON-SUICIDAL SELF-INJURY**
 This 25-minute DVD is an up close and intimate portrait of NSSI (Non-Suicidal Self-Injury). NSSI is the purposeful destruction of one's own bodily tissues in an effort to alleviate emotional distress. Typically, NSSI shows up in the form of cutting, burning, bruising, etc. Reassuring advice from the people coping with this illness, as well as from the professionals, lets viewers know that NSSI can be managed, and treated with good outcomes.
- 34.0104/7122 15 **TOXIC LIFE CYCLE OF A CIGARETTE**
 This 17-minute DVD shows the lesser known effects of smoking by showing the cigarette manufacturing, consumption and disposal of the products. Viewers hear from teenage farm workers who describe being exposed to harmful pesticides and nicotine poisoning. It details how around 600 chemical additives are added to tobacco and that the purpose of many of these chemicals is to make the experience of smoking more addictive. A leading scientist describes the hazards of secondhand smoke to nonsmokers and how they, too are put at risk for cancer and heart disease. They see how cigarette butts make up a large part of the world's litter and that the poisonous chemicals remaining in this litter threaten wildlife and our own health.
- 34.0104/7123 15 **TEN BAD THINGS YOU DIDN'T KNOW ABOUT SMOKING TOBACCO AND SMOKING**
 This 17-minute DVD offers teens ten reasons to change their dangerous mindset that nothing bad will happen to them even if they smoke. 1. today's cigarettes are more lethal than ever before; 2. Nicotine is as addictive as cocaine and heroin; 3. Smoking causes type-2 diabetes; 4. Smoking causes eye disease and blindness; 5. Smoking hurts your chances of having a healthy baby; 6. Chew tobacco is as bad as smoking; 7. Second and third-hand smoke kills; 8. tobacco causes serious environmental damage; 9. Smoking damages the immune system; 10. Why e-cigarettes are not the answer.
- 34.0104/7023 14 **MOLLY; INNOCENT NAME, DEADLY DRUG**
 This 16-minute DVD introduces middle and high school students to the very real dangers of Molly, a pure form of Ecstasy or MDMA that is often handed out at raves and electronic music festivals and that teens falsely believe is safe.
- 34.0104/7024 14 **HEROIN RISING; CHEAP, ADDICTIVE AND DEADLY**
 This 19-minute DVD interviews teens who are recovering heroin addicts. Their stories are about the when, how and why they started taking heroin. They talk about the effects and damage it did to their bodies, their lives, and their families lives and how hard it is to get and stay clean. The drug abuse counselors give advice on how to avoid this deadly drug.
- 34.0104/7022 14 **WHAT'S UP WITH E-CIGARETTES?**
 This 19-minute DVD gives students the facts and urges extreme caution. Viewers learn the truth about nicotine addiction and its impact on health. They will understand that the supposedly "safe" water vapor contains other harmful chemicals as well. E-cigarettes are unregulated by the FDA and the amount of nicotine in each e-cigarette varies, so that the user never knows

what's inside. E-cigarettes are not approved by the FDA for smoking cessation. Viewers will also learn that big tobacco companies are using advertising techniques to lure in users and hook them for life.

- 34.0104/6982 13 **MARIJUANA: DOES LEGAL MEAN SAFE?**
 This 20-minute DVD is fact-based and emphasizes that legality is not the same thing as safety and details the risks of marijuana on mental and physical health. Clinicians talk about how the clear majority of their patients have been addicted to marijuana, and recovering addicts themselves vividly describe their struggles with addiction. Their stories illustrate how marijuana has affected their school and family lives, their ability to drive a car, and their mental health. A scientist describes her research showing that marijuana use by teens causes decline in mental functioning and IQ. The program stresses that even in states that have legalized marijuana it is still illegal for anyone under 21, and it is still illegal at the federal level.
- 34.0104/6983 13 **MARIJUANA AND THE TEENAGE BRAIN**
 This 23-minute DVD informs students about the latest research on the effects of marijuana on the brain. Animated graphics clearly show how THC, the active ingredient in marijuana, hijacks the brain's endocannabinoid system and harms the functioning of different parts of the brain associated with coordination, cognition and intelligence, and mental illness. Clinicians who treat marijuana users forcefully explain that it's possible to become addicted to marijuana and that the risk of addiction is higher for teenagers because their brains are not yet fully developed. The author of a long-term study cites research that shows that people who started using marijuana as teens show an average loss of 8 points in IQ. Recovering marijuana addicts provide a human face to the effects of marijuana as they describe why they started using and how use led to dependency and addiction.
- 34.0104/6959 13 **HOW COULD THIS HAPPEN? A TRUE STORY ABOUT BINGE DRINKING AND DEATH**
 This 18-minute DVD comes with a 21-page teacher's resource book. It gives students a close look at the story of Molly Amman, a vivacious nineteen-year-old, straight-A student who died of acute alcohol poisoning in 2011. Through emotional interviews with family and friends, viewers get a firsthand understanding of how one episode of binge drinking can kill. Students are made aware of the all-too-real dangers of alcohol poisoning and learn what actions to take if they suspect that someone is at risk of being poisoned.
- 34.0104/6912 13 **EMERGING DRUGS OF ABUSE**
 Newspaper headlines are filled with horror stories about the devastating effects of new synthetic drugs like 'Spice' and 'K2' (synthetic marijuana) and 'bath salts' (a cocaine substitute). This powerful, no-nonsense video shows teen how underground labs profit by concocting new compounds that mimic the effects of illegal drugs. Filmed in a gritty, documentary style, former users pull no punches as they tell your students just how dangerous these new drugs are. Law enforcement is stretched thin trying to keep up as drug dealers concoct new poisons in their basement labs including Spice, K2, bath salts, Kratom, Krokodile, Oxidado, and salvia (old but making a comeback), as well as new versions of dextromethorphan and crystal meth. Anyone taking these or any new, unknown drugs is risking serious injury or death
- 34.0104/6914 13 **HIGH ON PAINKILLERS: ADDICTION AND OVERDOSE**
 The truth about the abuse of prescribed painkillers is startling. Abused painkillers such as Oxycodone, Vicodin and methadone are responsible for more deaths than cocaine and heroin combined. According to the Centers for Disease Control, prescription painkillers have surpassed car crashes as the leading cause of accidental deaths in the United States. Students learn the

- dynamics of painkiller addiction and abuse through the personal stories of teens who have been hooked on legal pain killers. These teens describe the downward spiral of addiction that can eventually lead to death by overdose. Former users, physicians and drug education experts communicate the hard facts to viewers including how difficult it is for users to cope with withdrawal symptoms such as depression, anxiety, shakiness and lack of energy.
- 34.0104/6850 13 UNDERAGE DRINKING: IS IT WORTH IT?
This 27-minute DVD lays out the many risks of underage drinking. Counselors, law enforcement personnel, DUI victims, former teen abusers, medical experts and family members help uncover the eye-opening facts in detail. New scientific studies show how even small amounts of alcohol can create chronic health issues for teen brains
- 34.0104/6770 12 DYING HIGH 2; REAL STORIES OF DRUGGED DRIVING
In this 24-minute DVD viewers will receive a valuable opportunity to see what goes on at the scene of a car wreck caused by a drunk driver. This high-powered video forces teens to recognize that it is all too possible for teens to pay for their own-or their friends'-reckless actions with their lives. Activities included in the teacher's resource guide.
- 34.0104/6808 12 BATH SALTS; THE DEADLY FACTS
This 19-minute DVD tells viewers that "bath salts are the newest drug scourge to hit the US. They are currently available online, in gas stations and convenience stores across the nation. In the first few months of 2011, poison control centers nationwide reported a record-breaking increase in ER visits related to bath salts. This timely program gives viewers the hardcore truth about this highly addictive substance which causes intense paranoia, psychosis and suicidal thoughts. A drug abuse expert who treats young people in the grips of bath salt addiction speaks bluntly about this methamphetamine-like drug. The gut-wrenching story of Jarrod Moody, a young man who took his own life after a binge on bath salts caused him to spiral out of control, makes a powerful case against experimenting with bath salts"--container.
- 34.0104/6811 12 EVERYTHING YOU NEED TO KNOW ABOUT DRUGS AND THE TEEN BRAIN IN 22 MINUTES
"Using the latest research, this 22-minute DVD explains why the **teen** years are a critical time for brain development--and why drug use of any kind can derail the brain's full potential when it comes to critical skills like thinking, remembering, learning and decision making. Viewers learn the anatomy to the brain and visit a state-of-the-art research lab to see clinical proof of the damage that drugs and alcohol cause. Students also learn the basic functions of the brain, the role of dopamine in the brain's reward pathway and how drugs impact that pathway, leading to addiction."--container
- 34.0104/6812 12 EVERYTHING YOU NEED TO KNOW ABOUT MARIJUANA IN 22 MINUTES
The risks of marijuana use are dramatically illustrated in fact-based 22-minute DVD every teen should see. Doctors illustrate how pot can permanently damage the teenage brain and contribute to mental illness. Viewers learn how marijuana use seriously impacts driver alertness, reflexes and perception skills. Young recovering addicts describe how marijuana ruined their lives and dispel the myth that marijuana is not addictive. The program includes new information about synthetic cannabinoid drugs such as Spice and K2 and lays out the legal consequences of marijuana use.
- 34.0104/6815 12 EVERYTHING YOU NEED TO KNOW ABOUT PRESCRIPTION DRUGS AND OTC DRUGS IN 22 MINUTES
"This fast-paced 22-minute DVD for teens dramatizes how prescription and over-the-counter drugs can be just as potent and addictive as illicit drugs like

- cocaine and heroin. It takes a close look at the do's, don'ts, and dangers of these medicines including the potentially deadly impact of drugged driving. Students learn how abuse of OTC drugs can lead to addiction, overdose and even death. They also learn to read and heed warnings against mixing medicines together and that drugs should only be used by the person for whom they are prescribed". --container.
- 34.0104/7053 11 PEER PRESSURE AND CHOOSING TO DRINK: THINK ABOUT IT
This 19-minute DVD shows David and Julie who are excited but nervous about their invitation to a party hosted by "the cool kids." Sharing his thought process with viewers, David describes an elevated heart rate and feelings of being a social outcast, laughed at because he and Julie don't drink. David allows a subtle form of peer pressure to take control, with tragic results. In this dramatization, the potential consequences of choosing to drive while intoxicated are played out. In a separate segment, a psychiatrist explains how the adolescent brain manages emotions and decision-making in a social context, differences between how boys and girls express this, and the importance of good role models for teens.
- 34.0104/7054 11 DRIVING AND CHOOSING TO DRINK; THINK ABOUT IT
In this 20-minute DVD people whose lives were affected dramatically by drunk driving tell their stories. A former athlete recounts the joyride that caused his traumatic brain injury, while another describes the lasting psychological problems that followed his physical injuries. An inmate serving time for DUI manslaughter after downing "a few beers and a few shots" recalls facing the mother of the person he killed, and a first responder gives details of a fatal collision involving an intoxicated driver and her children. Supplemented by information from MADD, the video stresses that drunk driving is a choice that students can decide not to make.
- 34.0104/6809 11 HIGH ON SPICE; THE DANGERS OF SYNTHETIC MARIJUANA
This 14-minute DVD tells viewers that in 2009 the National Survey on Drug Use and health revealed an increase in the use of illicit drugs among teens. In 2010, another shift in drug use occurred with the appearance of a synthetic marijuana substance commonly known as **Spice** or K2. This program alerts viewers to the potential dangers of **Spice** and similar synthetic marijuana products.
- 34.0104/7106 10 SPIT THIS! THE HAZARDS OF SMOKELESS TOBACCO
This 26-minute DVD gives students facts to counter the recent 30% rise in male adolescent smokeless tobacco use. It combines an engaging narrative storyline with hard-core facts about all kinds of smokeless tobacco products--spit, snuff, chew as well as newer nicotine-delivery products designed to appeal to those who are uncomfortable with spitting out tobacco juice. Pays special attention to the up-and-coming generation of "spit less" tobacco products (such as snus and pouches) now promoted by tobacco company's eager to rev up sales.
- 34.0104/6813 10 EVERYTHING YOU NEED TO KNOW ABOUT TOBACCO IN 22 MINUTES
"Provides a summary of everything students need to know about the dangers of using tobacco. Vividly illustrates the health effects of smoking using interviews of smokers ravaged by cancer, heart disease and lung disease. Identifies the toxic chemicals inhaled in every puff of cigarette smoke, including benzene, arsenic, cyanide, pesticides, carbon monoxide, and ammonia. Details the latest research on the effects of nicotine on the brain and discusses the new scientific findings that nicotine is even more addictive than cocaine. Shows how tobacco companies target young smokers to hook them while they're young and keep them hooked. Includes interviews with young smokers who describe how they got addicted to tobacco and why it is

			so difficult to quit. Presents quitting strategies of teens who have succeeded in kicking the habit."--Publisher's website.
34.0104/6816	10	ANATOMY OF A PUFF	This 15-minute DVD alerts viewers to the variety of toxic, carcinogenic and addictive substances found in every puff of cigarette smoke. Describes how nicotine can be more addictive than cocaine and heroin, and how tar contributes to lung diseases such as emphysema, chronic bronchitis, and lung cancer. Describes the industrial uses of benzene, arsenic, cyanide, formaldehyde, and ammonia, toxic chemicals all found in every puff. Students learn that cigarette smoke contains radioactive polonium-210 and that a pack-and-a-half a day smoker absorbs a level of radiation equivalent to 300 chest x-rays a year. Viewers also learn that thousands of nonsmokers die from lung cancer and heart disease each year from exposure to second-hand smoke. -- Producer's website.
34.0104/6817	11	DO I HAVE A PROBLEM? RECOGNIZING DRUG AND ALCOHOL ADDICTION	This 24-minute interactive DVD program asks viewers a series of questions to help them decide if they have a problem with alcohol and other drugs. After each question, viewers hear the experiences of young recovering addicts and comments from a leading addiction expert. At the end of the program, students are asked to assess their responses. Program also offers specific advice about how to get help.
34.0104/6771	11	DRINKING GAMES, ALCOHOL ABUSE AND OVERDOSE	This 24-minute DVD and 45-page Teacher's Resource book discuss the dangers of alcohol drinking games to the health and well-being of teens. A factual and effective counterweight to the alcohol industry's mission to recruit younger drinkers.
34.0104/6698	11	PRESCRIPTION DRUGS UPDATE	This 17-minute DVD discusses the risk of teens abusing prescription drugs. Many teens do not realize the risk prescription drugs pose and this video features actual teens who used prescription drugs "recreationally" and the consequences they have suffered.
34.0104/6562	10	STRAIGHT TALK; THE TRUTH ABOUT ALCOHOL AND SEX	This 18-minute DVD discusses the dangers and consequences of combining alcohol consumption and sexual activity among teenagers.
34.0104/6563	10	THE NEW MARIJUANA; HIGHER POTENCY, GREATER DANGERS	This 15-minute DVD is designed to educate viewers on the myths and facts about marijuana and the increased THC content in recent years.
34.0104/6630	09	EVERYTHING YOU NEED TO KNOW ABOUT ALCOHOL IN 22 MINUTES	This 22-minute DVD uses vivid case studies involving teens. It shows that teenage drinkers are more likely to experience health problems, school problems and social dysfunction. It also shows the effect on the liver and other organs and how alcohol poisoning can lead to death. It explains how alcohol can permanently damage the brain. Also shows DUI tragedies, Fetal Alcohol Syndrome, and legal ramifications of underage drinking. Helps viewers determine whether they have drinking problem, plus where and how to get help.
34.0104/6561	08	NO SAFE AMOUNT; WOMEN, ALCOHOL AND FETAL ALCOHOL SYNDROME	This 19-minute DVD examines the dangers posed to women by the consumption of alcohol, including the risk of fetal alcohol syndrome for women who are pregnant. Includes a resource manual.
34.0104/6507	09	TWELVE; YOUNG ADDICTS SPEAK FROM THE HEART	This 42-minute DVD goes inside the childhood memories and emotional lives of recovering addicts who started their habits at, or close to, age 12. It

- includes detailed, candid conversations and the stories reveal unique qualities and experiences as well as patterns seen over and over again among alcoholics and drug abusers, often involving crime and social isolation. In addition to their pain and regret, the participants also discuss the most daunting challenge of all; the ongoing process of recovery.
- 34.0104/6520 09 DRUGGED DRIVING; THE ROAD TO DISASTER
In this 20-minute DVD students will learn not only the frightening facts of driving while under the influence but what to do in situations that could potentially lead to drugged driving. They will learn both how to recognize the signs of someone who is unfit to drive, and how to make smart choices before getting into a car.
- 34.0104/6524 09 THIS IS YOUR BRAIN ON TOBACCO; A RESEARCH UPDATE
This 16-minute DVD takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain. A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain's reward pathways reinforce tobacco use. Interviews with teen smokers deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. The program also describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction. The program also profiles teens who have managed to quit.
- 34.0104/6357 08 DUI; THE HARD TRUTH
This 29-minute DVD drives home the deadly consequences of driving while under the influence of alcohol or other illicit drugs. Viewers will hear from a career EMT who tells tragic stories of drugged driving, including those of a scarred burn survivor who was in a drunk driving crash, a teenager who killed his two best friends after driving while intoxicated and a woman who lost her sister because of a car crash involving a drunk driver.
- 34.0104/6521 07 RUSHING, CRASHING, DYING; THE METH EPIDEMIC
In this 25 minutes DVD, real people share their experiences with methamphetamine and what it has done to their lives. The teacher's resource book includes a program summary, student activities and fact sheets.
- 34.0104/6194 06 TOO MUCH; THE EXTREME DANGERS OF BINGE DRINKING
This 26-minute video with teacher's guide details the stark truth about alcohol poisoning, drunk driving, and health risks of excessive drinking. Teens need to be able to contrast the "teen party" scenes they see in the media with the reality that binge drinking puts their health, futures, and lives at risk. This video presents the facts, so teens will be better prepared to resist peer pressure and make smart choices.
- 34.0104/6506 04 SHATTERED LIVES; THE HARSH REALITY OF METH IN NORTH DAKOTA
This 85-minute DVD is a documentary based on first-hand experiences from a variety of sources specific to methamphetamine. The perspective of "cooks", recovering addicts, victims, law enforcement, and prevention educators illustrate the damaging effects of methamphetamine by providing riveting testimonials from those directly affected by the drug--container.
- 34.0104/7116 02 Brain Scans: Alcohol and the Teenage Brain
This 22-minute video takes teens on a tour of several labs across the country including the University of California at San Diego where doctors are researching the effects of alcohol abuse in teenage brains. Video delivers a strong caution to teens considering any use of alcohol.

34.0199

HEALTH RELATED KNOWLEDGE AND SKILLS, OTHER

- 35.0101/6821 09 **WORKPLACE ETIQUETTE; WHY BEING POLITE COUNTS ON THE JOB**
This 24-minute DVD teaches viewers what employers expect in terms of professional and respectful behavior.
- 35.0101/6451 08 **WHICH FORK DO I USE? PLUS NAPKIN ART TABLESCAPES**
In this 29-minute DVD students learn the do's and don'ts of dining out--from the time you step into a restaurant through paying the bill. An etiquette expert works with 4 ethnic teens preparing for prom. Also includes "Napkin Art", a demonstration of easy napkin folds for special occasions.
- 35.0101/6369 08 **POSITIVE WORK HABITS: WHAT THEY DIDN'T TELL YOU AT SCHOOL**
This 20-minute DVD discusses being on time, being a good listener, having a good attention span, and being familiar with one's job description are basics that can make the difference between success and failure.
- 35.0101/6370 08 **FINDING THE PERFECT BOSS**
This 20-minute DVD is a very practical video filled with helpful tips about dealing with authority.
- 35.0101/6371 08 **SURVIVING OFFICE POLITICS; EVERYONE'S CRAZY EXCEPT YOU**
This 21-minute DVD highlights specific behaviors that are destructive in an office setting like gossip, back-stabbing, and game playing.
- 35.0101/6714 07 **PERSUASION IN EVERYDAY LIFE; FIVE MIND SHAPERS**
This 27-minute DVD explores five often hidden forces that shape our beliefs and judgments. The viewer is shown how framing events can influence a person's judgement and beliefs, and can give one the power to persuade.
- 35.0101/6211 07 **INTRODUCTION TO PARLIAMENTARY PROCEDURE**
This DVD teaches students how to understand the complex rules of parliamentary procedure. It uses Robert's Rules of Order, Jarrell D. Gray's Guide to Parliamentary Procedure, and State-qualifying and National-winning teams. Downloadable supplements with problems and interactive quizzes are included.
- 35.0101/6265 07 **TEN EMPLOYABILITY ATTRIBUTES AND SKILLS**
This 14-minute DVD gives 5 attributes of good employees and 5 core skills that make employees effective.
- 35.0101/6312 07 **EXTREME ETIQUETTE SERIES**
This DVD includes 4 different videos. They are The Courtesy Challenge, The Netiquette Edge, Take Your Manners Public, and The School Manners Adventure. They address manners from the dinner table to the classroom to the internet.
- 35.0101/6047 05 **FIRST IMPRESSIONS; ETIQUETTE AND WORK HABITS FOR NEW EMPLOYEES**
This 22-minute DVD shows students how to present a polished appearance, use positive body language, and demonstrate a can-do work ethic. Donna Panko, a professional corporate image consultant, shares her knowledge.
- 35.0101/5823 04 **ETIQUETTE HOTLINES; TABLE MANNERS**
This 15-minute DVD discusses proper table manners and the correct way to set a table. Viewers eavesdrop on a as distressed caller query an expert on proper table manners.
- 35.0101/4744 97 **HOW RUDE! THE TEENAGER'S GUIDE TO GOOD MANNERS, PROPER BEHAVIOR, AND NOT GROSSING PEOPLE OUT**
A funny but smart etiquette book for today's teens. Includes a chapter on school rules with "The Thirty Commandments of Classroom Etiquette" for both students and teachers in reproducible format.

35.0102

BUILDING HUMAN RELATIONSHIPS

- 35.0102/7086 15 **DIGITAL COMMUNICATION SKILLS; DOS AND DON'TS**
 This 56-minute DVD explains that in formal situations like at work or at school, which forms of communications are appropriate, and when. Viewers of the video, especially digital natives, may be surprised to discover that communicating isn't just about sharing information--it's creating it--and that the ways in which emails, texts, or voice messages are composed and conveyed may make the difference in impressing or disappointing an employer or co-worker. Even for late adopters of digital technology, this video has important points on what you should do--and what you don't want to do--when it comes to email, texting, video-conferencing and using the phone for business calls or voice mail.
- 35.0102/7130 15 **SOCIAL MEDIA MANNERPOLITE BAEHAVIOR IN THE SOCIAL MEDIA WORLD**
 This 20-minute DVD addresses the general manners guidelines for cell phone use, text messaging, email, and social media websites and apps like Facebook or Twitter.
- 35.0102/7131 15 **COPYING WITH DATING VIOLENCE AND ABUSE**
 This 19-minute DVD listens to the experiences of four girls and one boy who vividly describe their experiences and offer advice on what to do if you are being abused and how/where to get help. the program describes five types of dating abuse: physical, emotional, verbal, sexual, and social media based. Particular attention is paid to Internet dating which is gaining in popularity and has its own unique dangers. Viewers learn the warning signs of potential abuse situations and how to help others who are caught in abusive relationships.
- 35.0102/7020 14 **STOP TRAFFICK: HUMAN TRAFFICKING IN AMERICA**
 This 35-minute DVD includes a 14-minute fictional short film which accurately portrays trafficking in America. It also includes interviews with the film's producers, as well as a mother of a teenage trafficking victim and the founder of an organization that rescues girls from forced prostitution and gives them opportunities to overcome poverty through vocational training.
- 35.0102/7021 14 **STRONGER, TOUGHER, SMARTER: STORIES OF TEEN RESILIENCE**
 This 21-minute DVD focuses on five stories of teens who prove that it is possible to "bounce back" from painful events and hard times. A psychologist offers specific advice on steps that anyone can take to build resilience, including seeking help and support from others, nurturing a positive self-image, looking for opportunities for self-discovery, and developing realistic goals.
- 35.0102/7043 11 **OVERCOMING PREJUDICE**
 This 32-minute DVD focuses in a teen-friendly way on prejudice in American society. It gives a practical definition of prejudice exploring its basis in ignorance and fear of outsiders, the qualities it most frequently targets (race, ethnicity, religion, sexual orientation, gender, physique, social class, and political beliefs) as well as its principal results--namely, discrimination, racism, and oppression.
- 32.0102/7044 14 **BULLYING AND SUICIDE; THINK ABOUT IT**
 This 21-minute DVD is about "bullycide". Topics shown include Boys versus girls' bullying, long-term effects, Feelings, cyberbullying and suicide, warning signs, bystanders and stepping up and adults' responsibilities.
- 32.0102/7132 14 **CONFESSIONS OF A BULLY**
 This 17-minute DVD documentary-style program addresses the nationwide bullying crisis from the perpetrator's point of view. Real former bullies offer frank descriptions of how they once mistreated and harassed their peers, explaining why they acted that way and why they decided to change their behavior. The teens also provide real-life advice on how to stop bullying and make amends.

- 35.0102/7045 12 **GIRLS AND BULLYING; IDENTIFY, UNDERSTAND, PREVENT**
 Bullying by girls and against girls is as commonplace as it is among boys, but often takes different forms. Female bullying is usually psychological and emotional, with affects that can include long-lasting depression, self-harm, and even suicide. This program examines female bullying, with an additional look at the nature of bullying in general and why these tormentors behave as they do. Featuring dramatized scenarios and input from adolescent psychologist Michael Carr-Gregg, the video also provides some protective strategies for young people in this situation.
- 35.0102/6913 13 **THE BIGGEST MYTHS ABOUT STIS**
 This 24-minute DVD is organized around interviews with teens. They are asked questions about STIs including who gets them and how they are transmitted. Francisco Rameriz, who will be familiar to students who watch MTV, is the interviewer and narrator. Mr. Rameriz is a public health consultant who works with global organizations and does segments on MTV about teens and sex.
- 35.0102/6909 13 **HPV: WHAT EVERY TEEN NEEDS TO KNOW**
 With more teens sexually active, the risk of contracting human papilloma virus (HPV) has increased dramatically. Students learn from a doctor and an expert in adolescent sexuality that there are many forms of the virus that can lead to serious health problems including cancer. Interviews with teenagers expose misinformation about HPV. Students learn that oral sex is not safe and that both males and females can spread the disease through any kind of genital contact. The program provides accurate information about how the virus is transmitted and urges sexually active students to practice safer sex. Students learn where they can go for help if they are worried about being infected with HPV. Using a simple question and answer format, the video provides the most up-to-date information about a vaccine that can protect against some strains of HPV. A young woman describes how a pap smear revealed the early signs of cervical cancer and led to successful treatment."-- Container.
- 35.0102/6907 13 **HOW TO SAY NO AND REALLY MEAN IT**
 Saying NO and sticking to it is one of the most difficult challenges in a teen's world. In the high peer pressure environment of a high school party, it's almost impossible for many teens to do what they know is right. This information-packed video opens on just such a party. Five teens face situations that test their ability to say NO in a convincing manner.
- 35.0102/7007 13 **WEB ETHICS & SAFETY**
 This 69-minute DVD discusses the potential dangers and hazards of the Internet and provides skills to prevent and respond to these issues. Includes online social networks, data protection, cyberbullying, plagiarism, computer viruses, and cell phone security measures.
- 35.0102/6910 13 **DIGTIAL SMARTS: PROTECTING YOUR ONLINE REPUTATION & SAFETY**
 Cyber reputation, security and safety have become important topics for students to understand and master. This engaging video program encourages students to think critically about the opportunities and risks provided by their many digital devices. Real-life dangers from predators, spammers and identity thieves are revealed through teen interviews and accounts from experts in cyber security and safety. Students learn why it is important to choose passwords that are hard to guess and why they should not share their passwords with others. Students are challenged to think about ways that digital technology can be used to enhance or damage their reputations. Teens talk about how compromising photos and other postings online became part of their permanent digital footprint. The video provides specific advice about how to protect students' privacy, security and online reputations.

- 35.0102/6911 13 **DIGITAL SMARTS: BEHAVING ETHICALLY ONLINE**
 Cyber ethics and respect for others online are critical skills to acquire for today's connected teens. The message of this teen-centered video is that all students have a responsibility to behave ethically online and to know how to react when others behave in inappropriate ways. Teen hosts discuss the ethics of issues such as distributing unflattering pictures or posts aimed at harming someone's reputation and the importance of respecting the privacy of others. They emphasize the importance of respecting the safety of others and becoming an upstander rather than a bystander when witnessing abusive behavior online. One teen gives a real-life account of the devastating effects of being cyberbullied. Student interviews expose the extent of plagiarism among their peers and student attitudes about plagiarism. The program details the differences between legitimate online research and plagiarism. Similarly, the differences between legitimate sharing online and piracy are clearly spelled out as are the ethical implications and legal risks of stealing someone else's work.
- 35.0102/6851 13 **BEFORE YOU HOOK UP: DATING RIGHTS AND RESPONSIBILITIES**
 In this 22 minutes DVD, real teens and experts emphasize the rights every young person has in a relationship. These include the right to disagree, the right to one's own life, and the right to be treated with respect. This enlightening video and print curriculum delivers a strong message against dating abuse and violence.
- 35.0102/6872 13 **BULLY; PG-13 VERSION**
 This 99-minute DVD is a character-driven documentary following five kids and families over the course of a school year. Offering insight into different facets of America's bully crisis, the stories include two families who have lost children to suicide and a mother awaiting the fate of her 14-year-old daughter, who has been incarcerated after bringing a gun on her school bus. Documentary provides an intimate and often shocking glimpse into homes, classrooms, cafeterias and principals' offices.
- 35.0102/6985 12 **DEALING WITH TEEN DATING ABUSE: CROSSING THE LINE**
 This 17-minute DVD tells the story Megan--a happy, athletic, "A" student who wants desperately to be in a relationship and have a boyfriend. She connects with Matt, who seems at to be her soul mate. As their relationship evolves, Matt monopolizes more and more of Megan's time. He isolates her from her friends and activities, abuses her verbally and eventually becomes physically violent. The program tells Megan's story in dramatic vignettes that are grounded in the latest research on teen dating abuse. Students will relate to Megan, Matt and their peers as they bring the causes and consequences of teen dating abuse to life.
- 35.0102/6871 12 **BULLY: AN ACTION PLAN FOR TEACHERS, PARENTS, AND COMMUNITIES TO COMBAT THE BULLYING CRISIS.**
 "A companion to the acclaimed film Bully, this book brings the story of the documentary beyond the closing credits, continuing the national conversation inspired by the film. Personal anecdotes from prominent antibullying activists and celebrities alongside essays from renowned experts, authors, government officials, and educators offer powerful insights, resources, and concrete steps to combat the bullying epidemic. An essential part of any campaign to decrease bullying and increase empathy, the book also follows the stories of the families featured in the film beyond the big screen, who contribute valuable advice on the timely topic of bullying in our nation. This guide is crucial for parents, educators, school administrators, and anyone who is committed to the 13 million schoolchildren who will face bullying this year."--Back cover.
- 35.0102/6849 12 **DIGITAL BLACKOUT; THE STORY OF ONE SCHOOL THAT STARTED A MOVEMENT**

- This 20-minute DVD and discussion guide raises some timely and thought-provoking questions. Rather than lecturing answers or waxing nostalgic, the digital Blackout hopes to provide a starting point and a forum for discussion by showcasing the example of one student body that decided to go dark for a week and document the experience. The materials can be used in different ways to fit each class.
- 35.0102/6810 12 **AM I READY? MAKING HEALTHY SEXUAL DECISIONS**
 In this edgy, true-to-life 24-minute DVD, real teenagers and health experts talk frankly about the importance of healthy decision-making when it comes to sexual activity. The program unpacks the many factors that go into a young person's decision to become sexually active or not, beginning with a discussion of sexual pressure from the media, peers, and partners. Viewers are reminded that more than half of all students do not have sex before graduating from high school.
- 35.0102/6854 12 **MY DIGITAL LIFE**
 "My Digital Life explores the perils and possibilities of the brave new digital world. This thought-provoking video addresses issues of privacy and the digital footprint; misguided notions about multitasking and learning; as well as the value of being wired vs. unplugged. Are we more connected or are we losing intrapersonal skills? Is this technology robbing us of our sleep, our free time? Is it controlling our lives? And, what should we be telling our children, ourselves? Experts and adolescents offer powerful strategies to effectively navigate a rapidly growing and ever-changing digital world."
- 35.0102/7090 11 **THINK B4 U POST; YOUR REPUTATION AND PRIVACY ON SOCIAL NETWORKING SITES**
 This 22-minute DVD uses a light touch to deliver some very serious information on how people can protect their reputation and guard their privacy online while still having a good time using social networking sites
- 35.0102/6962 11 **CONNECTIONS; RELATIONSHIPS & MARRIAGE. INSTRUCTOR'S MANUAL**
 This 20-lesson curriculum teaches young adults how to create and sustain meaningful relationships with family, friends, dating partners, and eventually husbands and wives. In addition to basic relationship topics, the lessons explore individual strengths, relationship expectations, communication and conflict resolution, roadblocks to relationships, life goals, love, commitment and the realities of marriage.
- 35.0102/6961 11 **TEEN RELATIONSHIPS & ROMANCE; 50 GROUP ACTIVITIES**
 This skill sets activities book includes activities in a variety of formats -- not just discussions, but also art projects, music, movies, and games. The topics emphasize romance, but also apply to friendships, family, and other relationships
- 35.0102/6884 11 **WHAT I WISH I KNEW AT 18; LIFE LESSONS FOR THE ROAD AHEAD**
 Offers advice to teens designed to help them make wise choices as they move into adulthood, challenging them to think about the purpose of their lives, their passion, gifts, and goals, with discussion of character, relationships, career selection, spiritual life, handling adversity, finances, and other topics.
- 35.0102/6885 11 **WHAT I WISH I KNEW AT 18; STUDENT GUIDE**
 This student guide takes the principles from What I Wish I Knew at 18 and applies them through engaging, real world discussion topics, role-playing exercises, personal assessments, and journaling.
- 35.0102/6818 09 **STRAIGHT TALK; THE TRUTH ABOUT STDS**
 In this 18-minute DVD using a health clinic setting, teens present "peer to peer" information on the six most common STDs today: HPV (genital warts), Chlamydia, HIV, Gonorrhea, Herpes and Hepatitis B. Students will learn the symptoms and complications of each disease as well as the latest treatment

options, including a new vaccine for HPV. Students will also understand how to prevent these infections by being informed and practicing safe sex. Program presents a strong message that abstinence is the only 100% guaranteed safeguard.

- 35.0102/6819 10 **I WAS CYBERBULLIED**
 This 23-minute DVD presents three real-life stories from kids who were targets of cyberbullying attacks and offers viewers practical suggestions for how to avoid being victimized by this new rapidly-spreading type of bullying. Each story highlights important tips such as: only post the type of information online that you would be comfortable with others seeing; remember that once an email or photo is posted online, you can't take it back; avoid responding to vicious texts or emails that might escalate a situation further; and know when to turn to a trusted adult for help. Renowned "bully coach" Joel Haber leads a discussion on how serious and damaging cyberbullying can be, and touches upon recent cases of children committing suicide after being cyberbullied. This timely program will strike a chord with all viewers-those who may have been victimized as well as those who may have thought that cyberbullying was "no big deal".
- 35.0102/6820 11 **THE "ARE YOU A BULLY" TEST**
 In this 23-minute DVD students answer a series of questions about bullying behavior, describe their own experiences as victim and perpetrators of bullying, and show how bullying hurts both the victims and the bullies themselves.
- 35.0102/6825 11 **COMBATING CONFLICT WITH CHARACTER; MANAGING CONFLICT RESOLUTION**
 In this 32-minute DVD students learn ways to use conflict constructively while avoiding violence, alienation, and resentment. Beginning with the notion that we deal with conflict largely through patterns learned as children, the program explores four behaviors that push conflict into the destructive zone: miscommunication, demonizing, refusal to negotiate, and "kitchen sinking" or pulling past events and unrelated frustrations into a present disagreement. The pitfalls of a "conflict loop" are also discussed. Viewers gain an understanding of the potential rewards of recognizing an opponent's needs as well as one's own. Mediation, including peer mediation and the "third side" method of negotiation, is examined.
- 35.0102/6697 11 **BLOW-UPS AND RAGES; LEARNING TO MANAGE YOUR ANGER**
 This 18-minute DVD uses dramatic, thought-provoking interviews with real teenagers to demonstrate that, although it is easy to lose emotional control in school, at and with friends, there are ways to resist exploding in anger or defiance. An adolescent psychologist offers viewers a wealth of common sense tips and advice that will help them more confidently cope with their emotional or angry responses to daily stresses. Tips include: recognizing anger triggers, taking a breath before reacting, defusing situations by talking, learning relaxation techniques and much more.
- 35.0102/6696 11 **TEEN ROMANTIC RELATIONSHIPS; AS THEY SEE IT**
 This 20-minute DVD provides an intimate look at what teens really think about the ups and downs of the dating world. Follow real-world couples and single teens as they talk frankly about what makes a healthy relationship, the importance of communication and trust, dealing with disagreements and jealousy, setting smart sexual boundaries, overcoming a breakup and more. Through personal video diaries and teen-led discussions, students learn hard-won lessons about relationships in today's world from the ones who know it best--their peers.
- 35.0102/6700 11 **BULLY BYSTANDERS; YOU CAN MAKE A DIFFERENCE**
 This 17-minute DVD offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. The

- program features a compelling short drama based on real-life incidents where bystanders stand up and change the outcome of bullying incident. Real teens discuss incidents where they and their peers make a difference by intervening in a bullying situation. On-screen experts advise teens how they can become proactive without putting themselves at risk.
- 35.0102/6705 11 **GENERATION CYBERBULLY; BULLYING WITHOUT BORDERS**
This 45-minute DVD examines how cyberbullying is different than regular bullying. Discusses the effects of cyberbullying on the victims and the perpetrators. Educator's guide describes specific forms of cyberbullying and how to detect warning signs. Shows how to handle an attack once it has reported and to establish a course of action to deal with and prevent cyberbullying.
- 35.0102/6706 11 **THE REALITIES OF SEXTING (YOU CAN'T UNSEND!)**
This 39-minute DVD teaches students what actions are defined as "sexting" and how the repercussions extend well beyond embarrassment. Students learn the motivations for sending sext messages and are given practical alternatives for communicating with people they are interested in. The Educator's Guide explains how to deal with students who are sexting and the policies and legal issues to be aware of.
- 35.0102/6707 11 **SEXUAL HARASSMENT AT SCHOOL; HOSTILE ENVIRONMENTS**
In this 39-minute DVD students identify when actions may constitute harassment and how to differentiate them from flirting. An expert comment on who harassers are, why they do it, and how it usually occurs at school. Practical steps to stop the harassment, as well as positive coping strategies once the harassment has occurred are discussed. The Educator's Guide helps educators define their role in preventing and responding to sexual harassment at school and includes a discussion of Title IX policies for reporting harassment.
- 35.0102/6893 10 **SEX FACTS; TEENS AND STDs**
As teenagers become sexually active, STDs become a major risk. In this 30-minute DVD high school students deal with having an STD. Real life scenarios present male and female points of view through the initial discovery, the subsequent fear and embarrassment, the doctor's check-up, and the sexual partner confrontation. Realistic STD prevention methods are presented, while differences between birth control and STD inhibitors are identified.
- 35.0102/6671 10 **PERSONAL POTENTIAL; THE INFLUENCE OF ONE—RESPECT—OPTIMISM—POSITIVE ENERGY.**
This 18-minute DVD explains that "You may not think of yourself as a leader, but you are leading something -- your life. An interview with Dr. Verna Price is teamed with a powerful vignette and dives into the topic of personal leadership. Dr. Verna challenges viewers to think critically about the power to influence, create change, and lead in your own life and in the world."--container.
- 35.0102/6680 10 **DIGITAL FOOTPRINT; WATCH WHERE YOU STEP**
This 21-minute DVD and activity packet explain that a digital footprint is the data trace left by one's activity in a digital environment, whether on the Internet, buying something with a credit card, or using a mobile phone. Like everything on the web, digital data cannot be washed away; it remains forever, a permanent footprint. Discover how things done in a digital environment can ultimately impact one's life.
- 35.0102/7127 10 **DANGER BEHIND THE WHEEL**
This 26-minute DVD emphasizes the dangers of driving distractions--applying makeup, eating, changing radio channels but most of all, talking or texting via cell phone while driving. Viewers hear from ordinary people whose lives have been forever changed because of distracted driving. The

- program's unforgettable stories and statistics make it clear that no cell phone call is worth losing a life.
- 35.0102/TX6557 08 **TEEN RELATIONSHIPS**
 This curriculum includes lessons on a relationship is. . . , looks like, sounds like, how do you feel? teen dating violence and abuse, technology and relationships-a dangerous connection, is there a way out? Student- centered learning activities encourage achievement through inquiry and collaboration. Information is provided for essential questions, skill focus, objectives and outcomes, assessments, resources, and related FCCLA programs. Includes a CD of the entire packet, including student handouts and PowerPoint.
- 35.0102/6688 09 **CHARACTER; COMMUNICATION BASICS**
 This 16-minute DVD helps viewers to discover the basics of communication and send the right message by communicating clearly, learn how to communicate effectively verbally and using technology. Examples demonstrate the importance of body language and nonverbal communication. discover how to use "I" messages, be an active listener, and use technology to communicate effectively. --container. Grades 4 through 10.
- 35.0102/6689 09 **CHARACTER; FRIENDSHIP BASICS**
 This 11-minute DVD uses humor and visuals to show how to make new friends, keep them, and end friendships in a positive manner. Includes teaching materials. Grades 4 through 10.
- 35.0102/6690 09 **CHARACTER; SELF-ESTEEM BASICS**
 This 12-minute DVD shows the importance of having good self-esteem and how to go about getting it, and how the way people see themselves influences how others see them as well. It features interviews with a developmental psychology expert and high school athlete. Includes teaching materials. Grades 4 through 10.
- 35.0102/6535 09 **TEEN ROMANCE; WHAT'S RISKY, WHAT'S NOT?**
 This 32-minute DVD enables students to see teen romance in a clear light--exploring love, sex, friendship, and how easily all three can get mixed up. With candid discussions about jealousy, trust, peer pressure, and effective communication, the program focuses on the mental and emotional aspects of teenage sex and romance, as well as the best ways to cope with rejection and break-ups. Viewers also delve into "cyber relationships". --container
- 35.0102/6525 09 **TEEN DEPRESSION; SIGNS, SYMPTOMS AND GETTING HELP**
 This 19-minute DVD will help students understand that depression is a disease like any other, and that with proper treatment, a young person can go on to have a healthy and happy life.
- 35.0102/6484 09 **COMMUNICATION IN A WIRED WORLD; BE SMART, BE SAFE**
 This 20-minute DVD is a documentary exploring skills for communicating smartly across many digital technologies. Focuses on how multitasking affects learning and work, and how online posts can create skeletons in a digital closet, causing school expulsions, destroying college admissions, and blowing off job offers. Viewers will learn how to protect their privacy, reputation and personal information.
- 35.0102/6684 08 **RAGE BEHIND THE WHEEL; A LOOK AT TEEN DRIVERS AND ROAD RAGE**
 This 19-minute DVD shows the potential life-changing consequences of road rage ranging from a revoked license to a criminal conviction for aggravated assault or death by auto are hammered home.
- 35.0102/6553 08 **BUILDING RESILIENCE**
 This 22-minute DVD explains how young adults can develop psychological resilience. A case study of a traumatized young woman who turned to drugs

- as a coping mechanism acts as a springboard for discussion of resilience-related concepts and issues. --container
- 35.0102/6455 08 **SEX EDUCATION; THE MISSING PIECES; READY TO USE ACTIVITIES FOR GRADES 7-12**
This ready to use classroom activities book covers many aspects of sex education, including: dating, relationships and communication; male and female reproductive systems; abstinence, safer sex and contraception; pregnancy and pregnancy options; and STDs, HIV and AIDS.
- 35.0102/6408 08 **TEEN SAFETY: MYTHS VS. REALITY**
This 17-minute DVD teaches teens about dangerous situations and how to avoid them, the case against cooperation, five ways in which boys and girls have different risks, ten abuse and abduction prevention tips, and what to do if something 'bad' happens.
- 35.0102/6409 08 **TEEN SAFETY: WHEN YOU ARE ALONE**
This 17-minute DVD uses realistic scenarios and interviews with experts to provide realistic strategies for a teen home alone. It demonstrates safety strategies for a teen walking alone, provides safety tips when using the Internet, offers strategies for teens in charge of young children (babysitting tips), and provides personal safety statistics to which teens will pay attention.
- 35.0102/6410 08 **TEEN SAFETY: DATING AND RELATIONSHIPS**
This 17-minute DVD uses realistic scenarios and interviews to provide information about date rape drugs and how they work, to demonstrate six strategies to prevent date rape, to illustrate the common warning signs of an unhealthy relationship, to introduce and/or reinforce the concept of "inappropriate touch", and to provide teens with resources if abuse is occurring at home or school.
- 35.0102/6411 08 **7 WAYS TO BLOCK A CYBERBULLY**
This 20-minute DVD teaches students how to be smart and stay safe in a cyber bully situation. Cyber bullies stay hidden behind technology and target students on the Internet and through cell phones. Also includes a section that outlines seven ways parents and educators can work to stop cyberbullying.
- 35.0102/6894 07 **PROTECT YOURSELF; PERSONAL SAFETY ON THE INTERNET**
In this 17-minute DVD teens learn to be assertive and smart when it comes to their actions on the Internet, and discover how to protect themselves and draw the line with anyone who is inappropriate. CD-ROM includes teacher's guide in PDF format.
- 35.0102/6429 07 **TEENS AND DISABILITIES—REAL LIFE TEENS**
This 18-minute DVD explores different ways that disabilities can impact a teen's life. Teens learn the many ways in which disabilities can manifest in people and how they should treat and react to other teens with disabilities.
- 35.0102/6358 07 **THINK BEFORE YOU CLICK: PLAYING IT SAFE ONLINE**
This 24-minute DVD is designed to help educators work with their students on many of the social issues that occur during Internet use, from "flamers" to harassment, from bullies to predators. The program raises these issues in a teen-friendly format, providing sound advice about a whole new world where teens can have fun, do research, play games and learn, with little fear of harm because they know the risks and know how to protect themselves.
- 35.0102/6382 07 **CYBER SECURITY**
This 21-minute DVD program cautions students about potential hazards to their computers - not to mention their careers, finances and futures - that exist online.
- 35.0102/6312 07 **TEENS AND ETHICS**
This 24-minute video and DVD plus curriculum, features real students discussing some of the choices they've made, what the consequences were, how it made them feel and how it affected their lives. An expert offers useful insights to help students understand what it means to be ethical, why it's

- important and how teens can become the people they want to be and in doing so, find self-respect as well. Grades 7-12.
- 35.0102/7074 06 **THE POWER TRIP: BULLYING IN SCHOOL**
This 20-minute DVD is designed to help middle and elementary school students understand the different types of bullying and learn ways to successfully deal with many sorts of bullies. The program encourages young people to look at their interactions with their peers to avoid becoming bullies themselves and ways to stop others from bullying.
- 35.0102/6316 06 **CYBERBULLIES**
This 19-minute DVD uses dramatizations and question and answer sessions to prevent children and teenagers from being bullied by others when using chat rooms, blogs, and instant messaging. Describes possible responses to such abuse and explains the legal issues involving privacy and libel.
- 35.0102/7128 06 **ASLEEP AT THE WHEEL**
In this 15 minutes DVD, real life accident victims reiterate chilling stories of the repercussions of drowsy driving. A parent of a teen killed by a drowsy driver describes her successful efforts to pass a law, making it a felony to cause a fatal accident due to lack of sleep. It raises viewer awareness of warning signs and risk factors of drowsy driving and gives information to insure alertness and responsible, safe driving.
- 35.0102/6125 05 **TEENS AND SEX; WHAT YOU NEED TO KNOW**
This curriculum includes a 28 min. DVD along with a teacher's guide. It includes lessons on the basic facts about human reproduction, birth control, STIs, how to find information about sexuality, why the best choice for teens is abstinence, the fact that everyone (their peers) is not having sex, how drug and alcohol use put teens at higher risk for unwanted sex, STIs and pregnancy and why it's a good idea to talk with their parents/guardians about sexuality.
- 35.0102/6178 03 **SEX SMART FOR TEENS**
This award-winning DVD is 88 minutes. It is divided into 3 sections: Abstinence, Birth Control, and Sexually Transmitted Infections. This series presents the truth in a contemporary style that is engaging, humorous and honest. It encourages healthy decision-making and emphasizes the importance of communication between teens and a parent or trusted adult. It can be viewed using a DVD player or computer DVD-ROM drive.
- 35.0102/6299 03 **THE ABCS OF EMOTIONAL INTELLIGENCE**
This 30-minute DVD is an introductory program to the Life Steps series. It outlines the key elements of emotional intelligence--Assets, Balance and Character--as students discover they have the power to bounce back, balance emotional and academic demands and make choices. Includes a Leader's Guide.
- 35.0102/6300 03 **KNOWING WHO YOU ARE**
This 30-minute DVD helps teens think about their behavior, learn from experience, develop a realistic sense of their strengths and weaknesses, and understand and express their emotions. Includes a Leader's Guide.
- 35.0102/6301 03 **TAKING CHARGE**
This 30-minute DVD focuses on the emotional side of responsibility as students explore the key elements of self-control; coping with stress, avoiding impulsive behavior, delaying gratification and managing anger. Includes a Leader's guide.
- 35.0102/6302 03 **BOUNCING BACK**
In this 30-minute DVD teens learn essential resiliency skills; developing realistic expectations, identifying obstacles, persisting and maintaining a sense of self-worth and optimism. Issues such as depression and suicidal thoughts are discussed. Includes a Leader's Guide.
- 35.0102/6303 03 **EMPATHY, CARING AND COMPASSION**

- This 30-minute DVD explores the skills that build empathy, the importance of compassion, and the moral imperative to help others in need, particularly the victims of bullying. Shows how labeling, prejudice and cynicism impede relationships. Includes a Leader's Guide.
- 35.0102/6304 03 CREATIVE PROBLEM SOLVING
This 30-minute DVD presents an 8-step problem-solving approach. Includes: naming the problem, brainstorming, evaluating options and choosing the best solution. Teaching skills of cause-and-effect thinking and benefits of positive problem-solving attitudes. Included a Leader's guide.
- 35.0102/6305 03 GETTING ALONG WITH OTHERS
In this 30-minute DVD teens discover ways to assert themselves, express complaints, handle misunderstandings and block rumors. They learn specific social skills and how to apply these skills to cooperative-learning groups and student-led activities. Includes a Leader's Guide.
- 35.0102/6306 03 BUILDING CHARACTER
This 30-minute DVD includes a Leader's Guide. As teens grapple with the common problem of friends who make bad choices about substance abuse, viewers learn that character means recognizing the need to make a change and having the will power to stick to tough choices.
- 35.0102/6307 03 RESPECT
This 30-minute DVD explores respect as a fundamental social value that allows us to resolve conflict, prevent violence and bridge cultural differences. Students learn that empathy and respect are the basis of healthy, successful relationships. Includes a Leader's Guide.
- 35.0102/6308 03 RESPONSIBILITY
This 30-minute DVD explores sexual responsibility, dependability and trustworthiness, as teens are taught to ask themselves the guiding question: "What is the most important thing I need to be doing right now?" Includes a Leader's Guide.
- 35.0102/6309 03 DEVELOPING HEALTHY RELATIONSHIPS
In this 30-minute DVD, teens learn to build their own support system, recognize true friends and develop positive refusal skills. Emphasizes importance of trust and caring in successful relationships and the critical skill of negotiating with parents. Includes a Leader's guide.
- 35.0102/6310 03 DOING YOUR BEST
This 30-minute DVD explores the intellectual and emotional skills essential to success: coping with anxiety, setting goals, identifying obstacles, maintaining self-esteem, and identifying personal resources. Includes a Leader's guide.
- 35.0102/4731 95 VALUING DIVERSITY
A 19-minute DVD which illustrates ways of communicating with people who speak with an accent, people of different cultures, and people with disabilities. It also demonstrates how we use stereotypes to make quick judgements that doom real communication.

35.0103

BUSINESS AND SOCIAL SKILLS

- 35.0103/7125 15 5 MINUTE ACTIVITIES: COMMUNICATIONS
This book of activities includes topics: Family and Friends, College and Career, Nonverbal Communication, Communication Styles, and Written Communication.
- 35.0103/7126 15 MANNERS BOOT CAMP

- This 18-minute DVD helps viewers get their etiquette in shape for the professional world of work. Topics covered are: Why are manners important? Job interview etiquette, Business phone etiquette, and Email basics.
- 35.0103/7133 15 **TEXTING AND DRIVING: THE DEADLIST DISTRACTION**
This 17-minute DVD clearly explains the dangers, presents the facts and stats, and teaches teens to put the brakes on texting and driving.
- 35.0103/6971 14 **DRIVING STUPID**
This 19-minute DVD dramatizes that most teens overestimate their driving skills and underestimate the risks involved in texting while driving, driving drowsy and driving under the influence. True to life stories accentuate these very real dangers.
- 35.0103/7040 13 **LANGUAGE ARTS ACTIVITIES**
This teacher and student CD-ROM includes 123 full-color activities, linked to Common Core standards, for student use. Activities address punctuation, capitalization, parts of speech, choosing the correct word, sentence structure, and writing (both fiction/creative and nonfiction research).
- 35.0103/7029 12 **TELEPHONE CUSTOMER SERVICE**
This 18-minute DVD covers topics in telephone customer service: Problems with telephone transaction; Customer service by telephone --Customer service: phone techniques -- How to use technology correctly -- Customer service: how to handle conflict.
- 35.0103/7030 12 **ONLINE CUSTOMER SERVICE**
This 21-minute DVD presents the best ways to assist online customers. Topics include the basic parameter, functions, and fine points of live chat: the ways in which social media platforms can play a role in effective customer service; the importance of e-mail etiquette; and the methods by which a service representative should deal with online behavior that becomes upsetting or offensive.
- 35.0103/7031 12 **PERSON-TO-PERSON CUSTOMER SERVICE**
This 21-minute DVD covers an introduction to customer service, the importance of first impressions, being professional, dealing with customers, and what to do if conflict arises.
- 35.0103/6915 12 **HANG UP AND DRIVE**
In this 19-minute DVD Jacy Good recalls the car crash that killed her parents and left her with brain injury as a result of another driver using his cell phone. Raises awareness about the dangers of distracted driving.
- 35.0103/6936 12 **COURTESY & RESPECT; GIVE & TAKE**
This 21-minute DVD shows students why courtesy and respect really matter to their lives. The program introduces students to key concepts in the context of entertaining scenarios that viewers can consider, judge, role play, and reflect on. The consequences of alternative behaviors are discussed and viewers are given an opportunity to engage in the best means of learning behavior--practice!
- 35.0103/6937 13 **CLOTHES AT WORK; DECODING OFFICE DRESS CODES**
This 17-minute DVD teaches about the four levels of business dress, tips on accessories and grooming, and how to build an affordable wardrobe. An educator's resource guide is available online.
- 35.0103/6896 13 **WHEN PRESENTATION COUNTS; GROOMING, DRESSING & BODY LANGUAGE**
This 32-minute DVD provides tips on grooming techniques and basic styles of dress. It also shows how verbal and non-verbal communication, body language, and posture can impair or enhance your overall image.
- 35.0103/6895 12 **TRANSFERABLE SKILLS: WHAT THEY ARE AND HOW YOU GET THEM**
This 5-part series includes 5 DVDs, 15-20 minutes each, which will help the viewer identify transferable skills, which ones the viewer currently possesses,

- and how to feature oneself as a strong candidate for getting that job now and in the future. Viewers learn from workers and the people that do the hiring at IBM, UC Berkeley, US Navy SEALs, and other organizations what skills they are looking for when hiring. Then it helps viewers see if they have acquired these skills and how they could develop them further.
- 35.0103/6842 12 **PROFESSIONAL IMAGE; PROFESSIONALISM 101**
 This 25-minute DVD guides viewers through a breakdown of just what constitutes career-appropriate demeanor. With an emphasis on having a good attitude, the video discusses handling mistakes, determining dress codes, staying abreast of industry trends, workspace appearance, and even kitchen etiquette. A list of specific -and learnable - leadership qualities is provided, while a group of young professional's recounts anecdotes of workplace successes and mistakes throughout. A viewable/printable instructor's guide is available online.
- 35.0103/6843 12 **BUSINESS ETIQUETTE; PROFESSIONALISM 101**
 In this 29-minute DVD both business experts and a focus group of young professionals advise viewers on the proper way to conduct themselves in different types of work-related situations. Among the many topics covered are nonverbal communication and "personal space," handling dissatisfied callers, when and how to interrupt a busy colleague, composing professional emails, asking for a raise, and managing time effectively, the focus group also offers tips and anecdotes on what not to do at work. A viewable/printable instructor's guide is available online.
- 35.0103/6834 12 **WORKPLACE COMMUNICATION SKILLS**
 In this 50 min DVD, viewers learn what communication skills are and their importance on the job. Viewers also learn how to communicate successfully with a variety of individuals, including their supervisors, coworkers, and customers, and in a variety of ways. Key communication skills covered include verbal, listening, nonverbal, and written. Viewers also gain insight into using communication tools such as e-mail, text messaging, voicemail, cell phones, video conferencing, and online sites. This program shows scenarios in different work environments of good and bad communication skills in action and includes expert interviews on workplace communication.
- 35.0103/6837 12 **WORDS, CAMERA, ACTION! HOW BODY LANGUAGE, TONE & WORDS AFFECT COMMUNICATION**
 In this 24-minute DVD viewers watch a local acting troupe work through their assigned scenes and learn how communication skills can change the meaning and perception. Learn the importance of body language, tone, and words, whether playing a character on stage, making new friends at school, or trying to get ahead in the workplace. Each of these skills are targeted and discussed in an entertaining scene created by an actor. Includes instructor's guide.
- 35.0103/6743 11 **CONFLICT RESOLUTION**
 This 26-minute DVD features candid discussions with students who have had personal experiences with racism, sexual discrimination, destructive family patterns and other conflicts. Viewers can learn some techniques to reduce the conflicts in their environment. It helps viewers learn how to deal with difficult decisions and uncomfortable situations to help ease the stress accompanying them.
- 35.0103/6726 11 **CUSTOMER SERVICE BASICS; SERVICE WITH A SMILE**
 This 22-minute DVD is done in the style of "The Office" television program. In a humorous setting viewers learn 3 main steps to good customer service including: listening to the customer, anticipating needs, and admitting mistakes. Grade 9-Adult.
- 35.0103/6822 10 **DEADLY DRIVING DISTRACTIONS; TEXTING, CELL PHONES AND OTHER KILLERS**

- "According to insurance statistics, distracted drivers are responsible for almost 80 percent of all car crashes and 65 percent of near-collisions in the US. In this 20-minute DVD celebrity psychology researcher David Strayer, a driving instructor, and other experts underscore the hazards of driving while texting, while talking on a cell or using an MP3 player, while eating, and while drunk--clinically speaking, a cognitive form of driving distraction --as they advise on safe driving techniques. In addition, young adults add extra credibility to the "eyes on the road, hands on the wheel" message by expressing concern about their own distracted driving behaviors. The program concludes with the story of a young man who died behind the wheel because he was texting. "yeah t" were his last words--the unsent message at the time of impact"--Meridian Website.
- 35.0103/6646 10 **SPEAKING ESSENTIALS**
This 25-minute DVD shows students ways to overcome public speaking paralysis and transform it into positive energy. These include preparation, starting with a strong opener, finding the right pace, using nonverbal communication, and more.
- 35.0103/6610 10 **SECRETS, LANDING AND KEEPING A JOB**
This 24-minute DVD explores transferable skills and why we need them. They are skills acquired throughout your life that can be used at any job. The video is filmed in a sitcom format, like "The Office." It explains important job transferable skills including communication skills, problem-solving skills, and teamwork in this entertaining and informative production.
- 35.0103/6526 09 **THE SEVEN COMPETENCY SKILLS FOR THE WORKPLACE**
This 21-minute DVD shows that research shows that success in any job depends mainly on mastering these seven skills; communication, negotiation, adaptability, problem solving, computer literacy, juggling multiple demands, and leadership. This program will show students how to recognize these skills within themselves and begin developing them for future job use.
- 35.0103/6488 08 **BODY LANGUAGE I; BEYOND WORDS**
This 24-minute video is an informative look into the fascinating world of nonverbal communication. It guides viewers through the land of space wars, tongue showing, mirrored postures, and the many layers that make up unspoken communication.
- 35.0103/6489 08 **BODY LANGUAGE II; READING PEOPLE**
This 24-minute DVD explores how we communicate through body movements, gestures and through our use of personal space.
- 35.0103/6347 08 **COMMUNICATING WITH TACT, CANDOR AND CREDIBILITY**
This 19-minute DVD program demonstrates how to use diplomacy to successfully communicate with co-workers, team members, and supervisors. Learn how to understand different conversational roles: the escape artist, the judge, the scientist, the beggar, the commander. Communicating with Tact, Candor and Credibility covers topics including: rephrasing: making "talking points" tactfully; what to say: the art of scripting; lightweight speech patterns; and jargon-filled corporate speak.
- 35.0103/6534 08 **FIRST IMPRESSIONS; WINNING OVER YOUR BOSS**
This 19-minute DVD explores the crucial skills every new employee should develop to become a valued part of the team. Topics include logistical issues like punctuality and planning the best route to work as well as proper dress, orientation and training, asking questions, active listening, and how to deal with difficult coworkers or supervisors. Real-world advice comes from James Masini, a young Australian business owner whose company specializes in helping entry-level workers.
- 35.0103/6392 08 **INTERPERSONAL COMMUNICATION WITH PEOPLE OF DIFFERENT AGES**

This 22-minute DVD explains that communication changes at different stages of development and teaches techniques for communicating with people of different ages. It reviews the basic elements of interpersonal communication; examines the communication abilities of infants, toddlers, children, adolescents, and adults; and teaches how to adjust one's communication style to communicate effectively with each age group.

- 35.0103/6612 07 **JUST SAY IT! EXPLORING THE FEAR OF PUBLIC SPEAKING**
 This 73-minute DVD follows a young filmmaker named Luke King as he confronts the fight-or-flight aspect of public speaking and tries to determine solutions for it. Meeting with participants in a prestigious youth speech competition, King learns about each speaker's preparation process—emotional, physical, and academic—and records their presentations. He also interviews a wide range of experts in motivational speaking, politics, and the performing arts, leading to historical, linguistic, and media-related insights.
- 35.0103/7079 06 **CONNECT THE DOTS: HOW SCHOOL SKILLS BECOME WORK SKILLS**
 This 16-minute DVD looks at a group of five basic school-to-work skills: personal self-management; creative thinking, computer literacy, communications, and reading, writing, arithmetic (basic literacy skills).
- 35.0103/7077 06 **THAT'S SO RUDE! 10 RULES OF COMMON COURTESY**
 This 18-minute DVD presents strategies to teach and reinforce civility and common courtesy in and out of school. Scenarios range from classroom behavior to cyberspace etiquette, use of cell phones, interrupting, wise-cracking, public behavior and language, courtesy to teachers, and respect for people and property. Shows middle school students how treating others with kindness and respect is a source of personal power and self-esteem, as well as the right thing to do.
- 35.0103/6271 07 **THE ART OF LISTENING**
 This 25-minute DVD uses family and workplace situations to teach good listening techniques. Illustrates the surprising value of silence, the need to find something of interest in the person speaking, and the importance of staying out of the speaker's way. Emphasizes the role of body language in listening, and the need to "listen between the words" for feelings. Shows how to improve communication through a series of eye-opening cross-cultural situations and teaches business etiquette by showing how to make and acknowledge introductions, the hidden message of the handshake, cubicle courtesy, and electronic etiquette.
- 35.0103/6275 07 **THE WORKING WORLD FOR YOUNG ADULTS; WORK ETHIC; A COMMITMENT TO WORK**
 In this 18-minute DVD for young adults, beginning wage earners learn the importance of a strong work ethic and how it relates to their success as they embark on their working careers. Real world location settings that highlight active young workers supported with expert commentaries help reinforce the concepts.
- 35.0103/6068 06 **MANNERS AT WORK; CORPORATE ETIQUETTE**
 This 20-minute DVD shows viewers how to make and acknowledge introductions, the hidden message of the handshake, cubicle courtesy and electronic etiquette.
- 35.0103/6360 06 **SPEED KILLS: PREVENTING TEEN DRIVING FATALITIES**
 This 16-minute DVD places an emphasis on limiting reckless and careless driving behaviors such as speeding and helps young drivers recognize and avoid these behaviors in themselves and in others. It focuses on real fatal car accidents involving high school students.

- 35.0103/6080 05 THE POWER OF CONFLICT RESOLUTION; STUDENT WORKSHOP, GRADES 5-9
This kit, which includes a 23-minute DVD and a resource guide with student handouts, shows middle school students that they have the power to resolve conflicts peaceably by learning about, and understanding their communication styles, developing specific conflict resolution skills, and avoiding communication blockers.
- 35.0103/5962 04 YOU'RE FIRED!
This 17-minute video combines real teens with employment experts who explain that what teens think is "acceptable behavior" is often not permissible in the workforce. The video explores issues such as tardiness, appearance, attitude, dishonesty, insubordination, substance abuse on the job, sloppiness, and unreliability. The take-home message is clear: no matter how capable you are, if you create problems for your boss and your co-workers, you will be fired.
- 35.0103/6027 04 ETHICS AT WORK; DOING THE RIGHT THING ON THE JOB
This 20-minute DVD explores the fine lines of business ethics. Questions like, is it okay to give your friends free food at the restaurant where you work or do you make appointments during work time, bring home supplies from the office? Extended lunches, computer hacking and sexual harassment are also discussed with employers, employees, and workplace professionals.
- 35.0103/5819 04 IT'S NOT WHAT YOU SAY: MASTERING BASIC COMMUNICATION
This 26-minute DVD explains winning strategies that show the difference word choice can make. Viewers learn what non-verbal communication is all about and understand the power of emotional tone.

37.0102

COPING SKILLS

- 37.0102/6546 09 LIVING WITH LOSS
"This curriculum, for grades 7 through 12, is built on the understanding that all humans naturally experience grief in response to loss, that all humans have some ungrieved loss, and that ungrieved significant loss can detract from the quality of people's lives, robbing them of energy. The program is designed to teach students that grief is a normal human reaction and that people need not be victims of their losses."--from preface.

37.0103

PERSONAL DECISIONMAKING

- 37.0103/6768 12 CHEATING; PRESSURES, CHOICES AND VALUES
This 18-minute DVD explores why young students may resort to cheating. It challenges viewers to consider their own values and integrity. Dramatic scenarios portray different types of cheating and after each scenario, a moderator asks viewers about the characters' choices, what the potential consequences are, and what values should be considered when making such choices.
- 37.0103/6692 11 GOAL SETTING; DISCOVERING YOUR GIFTS
This 20-minute DVD asks the questions, "Do you know what you want to do when you grow up? Do you know how to get there from here?" It walks viewers through the steps and strategies of goal setting, and shows how these steps can help accomplish their goal.

37.0199

PERSONAL AWARENESS, OTHER

- 37.0199/6908 12 STRESS; THE GOOD, THE BAD, AND THE HEALTHY

- In this 23-minute DVD teens talk about the situations that cause them to be too stressed and the resulting physical systems. Explains how to manage stress.
- 37.0199/6554 08 **TAKING CONTROL; STRATEGIES FOR COPING WITH STRESS**
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