

***HEALTH PROMOTION RESOURCE CENTER***

***2013-2014  
AUDIOVISUAL  
CATALOG***



**COUNTY OF BERGEN**  
**KATHLEEN A. DONOVAN, COUNTY EXECUTIVE**

**BOARD OF CHOSEN FREEHOLDERS**  
David L. Ganz, *Chairman* • Joan M. Voss *Vice Chairman*  
John A. Felice, *Chairman Pro Tempore*  
Maura DeNicola • John D. Mitchell • Steve Tanelli • Tracy Silna Zur

**Health Promotion Resource Center**  
Bergen County Department of Health Services  
4<sup>th</sup> Floor, One Bergen County Plaza • Hackensack, New Jersey 07601-7076  
[www.bergenhealth.org](http://www.bergenhealth.org) • (201) 634-2709  
[healthdept@co.bergen.nj.us](mailto:healthdept@co.bergen.nj.us)

## CONTENTS

<b>Welcome.....</b>	<b>3</b>
<b>Policies and Procedures.....</b>	<b>3</b>
<b>Who May Use the Center .....</b>	<b>3</b>
<b>Hours.....</b>	<b>3</b>
<b>Description of Audiovisuals .....</b>	<b>5</b>
<i>AIDS/HIV .....</i>	<i>5</i>
<i>Alcohol/Drugs.....</i>	<i>5</i>
<i>Asthma.....</i>	<i>7</i>
<i>Bicycle Safety.....</i>	<i>7</i>
<i>Cancer.....</i>	<i>7</i>
<i>Chronic Disease.....</i>	<i>8</i>
<i>Communicable Disease.....</i>	<i>9</i>
<i>Dental.....</i>	<i>9</i>
<i>Diabetes .....</i>	<i>10</i>
<i>Environmental.....</i>	<i>10</i>
<i>Fire Safety/Burn Prevention .....</i>	<i>11</i>
<i>Food Allergies.....</i>	<i>12</i>
<i>Handwashing/Disease Prevention.....</i>	<i>12</i>
<i>Injury Control .....</i>	<i>13</i>
<i>Lead Poisoning .....</i>	<i>14</i>
<i>Lice.....</i>	<i>14</i>
<i>Life Cycle .....</i>	<i>14</i>
<i>Lyme Disease .....</i>	<i>15</i>
<i>Miscellaneous .....</i>	<i>15</i>
<i>Nutrition.....</i>	<i>15</i>
<i>Physical Fitness .....</i>	<i>17</i>
<i>Puberty/Hygiene .....</i>	<i>18</i>
<i>Rabies.....</i>	<i>19</i>
<i>Self-esteem .....</i>	<i>19</i>
<i>Smoking.....</i>	<i>20</i>
<i>Stress.....</i>	<i>22</i>
<i>Sun Safety/Skin Cancer.....</i>	<i>22</i>
<b>DVD/CD Titles .....</b>	<b>23</b>



## **Welcome**

The Health Promotion Resource Center, established in 1998, supports health education activities among employees and residents of communities that contract with the Bergen County Department of Health Services for health promotion. The Center offers materials such as audiovisuals and educational materials on a wide range of health issues.

## **Policies and Procedures**

You may request materials by phone at 201-634-2709 or email [mdoremus@co.bergen.nj.us](mailto:mdoremus@co.bergen.nj.us). School personnel may call to arrange for videos to be dropped off or picked up from a school address. For other options, contact the Center at 201-634-2709.

Patrons may borrow up to two videos at one time for a period of 10 business days. A \$50 check or voucher is required as a deposit for each video borrowed, unless the borrower is an employee of a local health department or a school. The check or voucher will be returned when the video is returned.

## **Who May Use the Center**

Teachers, youth group leaders, program chairs of community groups and other residents of contracting towns interested in providing updated and accurate health information to their groups are invited to use the center. Call 201-634-2709 to confirm that your town has made the Resource Center available to residents. As of September 2013, these towns are Allendale, Alpine, Cliffside Park, Cresskill, Demarest, Dumont, East Rutherford, Edgewater, Fairview, Franklin Lakes, Glen Rock, Harrington Park, Haworth, Little Ferry, Lodi, Lyndhurst, Maywood, Moonachie, North Arlington, Norwood, Oakland, Oradell, Park Ridge, River Vale, Rochelle Park, Rockleigh, Rutherford, Saddle Brook, Teterboro, Woodcliff Lake, and Wood-Ridge.

Resources are also available to Bergen County employees, including school nurses employed under contract with the Bergen County Department of Health Services.

## **Hours**

Services of the Center are available weekdays from 9 a.m. - 4:30 p.m. The Center is closed on legal holidays.



## Description of Audiovisuals

### AIDS/HIV

#### ***In Our Own Words: Teens and AIDS***

**AV A25**

Profiles five young people who contracted HIV as teenagers through unprotected sexual intercourse. An introduction to HIV and AIDS is recommended prior to viewing the video.

Grades 9 - 12

1995

20 min.

VHS

#### ***HIV AND AIDS: Staying Safe***

**AV A27**

Explains how HIV affects the immune system. Emphasizes the ways that people can NOT contract HIV as well as ways that they can. Helps children realize that they are ultimately responsible for their own health.

Grades 4 - 6

2001

15 min.

VHS

#### ***Understanding HIV and AIDS***

**AV DVD A01**

"What's the difference between HIV and AIDS? How do you get it? Is there a cure for HIV?"

This program arms students with the facts about biology of the HIV virus plus means of infection, treatment and protection. Sends a clear message that abstinence is the only 100% effective option for avoiding the transmission of the HIV virus. Includes a dialogue with middle school students and two HIV positive young people on the impact on their lives.

Grades 5-9

2006

20 min.

DVD

#### ***AIDS: Facts for Kids***

**AV DVD A02**

Gives a straightforward message for younger students: "Protecting yourself from HIV and AIDS is your own responsibility." Beginning with the basics, students learn about HIV and how it disables the immune system. Students learn that HIV is transmitted in two ways: by having sex with an infected person or by allowing infected blood to get mixed with your own. Offers straightforward advice: don't have sex; don't use illegal drugs; and guard against any activity that might result in the mixing of blood.

Grades 4-6

Updated 2009.

9 min. 15 sec.

DVD

### Alcohol/Drugs

#### ***Brandon Tells His Story***

**AV AL19**

Powerful. Brandon was an athlete who had a few beers. He lived through a car accident that left him in a coma for over 2 months and in rehab for 2 year. He was left with slurred speech, an unsteady walk and a permanently impaired memory.

Grades 9-12

1995

28 min.

VHS

#### ***Chug. Too Much of Anything is No Good***

**AV AL09**

The Chug is a creature that helps children learn that too much of anything can be harmful. The video explains what alcohol is, how it affects the body and behavior. Relates drunken driving to alcohol and the need for street safety.

Grades K - 2

10 min.

VHS

<b><i>Date Rape Drugs: What You Need to Know</i></b>			<b>AV D17</b>
Both teen and adult victims of drug-facilitated rape discuss how easily this crime can be accomplished and the importance of self-protection. Includes information on ecstasy, GHB, rohypnol and ketamine. Practical tips provide ways to decrease risks.			
Grades 9 - adults	2001	22 min.	VHS
<b><i>Growing Up Isn't Easy</i></b>			<b>AV AL15</b>
Helps students recognize what they can and can't change. Encourages them to be responsible for their own decisions, but not to accept blame for what others do. Relates this to alcoholism in the family and to decisions concerning alcohol consumption.			
Grades 5 - 8	1992	12 min.	VHS
<b><i>Hana's Year</i></b>			<b>AV D08</b>
Demonstrates the importance of resisting peer pressure and taking responsibility for ones own actions.			
Grades K and up	1994	14 min.	VHS
<b><i>Make the Right Choice</i></b>			<b>AV DVD D01</b>
The hazards of using anabolic steroids are dramatically depicted using a variety of interviews and stories regarding steroid use including interviews with retired Indianapolis Colts head coach Tony Dungy and then Kansas City Chiefs quarterback Trent Green. The DVD contains 2 10-min. videos. The first is directed toward coaches and students; the second toward parents.			
Teens, coaches, parents	2005	10 min.	DVD
<b><i>Michael's Journey</i></b>			<b>AV AL15</b>
Follows two African-American boys who exemplify different coping styles of children of alcoholics. Designed to help children discover less destructive coping strategies.			
Grades 5 - 8	1992	30 min.	VHS
<b><i>My Way Sally: Learn to be a Leader</i></b>			<b>AV D11</b>
Illustrates key problem solving and critical thinking skills to help youngsters understand how they can use leadership positions to make a positive difference.			
Grades K-2	1994	19 min.	VHS
<b><i>Painfully Obvious</i></b>			<b>AV CD D01</b>
The CD includes a guide for a program on prevention of prescription drug abuse. Pages in the guide can be viewed "full screen" for a presentation. Information pages are included for students, parents and leaders. Evaluation forms are also included. The supporting website offers psa's, as well as desktop images and icons.			
Grades 9 - Young Adults			CD
<b><i>What's Wrong with Beer?</i></b>			<b>AV AL07</b>
Emphasizes that beer is a drug and can be as harmful as other types of alcohol. Explains why the effect on teenagers can be especially serious. Fosters development of a responsible attitude.			
Grades 7-9	1991	25 min.	VHS

### ***Yoo Hoo***

**AV D04**

Yoo Hoo is a puppy who has to learn how to keep out of trouble by learning about things that could be harmful. Emphasis is on drugs and alcohol, but other health aspects such as diet and rest are included. Demonstrates refusal skills.

Grades 1 - 3

1988

14 min.

VHS

### **Asthma**

#### ***Quest for the Code***

**AV CD MCH1**

Students learn about asthma and key asthma management concepts. In this action game, they must attempt to stop the asthma villains as they learn the information they need to win.

Resources for parents are available on the CD. Both a Spanish and an English version are included.

Ages 7 - 15 years

2002

CD

#### ***A is for Asthma***

**AV MCH48**

Elmo and Rosito's new friend, Dani, sometimes has trouble breathing. Discusses triggers and the importance of taking prescribed medication. Includes a 3 step action plan to follow if a friend coughs or sheezes. Both English and Spanish are included on the tape. Video is online at [www.sesameworkshop.org](http://www.sesameworkshop.org).

Pre-K - 1

2000

15 min.

VHS

### **Bicycle Safety**

#### ***Be Head Smart: It's Time to Start***

**AV IC27**

Stresses the importance of wearing a helmet when bicycling and following safe practice.

Grade 7 - adult

18 min.

VHS

#### ***Bicycle Safety Camp***

**AV IC12**

Five kids at bike safety camp must demonstrate rules of safe biking to pass the course. Covers helmets, bike maintenance and selecting bikes as well as safety. Much of the music is rap. Triaminic does have a brief commercial at the beginning and at the end.

Grades K - 4

1989

25 min.

VHS

#### ***I'm Safe! On Wheels***

**AV DVD IC01**

Ride along with Kip and Kayla as they learn how to be safe on their bikes, skateboards, scooters, and all types of wheels! This video covers: Why, when and how to wear helmets; how children can check their bikes; how to be a smart bike rider; and how to stay in sight.

Ages 3-8

2003

10min.

DVD

### **Cancer**

#### ***A Man's Guide to Testicular Care***

**AV MCH19**

Stresses the importance of regular testicular exams, especially for young men. Discusses contributing factors. Rates of successful treatment are high for early diagnosis.

Grades 9 - Adults

1989

15 min.

VHS



***Stroke: What Every Person Should Know***

**AV MCH14**

Lists warning signs and risk factors. Emphasizes the importance of reducing risk, early detection and emergency treatment. Presents recovered patients and discusses the difficulty in recovery. Current website is <[www.americanheart.org](http://www.americanheart.org)>.

Adults, Seniors

1996

18 min.

VHS

***Stroke: When Minutes Matter***

**AV MCH39**

The importance of calling 911 immediately is stressed. The signs of stroke are described: sudden numbness or weakness of the face, arm or leg; sudden confusion, trouble speaking; sudden blurred or double vision; sudden trouble walking, loss of balance; and sudden severe headache with no known cause. To be effective, treatment must start as soon as possible.

Adults and senior adults

2001

8 minutes

VHS

**Communicable Disease**

***Neato Mosquito***

**AV CD MCO1**

Five lessons are designed to be viewed in order, including information on the life cycle of mosquitoes, their relationship to disease and specific information on LaCrosse encephalitis. The CD also includes a curriculum guide with a vocabulary list, math problems, fun facts, crossword puzzles, a description of the slides and color images.

Grade 4

2000

CD

***Respect Yourself. Protect Yourself.***

**AV MCO22**

Teens talk to teens about the liver, its functions and how to protect it from damage. Emphasizes that the liver is a non-complaining organ, one that does not give warning signs. Four steps for protection are: get vaccinated for Hepatitis B; cover wounds; be careful with needles; and talk to an adult about safer sex. Also available for download or instant viewing at <http://www.hepatitisfoundation.org/index.html>.

Grades 6 - 12

1998

9 min.

VHS

**Dental**

***Adventures of Wiggly Tooth***

**AV ND03**

Children learn the importance of taking care of baby and permanent teeth, oral hygiene, healthy snacks and of trips to the dentist. Cartoon characters are mixed with real children representing a variety of ethnicities.

Grades K - 1

1991

12 minutes.

VHS

***Brushing with Dudley & DeeDee***

**AV ND11**

Dudley, a cartoon dinosaur, entertains his little sister DeeDee with magic tricks. He shows her how to brush her teeth properly. Other topics include dental floss, plaque, the importance of good teeth, eating a healthy diet and visiting the dentist.

PreK

1994

6 min.

VHS



***Keeping the Lid on Air Pollution*****AV ME05**

A friendly computer helps Terry learn about air pollution. Topics include the history of air pollution, types of air pollutants, how pollution affects the lives of Terry and his friends and several methods of Keeping the Lid on Air Pollution.

Grades 4 - 6

1990

20 min.

VHS

***Sam's Safety Star Award*****AV ME03**

Sam learns the risks of walking across the street, riding a bicycle, playing with hazardous substances and the importance of wearing a seat belt.

Grades 1-3

1988

15 min.

VHS

***The Inside Story on Air Pollution*****AV ME07**

A friendly computer helps Terry explore the importance of good quality indoor air, sources of air pollution, and actions the students can take to reduce indoor air problems. Same series as "Keeping the Lid on Air Pollution," AV ME5.

Grades 4-6

1991

19 min.

VHS

**Fire Safety/Burn Prevention*****Austin's Story: Messages from a Teenage Burn Survivor*****AV DVD IC02**

This brief video emphasizes the dangers of playing with gasoline and targets a teen and tween audience. Austin Bailiff is a teen who is severely burned after experimenting with fire and gasoline. Austin has endured months of surgeries, skin grafts and therapy and has missed out on playing football, wrestling and his 8th grade graduation. Warning: video contains images that might be disturbing to younger audiences. Can also be viewed on YouTube.

Grades 8-12

2008

5 min.

DVD

***Donald's Fire Survival Plan*****AV IC08**

Donald and his nephew explain fire survival techniques including exit drills in the home and stop drop and roll.

Grades 3-6

1990

11 min.

VHS

***SeeMore's Playhouse: Fire Safety*****AV DVD IC05**

SeeMore teaches the playhouse gang the importance of fire safety! The gang works together to create an escape plan in case of fire that includes 2 exits from every room and a place to meet outside. Tips include staying close to the floor, telling an adult, staying outside and more.

Grades K-2

2006

30 min.

DVD

***Smokey the Rapper: Fire Safety Video*****AV IC26**

Smokey teaches children how to protect themselves in a fire.

Grades 2-4

15 min.

VHS

***Sparky's Greatest Escapes*****AV IC43**

Three stories show fire escape plans for a single-family home, an apartment building and a high rise. All three develop a fire escape plan. Among the ideas emphasized are the need for two plans, practicing the plan, a meeting place and never returning to a burning building.

Ages 6-9

1999

14 min.

VHS

***The Smoke Detectives*****AV IC18**

The Smoke Detectives teach a friendly vampire the rules of fire safety. Topics include fire hazards, the importance of smoke detectors, EDIT (Exit Drills In The Home), and other fire safety skills.

Grades K - 6

1990

25 min.

VHS

**Food Allergies*****Alexander, the Elephant Who Couldn't Eat Peanuts*****AV DVD MCH03**

Alexander the Elephant can't eat peanuts because he's allergic to them. He talks to his mother about what it's like to feel different from his friends, to be teased by the other elephants and to be afraid of eating something he shouldn't eat.

Ages 2 to 7

2005

9 1/2 minutes

DVD

**Handwashing/Disease Prevention*****All Hands on Deck: True Confessions of a Filthy, Rotten, Disgusting GERM*****AV DVD MCO05**

A Benedict Arnold of the germ world, Xzzyxyz1391, comes clean by teaching the audience to "think like a germ" when it comes to handwashing. The reasons for handwashing are outlined and the proper technique is demonstrated along with suggestions for avoiding immediate recontamination before even leaving the restroom. The DVD offers 3 versions of the video (health care, food service and youth) in both English and Spanish. The visual, Sink a Germ, is also on the DVD.

Grades 2-5

2004

10 min.

DVD

***An Ounce of Prevention. Keeps the Germs Away.*****AV MCO15**

Explains how minor to acute diseases may be prevented by the following: washing hands, cleaning surfaces, handling food safely, getting immunized, etc.

Grade 11 - adult

1998

29 min.

VHS

***Hands Down on Germs*****AV MCO29**

Bobby's hand is having a nightmare! Dr. Hands-A-Lot brings his germ goggles to see the germs on Bobby's hands. Bobby learns when he needs to wash his hands and how.

Grades 2-4

10 min.

VHS

***Hands Together*****AV CD MCO3**

Scientists estimate that people are not washing their hands often or well enough and may transmit up to 80% of all infections by their hands. Germs are "highlighted" to show how easily they spread. The correct procedure for handwashing is demonstrated and when to handwash is discussed. The video may also be viewed online on the CDC's website. Designed to be played on a computer.

High school, adults, seniors

2008

3 1/2 minutes

CD





### ***Triggering Positive Health Choices***

**AV M55**

Includes 6 distinct programs, each of which could be used alone. Big Brother (5 min.) - a preteen is offered beer by her brother's friend. The Shack Club (6 min.) - a club's initiation is illegal and dangerous. Blind Date (6-1/2 min.) - a small party becomes 2 couples. Secrets (5-1/2 min.) - family problems interfere with school and a young girl has no one to trust. The Champ (6-1/2 min.) - training to become a champ forces personal choices. Smoke and Fire (6 min.) - the decision on whether to smoke is affected by peer pressure.

Young adolescents, 10-13 years 1991

VHS

### **Lyme Disease**

#### ***Lyme Disease: Facts for Kids***

**AV MCO16**

Luis from Sesame Street and muppets present two segments, Dr. Ticked-Off & His Tick Patrol for K-4 and WTIK: Do A Tick-Check for 5-8. Both are also included in Spanish. Includes preventing tick bites, tick removal and information about lyme disease.

Grades K - 8

1997

18 min. each

VHS

#### ***Lyme Disease: What You Should Know!***

**AV MCO21**

Provides information on ticks, transmission, diagnosis, symptoms, treatment, tick removal, personal protection, and property management. Gives a LOT of information. Supplemental material to summarize and reinforce the topic would be helpful.

Grades 11 - Adult

1997

25 min.

VHS

### **Miscellaneous**

#### ***The Story of Me***

**AV P04**

All the choices that we make determine our life stories. Pictures from a child's past illustrate choices. Four segments are included on one tape.

PreK - 1

1987

7 min.

VHS

### **Nutrition**

#### ***5 A Day Adventures***

**AV CD N03**

Includes 8 modules to teach the 5 A Day message in a fun manner.

Grades 3 - 5

2000

CD

#### ***A Crash Course on Calcium***

**AV N31**

A documentary format follows three teens as they report on teens, calcium and bone health. Discusses soft drink intakes, osteoporosis, and also stress fractures. Includes cameos from many sports figures. Does NOT address lactose intolerance.

Preteens

1998

22 min.

VHS

#### ***Fit for a King: The Smart Kid's Guide to Food and Fun.***

**AV N32**

The kids in story land learn to have a healthy lifestyle by eating a variety of foods of low fat content and by keeping moving. Emphasizes the importance of smart choices and links a healthy lifestyle to a healthy heart.

Grades 3 - 5

1997

9 min.

VHS



***Snack Smarts*****AV N44**

Ricardo and Lynette take a trip to the grocery store to find snacks for a school project. Viewers will learn how to choose foods and drinks that help them get enough water, fiber, calcium and other nutrients that contribute towards feeling, looking and smelling good.

Grades 6-12

2006

18 min.

VHS

***Super Size Me: A Film of Epic Portions*****AV DVD N04**

Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making American 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 Americans are now overweight. Spurlock's grueling diet spirals him into a metamorphosis that will make you think twice about picking up another Big Mac.

High School, Adults

110 min

DVD

***The Food Groupie Adventures*****AV N34**

The food groupies come to life to help youngsters learn to eat from all the food groups. For each group, other foods in the group and the functions of that group are highlighted.

PreK - Grade 1

1991

15 min.

VHS

***The New American Plate*****AV CD N02**

This CD includes a slide show presentation on nutrition, emphasizing the proportion of foods included on "the New American Plate" and portion size. A script is also included. Both documents are stored as pdf files. Instructions for viewing the slides in the "full screen" option are included.

Grades 9 - adults

CD

***The Real Scoop About Diet and Exercise*****AV N30**

Uses the Food Guide Pyramid as a guide for selection, emphasizing personal choice. Divides foods into "Anytime," "Sometimes," and "Seldom." Relates nutrition and physical fitness to a sense of well being as well as to chronic diseases.

Preteens

1994

13 min.

VHS

**Physical Fitness*****Getting Active with Jack the Apple*****AV P09**

Jack the Apple goes with a friend and his aunt as they learn that physical activity can be fun and has many health benefits. Activities develop both fine and gross motor skills. Suggestions that parents and children can do at home are also included.

PreK - K

1999

11 min.

VHS

***KIDNETIC.com Tap into the energy*****AV CD P01**

Healthy eating and active living games for kids. Four different interactive games. The games get kids moving and learning about nutrition and physical activity. The four games are Move Mixer, scavenger hunt, innerG, and Fitness Challenge.

9-12 years old

CD

***Ten Reasons to Get in Shape*****AV DVD P01**

Contains up-to-date information with an upbeat, engaging, kid-friendly format to teach young students the reasons why physical fitness is essential to a healthy lifestyle. Students understand that a physically strong and fit body feels good and is the foundation for a long, healthy, happy, more productive life.

Grades 3-6

2004

20 min.

DVD

**Puberty/Hygiene*****Amazing Changes Inside & Out: Puberty for Girls*****AV M51**

Topics covered include body changes, hygiene, acne, hormonal changes, sexual development, changing family roles, and developing respectful relationships with the opposite sex. Includes a segment on puberty for boys.

Grades 4 - 8

2001

22 min.

VHS

***Clean Kids*****AV P06**

The Clean Kids Club mobilizes to keep kids clean and safe from harmful germs. Topics covered include hand washing, bathing, dental hygiene, nail care and clean clothes.

K - 3

1999

15 min.

Video and DVD

***Clean Up Your Act*****AV P01**

A germ tells viewers about his life and family, including where they live and what they need to grow. Topics include kitchen sanitation, toothbrushing, laundry, showering, athlete's foot and more. The germ meets a tragic end.

Grades 1 - 4

15 min.

VHS

***Growing Up! For Boys*****AV DVD M03**

Eases the growing pains as boys try to cope with physical and psychological changes that are a normal part of growing up. A look at the basics of male anatomy and development encourages boys to take pride in their uniqueness while realizing that people are often reassuringly alike. Points to sources of reliable information during these sometimes difficult times, and fosters the self-esteem that comes with accepting new responsibilities.

Grades 4-6

Updated 2010

11:55 min.

DVD

***Growing Up! For Girls*****AV DVD M04**

Promotes self-confidence as girls face the challenges of change and growth. Clear, authoritative information about the female reproductive system, the emotional and physical transformations of puberty, and the importance of good health and hygiene is geared toward encouraging a positive body image and sense of personal worth. Takes a realistic look at the responsibilities of adulthood and promotes dialogue with trusted adults along the sometimes confusing path to maturity.

Grades 4-6

Updated 2010

14:34 min.

DVD

***My Wonderful Body Machine*****AV P04**

Speaks of the body as a well-orchestrated machine, introducing anatomy and the five senses. Stresses habits that promote health. Four segments are included on one tape.

PreK - 1

1987

7 min.

VHS

***The Adventures of Healthman*****AV P04**

Shows habits that make children grow up strong and healthy. Includes hygiene, exercise and diet. Emphasizes that habits are chosen, but that learning them can take time. Four segments are included on the same tape.

PreK - 1

1987

7 min.

VHS

***The New, Improved Me: Understanding Body Changes*****AV M49**

"Boy into Man" and "Girl into Woman" are discrete parts of this video. Students learn that puberty is a natural and normal occurrence. Demystifies this often puzzling and frightening process.

Grades 5 - 9

1991

25 min.

VHS

***We're Growing Up!*****AV DVD M02**

A co-educational program designed for both boys and girls. The narrators talk comfortably and matter-of-factly about human growth. They cover growth patterns (starting with a baby's rapid growth in the womb) and move quickly through childhood to adolescence. A review of male and female anatomy, sexual development and an emphasis on responsible choices will be points for classroom discussion.

Grades 4-7

Updated 2010

11:30 min.

DVD

***Whatsa Hygiene?*****AV DVD M01**

When members of the band are confronted with a health assignment, they don't know where to begin. "Whatsa hygiene?" asks puzzled Milt, the bass guitarist for the group. The band members decide to answer this question with a song, and in the course of this entertaining presentation, they compose the words and music that will inspire young viewers to stay clean and healthy. Topics explored include bathing, handwashing, care of teeth, hair, and nails, and the importance of clean, neat clothing.

Grades 4-6

1999

18:06 min. DVD and VHS

**Rabies*****Tommy and Jake*****AV ME09**

Discusses preventative aspects of rabies by showing a child (Tommy) taking a dog (Jake) to a veterinarian. Emphasizes both the need to get pets vaccinated and the need to stay away from all wild animals. Tells children to tell a parent or responsible adult immediately if they are bitten.

Grades 2-4

1990

15 min.

VHS

**Self-esteem*****Assets Happening Here*****AV D20**

Shows the everyday lives of three teens. Narration adds an explanation of assets and how they benefit teens. Helps teenagers identify which asset is being illustrated in the lives of the three young people. The stories represent a range of lifestyles.

Grades 7 - 12

1999

17 min.

VHS

**Clarissa** **AV D25**  
 Clarissa is just a plain brown cow--to herself and almost everybody else on the Larson farm. The story of how Clarissa rescues a troupe of prize animals and proves her own worth to herself and those around her is a blue-ribbon winner for every youngster who meets Clarissa and her tale.

Grades K - 2 1992 13 min. VHS

**Feeling Good About Myself** **AV P04**  
 Emphasizes learning from mistakes and accepting yourself for who you are. Relates good health to good self-esteem. Four segments are included on one tape.

PreK - 1 1987 7 min. VHS

**Kylie's Song** **AV D07**  
 Shows young people how important it is to develop their own individual capabilities, since it is the differences in people that make them so special. Based on the book of the same name, first published through the Girls Club of Santa Barbara.

Grades K - 2 1988 12 min. VHS

**Minou** **AV D09**  
 Minou, a Siamese cat, has never been alone and was glad for the security of the leash. When her owner dies, she has to learn to be independent and care for herself.

Grades K and up 1989 18 min. VHS

## **Smoking**

**Dusty the Dragon** **AV S18**  
 Children learn about the affects of smoking on health as an animated heart and lungs fight against villain Nicky Teen for Dusty's allegiance.

Grade 2 1990 11 min. VHS

**I Can't Breathe: A Smoker's Story** **AV S40**  
 Pam Laffin, a 31-year old mother of two young girls, dies from emphysema. In this program, Pam tells why she started smoking and what it was like to learn she had emphysema.

Students aged 11 - 14 2001 20 min. VHS

**McGruff's Kids Files: Tobacco** **AV DVD S02**  
 McGruff the Crime Dog and his teenage friend Jason utilize interviews with health experts and smokers to help students discover some "burning issues" about tobacco use. Information is presented on how cigarette advertisers target young people in their ads and the dangers of secondhand smoke. Be sure and remind students that the legal age for tobacco sale in New Jersey is 19, not 18.

Grades 4-8 2002 16 min. DVD



***Tobacco: Just Say No***

**AV DVD S01**

Teen narrators guide younger students through a lively question and answer format that delivers hard facts about tobacco: the drug nicotine addicts you, while the tar and other chemicals and toxins in cigarettes--arsenic, cadmium, formaldehyde, etc.--kill you.

Grades 5-9

2004

13 min.

DVD

***Women and Tobacco: Seven Deadly Myths***

**AV S33**

Presents serious health effects of smoking on women and discusses the myths that surround women and smoking. Some segments, such as the lung of a smoker, are graphic. Benefits of quitting are also described.

Grades 9 - Adult; Women

2001

17 min.

VHS

**Stress**

***Letting Go of Stress***

**AV P08**

Introduces 4 techniques to help the viewer take control of tension and regain serenity: stretching; deep breathing; acupuncture and self-massage; and progressive relaxation.

Grades 9 - Seniors

1998

26 min.

**Sun Safety/Skin Cancer**

***Get It Checked: Why and How To Do Skin Self Exams***

**AV MCH36**

Presents basic information about skin cancer, including types of skin cancer and risk factors. Describes sizes and shapes of types of moles. Procedures for a self-exam are demonstrated.

Grades 9 - Adults

2000

13 min.

VHS

***The Dark Side of the Sun***

**AV DVD MCH01**

Tells the story of college sophomore Millie who discovered a mole on her thigh. She underwent surgery, chemotherapy and radiation before her death at age twenty.

Middle and High School

2005

15 minutes

VHS

## DVD/CD Titles

### ***AIDS/HIV***

- AIDS: Facts for Kids .....DVD .....Grades 4-6.....pg. 5  
Understanding HIV and AIDS.....DVD.....Grades 5-9.....pg. 5

### ***Alcohol/Drugs***

- Make the Right Choice .....DVD  
Teens, coaches, parents .....pg. 6  
Painfully Obvious .....CD  
Grades 9 - Young Adults .....pg. 7

### ***Asthma***

- Quest for the Code .....CD .....Ages 7 - 15 years..... pg. 7

### ***Bicycle Safety***

- I'm Safe! On Wheels .....DVD .....Ages 3-8..... pg. 8

### ***Communicable Disease***

- Neato Mosquito.....CD .....Grade 4..... pg. 9

### ***Diabetes***

- Diabetes: Teens Fight Back .....DVD .....High school, adults . pg. 11

### ***Environmental***

- Keep Your Paws Off Mercury .....DVD .....Grades 9-12..... pg. 11

### ***Fire Safety/Burn Prevention***

- Austin's Story: A Teenage Burn Survivor ..... DVD .....Grades 8-12..... pg. 11  
SeeMore's Playhouse: Fire Safety.....DVD .....Grades K-2 ..... pg. 12

### ***Food Allergies***

- Alexander, the Elephant Who Couldn't Eat Peanuts  
Ages 2 to 7 .....DVD..... pg. 12

### ***Handwashing/Disease Prevention***

- All Hands on Deck: True Confessions of a Filthy, Rotten, Disgusting GERM  
DVD .....Grades 2-5..... pg. 12  
Hands Together.....CD  
High school, adults, seniors ..... pg. 13  
Handwashing Close Up.....DVD .....Grades 9 – adults..... pg.  
The Handwasher's Brigade Presents: How to Wash Your Hands!  
DVD .....Grades 1-4..... pg. 13  
The Trail of the Invisible Yuck .....DVD  
Late elementary - middle school..... pg. 13  
Wash Your Hands .....DVD .....pre K - Grade 1 ..... pg. 13  
Why Don't We Do It In Our Sleeves? .....DVD  
High school, Adults, Seniors ..... pg. 13

### ***Injury Control***

- I'm Safe! Walk with Me .....DVD .....Ages 4-8..... pg. 14  
Wild about Safety: Safety Smart in the Water!  
DVD .....Grades K-3 ..... pg. 14

**Life Cycle**

Too Young.....DVD.....Teens..... pg. 15

**Nutrition**

5 A Day Adventures .....CD.....Grades 3 – 5 ..... pg. 16

Janey Junkfood's Fresh Adventure .....DVD.....Grades K – 6 ..... pg. 16

Max's Magical Delivery: Fit for Kids.....DVD.....Ages 5-9..... pg. 17

My Pyramid Blast Off Game.....CD.....Elementary students pg. 17

MyPlate and You: Learning about Nutrition, Health and Exercise  
DVD.....Grades 3-6..... pg. 17

MYPlate: Dietary Guidelines for Elementary Students  
DVD.....Grades 1-6.....

Obesity: Not Me! .....Video and DVD .....Grades 3-5..... pg. 17

Portion Distortion .....DVD .....Grades 3-5..... pg. 17

Super Size Me.....DVD.....High School, Adults pg. 18

The New American Plate.....CD.....Grades 9 – adults .... pg. 28

**Physical Fitness**

KIDNETIC.com Tap into the energy .....CD.....9-12 years old ..... pg.

Ten Reasons to Get in Shape .....DVD.....Grades 3-6..... pg.

**Puberty/Hygiene**

Clean Kids .....Video and DVD .....K – 3 ..... pg. 19

Growing Up! For Boys .....DVD.....Grades 4-6..... pg. 19

Growing Up! For Girls .....DVD.....Grades 4-6..... pg. 19

We're Growing Up! .....DVD.....Grades 4-7..... pg. 20

Whatsa Hygiene?.....DVD and VHS.....Grades 4-6..... pg.20

**Smoking**

McGruff's Kids Files: Tobacco.....DVD.....Grades 4-8..... pg. 21

Smokeless Tobacco: Basic Facts .....DVD.....Grades 8-12..... pg. 22

Targeted! How Tobacco & Alcohol Companies Try to Get You Hooked  
DVD.....Grades 7-college ..... pg 22

Tobacco: Just Say No .....DVD.....Grades 5-9..... pg.23