

GRADE 6 Family Life Education Videos

Straight Talk About Puberty (Girls), Marsh Media, 2012 (DVD)

Girls have questions about their growing bodies during puberty. This video provides the answers, trimmed down to “just the facts.” Topics include the female reproductive system; hygiene and good grooming; dangers of alcohol, tobacco, and other drugs to growing bodies; emotional and physical changes of puberty, and importance of good exercise and good nutrition.

Straight Talk About Puberty (Boys), Marsh Media, 2012 (DVD)

Straight Talk About Puberty is streamlined and trimmed down to “just the facts” to help answer many of those important questions that maturing boys have about the basics of the male anatomy and development during puberty. Topics include the male reproductive system; hygiene and good grooming; dangers of alcohol, tobacco, and other drugs to growing bodies; emotional and physical changes of puberty; and importance of good exercise and good nutrition.

We're Just Around the Corner, Marsh Media, 2011 (DVD)

Are your students ready for a little more information on puberty and reproduction? This video is suitable to show boys or girls. Topics include conception, pregnancy, and fetal development; the physical and emotional changes of puberty; and the importance of good hygiene and healthy habits.

My Changing Life: The Complete Guide to Puberty (Girls), Film Ideas, 2007 (DVD)

For young girls the many changes that occur in their body will happen over a span of several years. Some of these changes can be seen on the outside but many of the changes will happen inside. This program explores all the facets of physical and reproductive development of the female body. The focus is on normalcy and acceptance of self.

My Changing Life: The Complete Guide to Puberty (Boys), Film Ideas, 2007 (DVD)

Testosterone is the hormone that fuels development in boys as they move into adulthood. Each boy will develop at his own pace. The reproductive elements of these changes are thoroughly discussed and detailed with the use of animations, cartoons, and live action. All the basics are covered. Boys learn that no matter how they develop, it's “normal.”

Boy to Man, Fourth Edition, Churchill, 2005 (DVD)

The physiological changes that take place in boys during adolescence are the focus of this classic film. The reproductive system of both the male and female are explained, and the importance of sound habits of health and hygiene are highlighted.

Girl to Woman, Fourth Edition, Churchill, 2005 (DVD)

Growth and development during the turbulent change from girlhood to womanhood is examined. The reproductive systems of both male and female are explained, and health and hygiene are stressed. Individual differences in growth and menstrual cycles are covered, as is the point that physical ability to have a baby doesn't equal readiness for motherhood.

Get a Winning Attitude, Sunburst (VHS)

This video shows teenagers in scenarios that demonstrate the challenges of achieving goals and coping with changes in the middle school years (completing requirements for a yellow belt in martial arts, learning to play a musical instrument, failing a test, and being chosen to participate in a track event). The program emphasizes keys to success: visualization, affirmations, develop a positive attitude, set realistic goals, don't let failures keep you from pursuing your goals, and success takes planning and hard work.

The Endocrine System: Regulating the Body's Chemistry (VHS)

Our endocrine system plays a vital role in maintaining the proper chemical balance inside our bodies. Learn the endocrine glands produce hormones, which travel the vast network of blood vessels to reach cells throughout the body.

Preventing Sexually Transmitted Infections (VHS)

Teen radio hosts Shauna and Al host "Students Speaking Up," the call-in show broadcast from the school. The guest speaker, Dr. Chris Bennett, explains the nature of sexually transmitted infections, and the hosts take questions from concerned teen callers.

Kids Next Door (DVD)

The five children in *Kids Next Door* all have hopes and dreams for the future, and they are also infected with HIV. Jeffrey, Philip, Shanti, Hygeia and Kristy speak about school, family life, friends, and what it is like having HIV. These children are between nine and thirteen years old, ethnically diverse, and live in a variety of family situations. The video teaches viewers about AIDS and that the children with HIV are just like them.

Consider the Alternatives: A Program About Decision-Making, Disney (VHS)

In a TV-talk show format, Anthony and Martha go to Decision-Making Theater, where they follow the stories of four kids faced with different kinds of decisions. Viewers learn the five steps of decision-making: (1) identify when to make a decision; (2) consider the alternatives; (3) look at the consequences; (4) take action; and (5) evaluate results.

Caught in the Middle: The Peer Pressure Squeeze, Sunburst, 1998 (VHS)

This video specifically addresses the difficulty of knowing when to give in to peer pressure and when to refuse. All students are pressured at one time or another, subtly or overtly, to do what other kids are doing. *Caught in the Middle* is designed to help students recognize when peer pressure might lead to behavior that conflicts with their personal moral codes and comfort levels. It also offers ways of resisting without offending.