

SOUTH HOLDINGS AS OF OCTOBER 2007

VIDEO TOPICS – HEALTH

Diversity and respect

Racial, Ethnic, Gender, Physical, Mental, Religious, Sexual, and other differences

VT 305.8 BAC

[Back to Jasper : A town meeting on racism and bias crime. \(checked out to PE faculty member\)](#)

In Jasper, Texas, the horrific slaying of James Byrd, Jr., started a dialogue that several years later is still going strong. In this program, ABC News anchor Ted Koppel moderates a town meeting of the citizens of Jasper. Speaking from the heart, the townsfolk give their views on the Byrd Killing while grappling with the the legacy of distrust between African-Americans and Caucasians that has undermined Jasper's progressive efforts toward racial unity. Clips from the documentary Two Towns of Jasper and interviews with its filmmakers are also included. A Co-production of ABC News and PBS's P.O.V. Series. 88 min.

VT 364.15 TWO

[Two Towns of Jasper and America's racial divide](#)

When filmmakers Whitney Dow and Marco Williams traveled to Jasper, Texas, to shoot their documentary Two Towns of Jasper, they had a plan: to use racially segregated film crews to help those interviewed feel at ease enough to open up about their perceptions of the brutal murder of James Byrd, Jr. In this ABC News program, Dow and Williams offer a troubling look at America's racial divide as it existed in a small town on one very terrible day not so long ago. Clips from their extraordinary documentary are included. 22 min.

DVD 323.3 OUT

[Out of the past the struggle for gay & lesbian rights in America](#)

Struggles and triumphs of Henry Gerber and stories of civil rights activist Bayard Rustin and others as told through the eyes a 17-year-old girl. Profiles her history making experience of forming a Gay Straight Alliance in a the public school. 70 min.

DVD 323.3 BEF

[Before Stonewall the making of a gay and lesbian community](#)

A social, political and cultural history of homosexuality in America from the 1920s to 1969. Traces the beginning of the Gay Liberation Movement after a police raid on Stonewall Inn, a gay bar in New York City, and the three-day riot that followed. 87 min.

DVD 791.43 LAR

[The Laramie project](#)

The people of Laramie, Wyo., recall and react to the 1998 murder of Matthew Shepherd. 96 min.

DVD 940.5318 PAP

[Paper clips](#)

Struggling to grasp the concept of 6 million Holocaust victims, the students at Whitwell Middle School in rural Tennessee decide to collect 6 million paper clips to better understand the extent of this crime against humanity. Because Norwegians invented the paper clip and used it as a symbol of solidarity against the Nazis, students started collecting them to help visualize such vast numbers of victims. As word spread online and in the media, paper clips

poured in from around the world, 11 million of which are enshrined in an authentic German railcar standing in the schoolyard. 84 min.

VT 305.8 APL

A place at the table struggles for equality in America

Using historical photos and archival and contemporary film footage, the story is told of our nation's struggle to ensure liberty and justice for all. This video is narrated entirely by young people who share stories of their families' experiences in the ongoing struggle -- from the survival of slavery and cultural genocide to the challenge of finding a place in today's pluralistic society.

VT 305.3 MEN

Men, women and the sex difference: boys and girls are different.

This program raises questions about the nature/nurture debate, and seeks to discover if many parents' gut instincts--and findings of many researchers and psychologists--about differences between little girls and boys have been right all along. This video speaks with parents who have tried to foster gender-neutral behavior in their children, and specialists who illustrate differences in male-female brain functions and hormones. 43 min.

VT 302.2 GEN

Gender & communication she talks, he talks.

This video explains why males and females have so much trouble communicating and suggests how men and women can communicate successfully in spite of these differences. 22 min.

VT 617.95 FAC

Face a portrait

This documentary, along with an outstanding guide entitled Appreciating Differences, helps students look at their own self-doubts, their own feeling of being imperfect or blemished. Comparing their feelings to those of the Inner Faces Players helps show more similarities in difference than we imagine. In teaching diversity--treat facial anomalies are just another difference--we can change the atmosphere from one of teasing and exclusion to one of empathy and inclusion. 28 min.

Stereotype, Prejudice, Discrimination, and Tolerance

DVD 305.8 MUL

Multicultural understanding.

Defines multiculturalism, explores the cultural diversity within the United States, and encourages students to become tolerant of people who are different from themselves and to avoid stereotyping people based on race or ethnicity. 27 min.

VT 303.3 TRU

The truth about hate. (checked out to PE faculty member)

Explores the origins of hate through the eyes of today's teenagers as they come face to face with their own racism, ethnic bigotry, religious hatred, and sexual discrimination. 32 min.

VT 323.1 CLA

A Class Divided (checked out to PE faculty member)

In 1970 Jane Elliott, a public school teacher in Iowa, divided her all-white third-graders into blue and brown-eyed groups for a lesson in discrimination. On successive days, each group was treated as inferior and subjected to discrimination. That experiment was the subject of an ABC News television documentary entitled: The eye of the storm. This program documents a

reunion of Elliott and her third-grade class, showing how her experimental curriculum on the evils of discrimination had a lasting effect on the lives of the students and how she has applied the exercise with adult groups such as Iowa prison system employees. 57 min.

VT 364.1 SHA

The shadow of hate

A historical overview of religious, ethnic, and racial intolerance in the United States, beginning with colonial times and continuing to the present day, and focusing on such atrocities as the 19th century massacre of Native Americans at Wounded Knee, the World War Two internment of Japanese-Americans, and the Leo Frank lynching in Georgia in 1913. 40 min.

VT 160 UNB

The Unbiased mind four obstacles to clear thinking

A guide to questioning some common but flawed thinking habits: stereotypes, problems with cause and effect, seeing only what we expect to see, and the invisible self. 22 min.

VT 305.8 HOW

How biased are you?

Explores the history and practice of racism through its extreme manifestations, such as slavery, the Holocaust, segregation, bias crimes, and racial profiling, as well as its more subtle demonstrations, such as the pernicious subconscious biases that can exert an influence on everyday behavior. Uses hidden cameras to show the different experiences of black and white persons in the same situations, such as shopping in a store. Examines the provocative bias-sensitivity test developed by Anthony Greenwald and Mahzarin Banaji, which looks for hidden, subconscious biases. Looks at prejudice in children of various ages. 45 min.

VT 364.1 FAC

Facing hate

Elie Wiesel helps probe the logic of hatred as expressed in books, religion, history and personal experience. When he is 15, his family perished in the Nazi death camp at Auschwitz. As he has struggled to understand hatred and its role in contemporary world affairs, he has become a prolific writer, a leader in the worldwide cause of human rights, and the winner of the 1986 Nobel Peace Prize. 58 min.

VT 973.931 9-1

9-11: Looking back ...Moving forward. (checked out to PE faculty member)

Facts about the September 11 events. About the dangers of stereotyping by religion or appearance--and how it undermines American principles. Common concerns such as safety and how their everyday lives might be affected in the future. 30 min.

Bullying and Cyber bullying

VT 302.3 END

End the silence: stop the bullying

It happens everyday in our schools: one teen deliberately excludes another, a teen humiliates a classmate for fun, or a more powerful student physically intimidates or hurts another. This program shows teens that they are not powerless in the face of bullying when they decide to join together and end the silence. 17 min.

Violence

DVD 363.3309 BOW

VT 363.3309 BOW

Bowling for Columbine.

The United States of America is notorious for its astronomical number of people killed by firearms for a developed nation without a civil war. With his signature sense of angry humour, activist filmmaker Michael Moore sets out to explore the roots of this bloodshed. 119 min.

VT 302.6 20T

Violence in the Media

This documentary, part of the 20th Century With Mike Wallace series from CBS News and the History Channel, takes a close look at how violence is depicted in television shows and in other forms of the media. Narrated by series host and CBS News correspondent Mike Wallace, this episode gives some history of violence in the media, from the days of the violent Westerns to the present-day violence of police and reality-based programming. Given the fact that violence has always been part of the media, Wallace poses the question of why, all of a sudden, there is an intense interest in protecting children from this realism. 50 min.

VT 303.06 PRI

Prime time violence.

Examines the relationship between TV violence and the rising homicide rate in the United States. 47 min.

VT 363.33 LIV

Live by the gun, die by the gun.

What does it mean to carry a gun? Teens who have made it part of their lives talk honestly about how, why, and the often devastating consequences. 30 min.

VT 371.58 SCH

School violence: answers from inside.

Social hierarchies, and conflicts between individuals and groups, are a bigger part of school life than ever before. 30 min.

VT 371.7 SCH

School shootings: America's tragedy.

The 1990s will be remembered in part as a time when America was confronted with an outbreak of adolescents killing families, friends, classmates, and themselves. This riveting program provides an in depth analysis of the causes and long-term effects of school shootings. 48 min.

Mental and Emotional Wellness

Stress

VT 157 LOO

Looking at abnormal behavior : The nature of stress.

Explores the practices and principles of psychological assessment, introducing the variety of professional who might be involved in the process and the tools they use, the biological, psychological, and socio-cultural approaches to understanding human behavior. 59 min.

Mental Health Disorders

VT 612.8 MIN

Mind games: brain functions.

While the human brain is an immensely powerful organ, it is also extremely fragile. Trauma, disease and mental illness can cause serious disability. Here we discover that new scanning techniques are providing new information on how the brain functions. As a result, scientists are developing new techniques for repairing the brain when it breaks down for some reason. 30 min.

VT 157 OUN

An ounce of prevention.

Observes several community-based projects that use unique combinations of strategies to lessen the effects of known psychological, socio-cultural, environmental, and biological risk factors in an attempt to avert the development of psychological disorders. 60 min.

Depression

VT 616.95 DEP

Depression :on the edge.

Depression: On the edge is co-hosted by Third eye Blind. It addresses teen angst-from normal "blues" to clinical depression to suicide--and shows how and where you can get help if you need it. 30 min.

VT 646.7 SUR

Surviving high school.

Follows a group of teenagers as they struggle to get through high school without falling prey to problems such as isolation, extreme dieting, and steroid use, depression, and suicidal thoughts. 59 min.

Anxiety Disorder, Panic attacks, Bipolar Disorder, Schizophrenia, and PTSD

VT 157 SCH

The schizophrenias : Organic mental disorders.

In documentary style, therapists, physicians, and researchers weave their commentary on causal factors, treatments and prognoses around the patients' own stories. 60 min.

VT 616.89 BAC

Back from madness: the struggle for sanity.

Follows four psychiatric patients for one to two years, from the time they arrive at Harvard's Massachusetts General Hospital. Contextualizes their present-day treatments with rare archival footage demonstrating how their conditions were treated in the past. On one level, the program examines what psychiatric treatment is like today at one of the world's most famous hospitals. Beyond this, the program is about the patients themselves, and the inner strength that is required of them as they search for some relief from the severe mental illness they are coping with schizophrenia, manic-depression, obsessive-compulsive disorder, and suicidal depression. 53 min.

VT 150 MIN 1-10

The brain: Alcohol addiction ; Treating drug addiction ; Mood disorders: mania and depression ; Mood disorders: hereditary factors ; Mood disorders: medication and talk therapy ; Treating depression: electroconvulsive therapy (ECT) ; The mind of the psychopath (checked out to SS faculty member each year for the year)

(5hr. 25 min. 4 set total w/ 10 volumes)

VT 157 ANX

The anxiety disorders : Psychological factors and physical illness.

This program draws on recent research studies in several disciplines that examine the influence of psychological factors and physical health. It focuses on psychological approaches used in the treatment of three medical problems: headaches, heart disease, and cancer. 60 min.

VT 616.85 TRE

Treating phobias: Desensitization, virtual reality exposure therapy, and EMDR.

In this program, the treatment of John's claustrophobia, Judith's fear of flying, and David's fear of heights--phobias described by the DSM-IV as Situational Type and Natural Environment Type--are documented. Groundbreaking applications of virtual reality, by Emory university's Barbara Rothbaum, and eye movement desensitization and reprocessing, by clinical psychologist Carl Nickeson, are profiled. The research of Jeffrey Gray, of the institute of Psychiatry (London), into blood flow in the brain during moments of stress, panic, and terror is also examined. 48 min.

Suicide

Cutting

Grief

DVD 155.9 TEE

Teens dealing with death

This film examines the grief process through interviews with teenagers who are struggling to cope with loss and features advice and comment from Dr. Elena Lister (clinical assistant professor of psychiatry at Cornell University Medical College and collaborating psychoanalyst at the Columbia Psychoanalytic Center).29 min.

Substance Abuse: Risk Analysis

Drug use, misuse, & abuse

DVD 362.74 TEE

Teen danger zone: teens at risk.

Combining hard-hitting personal stories with cold facts, the first six segments of this chaptered program report on some of the most common drugs currently being abused by teens: OxyContin, PMA, Special K (ketamine), the methamphetamine Ice, inhalants, and, in the form of binge drinking, alcohol. The final segment focuses on hazing, a frequently outlawed form of initiation that, like substance abuse, speaks directly to the teenage desire to fit in with peers--sometimes at any cost. 47 min.

VT 157 PER

5. Personality Disorders 6. Substance Abuse Disorders (The World of Abnormal Psychology)

Focuses on alcohol, cocaine, and nicotine addiction. It considers the effects of substance abuse on the individual and society and examines causal factors and treatment approaches. 60 min.

VT 362.29 MAK

Making choices: drugs profiles of addictional recovery

In this program, 17 year olds Shannon and Jay discuss the factors that sent them spiraling into drug addiction and their subsequent attempts to recover. Dramatizations of interviews with their parents, teachers, and friends, along with reenactments of upsetting family incidents, reveal financial and abuse issues at home and an unwillingness to confront the changes in the addicts' behaviors and personalities. What Shannon and Jay had in common

was that eventually even the strongest drugs could no longer bring a feeling of relief from their problems. 24 min.

VT 613.8 DRU

Drug abuse :altered states.

This dangerous reality of drug use is just one of many taken on in "Drug Abuse" Altered States". This special gives you the hard facts on how drugs affect the mind and body, breaks down common myths and misconceptions about substance abuse, and features teens speaking candidly about the lasting -- and sometimes tragic -- consequences drug use has had on their lives. 30 min.

Addiction

See VT 157 PER 5. Personality Disorders 6. Substance Abuse Disorders above

See VT 362.29 MAK Making choices: drugs profiles of addictional recovery above

See VT 150 MIN 1-10 The brain: Alcohol addiction : Treating drug addiction above **(checked out to SS faculty member each year for the year)**

Tobacco

See VT 157 PER 5. Personality Disorders 6. Substance Abuse Disorders above

VT 362.29 SMO

Smoking: Truth or dare?

This 34-minute program may be used as ancillary support in family life and alcohol and drug education classes. Students' understanding of the risks of tobacco use is reinforced as they learn that smoking kills more people each year than AIDS, drug abuse, car accidents and murder-combined. Graphically demonstrate to tobacco-using teens what this deadly habit is doing to them. 34 min

VT 362.296 SMO

Smoking : the unfiltered truth.

Supermodel Tyra Banks joins In The Mix as we burn down common misconceptions and light up the hard truth about the physical effects of tobacco. 30 min.

VT 616.86 SEC

Secondhand smoke.

A light hearted approach to the health hazards posed by sidestream smoke that offers evidence that tobacco smoke is dangerous to the health of the nonsmokers, how their habit harms those around them, and encourages nonsmokers to defend their healthy lungs. 29 min.

Alcohol

See VT 157 PER 5. Personality Disorders 6. Substance Abuse Disorders above

See VT 150 MIN 1-10 The brain: Alcohol addiction ; Treating drug addiction above **(checked out to SS faculty member each year for the year)**

See DVD 362.74 TEE Teen danger zone: teens at risk. above

VT 362.292 ALC

Alcohol :What you don't know.

A physician consultant lays down the facts about what you drink, how quickly it will hit you, and debunks popular myths about how to "sober up." 30 min.

DVD 613.81 BIN

Binge drinking blowout: educating teens about drinking

Talks with young people have experienced binge drinking and looks at some of the consequences of drinking excessively. 28 min.

VT 306.7 EMO

Emotional choices: Not just a body.

In "Emotional Choices: Not just a body" an insightful group of teens examine the emotional impact of becoming sexually active, and of behaviors such as use of alcohol, which can put teens at risk. 19 min.

VT 362.292 TRU

The truth about drinking

In this program, teens who are current drinkers see first hand what the future may hold for them if they continue to drink. They experience the potential consequences of alcohol use from every perspective, including: how drinking impairs a person's coordination, vision, and reaction time; how the brain and other organs suffer lasting damage from alcohol use; how a drunk person really drives; and how drinking can lead to spending months in a rehabilitation center. 30 min.

Current Drug Trends (Including: Marijuana, Narcotics, Club Drugs, Prescription Medication, Stimulants, Depressants, Inhalants, Heroin)

VT 362.29 TRU

The truth about hallucinogens.

Hallucinogens are making a comeback among today's young people. Viewers learn the dangers of illicit drugs like LSD, Ecstasy (MDMA), PCP (angel dust), peyote, Mescaline, and mushrooms. 18 min.

VT 364.15 CLU

Club drugs: the real deal.

While drug use among teenagers has leveled off in the last few years, a new and dangerous menace known as club drugs offers an even greater threat to today's teens. The names for these easy-to-come-by drugs include Ecstasy, GHB, methamphetamine, Rohypnol (the date rape drug), OxyContin and many others. The video provides teens with the latest up-to-date information on the dangers of these drugs (including death from overdose) as well as information on evaluating their choices at parties where adult supervision may be lacking. This program gives students a strong "no-use" message. 27 min.

DVD 362.29 HOO

Hooked: illegal drugs and how they got that way.

Describe basically the history of various drugs illegal in the United States. Talks about the cycles of social and legal acceptance and rejection of various drugs as their positive effects were recognized, used and overused. Describes the mechanisms by which drugs are made illegal to use in the United States. Contents: Disc 1. pt. 1. Marijuana: Assassin of youth ; pt. 2. Dope fiend's paradise [Opium, morphine and heroin] -- Disc 2. pt.1. Cocaine, the third scourge; pt.2. Ecstasy, LSD & the raves. 2 videodiscs 200 min.

See DVD 362.74 TEE Teen danger zone: teens at risk. above

Body Image and Physical Health

VT 155.2 SEL

Self-image :the fantasy, the reality.

What is "the perfect body," and why does everyone want it? In *The Mix* digs deep into the American obsession with body image, which is driving teens to diet, use steroids, develop dangerous eating disorders and create a lifelong cycle of low self-esteem. 30 min.

VT 155.2 TRU

The truth about body image.

Teens are faced with many pressures regarding body image, such as the muscle men and waifish women featured in ads and magazines. This program shows its teenage participants how popular ideas of "beauty" damage teens physically and psychologically. 21 min.

VT 306.4 BOD

Body image: let's get real.

This program, consisting mostly of personal, candid statements from teenagers, explores media glorification of arbitrary physical types, peer pressure and how these affect adolescent self-image. Discusses media stereotyping, eating disorders, self-esteem, balanced nutrition and sexuality. 48 min.

Weight loss or weight gain

VT 547.7 PRO

Protein: How cows and carrots become people.

Popular diets claim you should eat protein to lose weight. Fitness gurus push protein powders as a wonder drug. High protein for most people means muscles and high energy. What is the truth about protein? What is it, how much do you need, and what happens if you come up short? Who needs extra protein? How does protein relate to muscles and fitness? Which foods contain the best and most protein? 18 min.

DVD 647.9573 SUP

Super size me: a film of epic portions

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. 100 min.

DVD 613.2 DIS

Discover healthy living.

Contents: Dr. Dean Ornish--Simple steps to healthy living -- Understanding the New Food Pyramid -- The healthy pantry -- The science behind what we eat -- Healthy eating on the go - - Tips for healthy entertaining -- Shopping with kids -- Celebrity Chef Art Smith: Family meal planning -- Celebrity Chef Art Smith: cooking with kids -- Shopping and cooking for two -- Eat right, live right...The power of simple steps. 92 min.

DVD 613.2 EAT

Eat right! 2005 food pyramid

The new USDA dietary guidelines and revised food pyramid suggest emphasize the importance of physical activity and eating nutrient dense foods. For the first time, the food

pyramid includes moderate to vigorous exercise as part of the "daily diet." Eat Right is basic education for nutrition classes. The old pyramid is out-ring in the new. 24 min.

DVD 613.7 KEE

Keeping fit: Creating all-around wellness.

This program describes the basic components of physical fitness and the numerous health benefits that derive from regular physical activity while explaining why exercise is helpful in reducing overall health risks. 29 min.

VT 641.1 NUT

Nutrition food labels: the inside story.

This program looks at the history of the 1994 Nutrition Labeling and Education Act and the evolution of the food label since that time. Viewers learn the meaning of the terms "light", "less fat", and "daily value". How information on food labels relates to the dietary Guidelines for Americans and Food Guide Pyramid is explored. Can a food label help you to eat healthier? 35 min.

Body fat standards and ways to determine percentage body fat

Eating Disorders

VT 616.85 HOW

How you look is not who you are: teens talk about eating disorders.

A diverse group of girls and boys talk about their eating disorders, their symptoms, their feelings, how they get help, and what it's like to be a friend of someone with an eating disorder. A doctor gives clear warning about the physical dangers of eating disorders and assures teens that help is available. 20 min.

Anabolic Steroids

VT 362.29 STE

Steroids: the hard truth.

This In The Mix special, hosted by actor Kevin Sorbo, explores the harsh realities of steroid use, including the health risks, emotional issues and legal consequences. 30 min.

Personal Safety in Relationships

Sexual harassment

Relationships, abusive relationship

DVD 364.1 Loo

Lookin' out 4 U three stories about abusive relationships.

Provides information on what abuse is through three skits showing emotional and physical abuse, the warning signs of an abusive relationship, and how to get help and legal assistance if you are in one. 28 min.

DVD 306.73 Dar

The dark side of dating gossip, hurt, and risks.

Real teens discuss the dangers and negative aspects of dating and offer advice for staying safe. Includes some reenactments. 18 min.

See VT 306.7 EMO [Emotional choices: Not just a body.](#) above

Date Rape and dating violence

VT 306.73 DAT

[Dating Violence exposed: Twisted love.](#)

3 out of every 10 teens have experienced violence in their dating relationships. It's rarely discussed but it's happening everywhere. In cities and in small towns, violence and abuse crosses all age, race and economic boundaries. In Twisted love: dating violence exposed, Neve Campbell from the "scream" movies and "Party of five" joins In the Mix host Julio to expose and examine this crucial issue. 29 min.

DVD 364.15 RAP

[Rape under the influence: realities of date rape.](#)

Uses interviews with college students as well as medical and law enforcement experts to explore the issue of sexual assault on college campuses, emphasizing the role that alcohol and drug use plays in date or acquaintance rape. 34 min.

Human Growth and Development

Male and Female anatomy and physiology

Male and Female health concerns

Pregnancy and Childbirth

VT 306.874 TEE

[Teen pregnancy the role of the older guy.](#)

This video shows a high school peer education class learning about the views on sexual behavior held by different members of their community. 25 min.

VT 362.8 PHY and VT 613.9 PHY

[Physical choices and consequences: Pregnancy.](#)

Pam Stenzel makes a convincing argument for the choice of abstinence by illustrating the life-changing consequences of unplanned teen pregnancies. Her moving message will spark the audience to carefully think through the consequences before they make the choice to have sex. 16 min.

Abstinence and Contraception

Define and discuss the benefits of sexual abstinence

VT 362.8 SOC and VT 613.9 SOC

[Social choices & consequences](#)

A group of young people discuss their views on sexuality and the influences they note around them, such as sexual images in the media and peer pressures. 16 min.

VT 613.9 EMO

[Emotional choices not just a body.](#)

Sexual choices affect us not only physically, but emotionally as well. Pam Stenzel and an insightful group of teens examine the emotional impacts of becoming sexually active, and of behaviors such as the use of alcohol which can put teens at risk. The self-affirming message, "You're worth the wait...give yourself time to be ready," is clearly voiced through spontaneous teen discussion and Pam Stenzel's powerful presentation. 19 min.

VT 306.7 SEX

Sex:everyone's doing it - not!

On this episode of In The Mix, teens from across the country talk honestly about the pressures from peers and partners to take the leap, and those who HAVE had sex look back on their decision. 30 min.

Identify and discuss types of contraception

VT 306.874 CON

Considering your options Information on abstinence and contraceptive choices for teenagers.

Video-based classroom unit is designed to provide teens with information on abstinence and contraceptive choices. The video combines animated segments where "Alex" goes on-line to learn more about his contraceptive options, with real teens discussing their choices and concerns about sexual activity and various birth control methods. The video covers the following methods of contraception... abstinence, condoms, birth control pills, Depo-ProveraR injections and NorplantR implants. "Considering Your Options" also exposes many of the "Big Myths" that are the source of the most common misinformation among teens. 23 min.

Sexually Transmitted Infections and HIV & AIDS

VT 613.9 PHY

Choosing to be disease-free.

Today's teens face a world filled with more numerous and dangerous sexually transmitted diseases than ever before. In the face of these escalating risks, factual medical information about STDs is critical for the health and safety of teens. Pam Stenzel uses straightforward, honest discussion to explain in detail the hazards of sexual activity for teens, and to emphasize that because no form of protection is 100 percent effective, the safest choice is abstinence. 22 min.

VT 616.9 CHA

A changing epidemic.

HIV infection rates have changed dramatically in recent years. Women and minorities are now the fastest growing groups of AIDS patients. Hear how some HIV-positive people have dealt with their disease and discover how doctors have taken new approaches to treatment. 52 min.