



# Social & Mental Health

Educational videos from the InTouch Library

VHS format

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## ELEMENTARY — MIDDLE SCHOOL

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**Appreciating Yourself** (Live Wire Media 28 min.): Tuggy learns that being himself is a lot better than pretending to be something he's not. When he becomes troubled by feelings of inadequacy, Tuggy starts making up stories until his friends help him to recognize and appreciate his own true wonderful qualities. Part of the You Can Choose! Series for grades K-5.

**Asking for Help** (Live Wire Media 28 min.): Moose learns not to let pride or embarrassment get in the way of asking for help. After ruining a group science project, Moose finds that the only good way to cope with his "secret" reading problem is to get the help he needs to overcome it. Part of the You Can Choose! Series for grades K-5.

**Being Friends** (Live Wire Media 28 min.): Rhonda, Missie, and Fiona learn about the complex nature of friendship. When Missie is not invited to the "in" party, the three girls sort out some important issues about friendship and deal with what it means to be left out. Part of the You Can Choose! Series for grades K-5.

**Being Responsible** (Live Wire Media 28 min.): Rhonda Bird must choose between having a good time and taking her responsibilities seriously. When a chance to go to Disneyland conflicts with her commitment to work on a class project, Rhonda makes the responsible choice, winning the respect of her friends and making her feel very good about herself. Part of the You Can Choose! Series for grades K-5.

**Cooperation** (Live Wire Media 28 min.): Moose learns how to work in harmony with others. When his insistence on always having his own way causes the breakup of his singing quartet, Moose discovers the benefits of cooperating, and learns what it takes to be a cooperative animal. Part of the You Can Choose! Series for grades K-5.

**Dealing With Disappointment** (Live Wire Media 28 min.): Missie Mouse must learn to keep perspective and handle disappointments in a positive way. When her baseball team falls into last place, Missie almost gives up the sport before realizing that losing is not the same thing as being a loser. Part of the You Can Choose! Series for grades K-5.

**Dealing With Feelings** (Live Wire Media 28 min.): Tuggy Turtle discovers the importance of being honest about his emotions. In trying to hide his fears about going on a weekend camp out, Tuggy makes himself miserable and almost ruins his friendship with Moose. Then he learns that it's best to accept his feelings and express them honestly and positively. Part of the You Can Choose! Series for grades K-5.

**Dealing With Pressures** (Live Wire Media 30 min.): Comedian Michael Pritchard helps young teens recognize the types of pressures they are facing and develop good ways to deal with them. Part of the Big Changes Big Choices Series.

**Doing the Right Thing** (Live Wire Media 28 min.): Rhonda and Fiona discover that doing what's right feels a lot better than doing what they can get away with. When they find a lost wallet on the playground, the girls struggle with the temptation to spend the money before finally concluding that it's not theirs to spend. Part of the You Can Choose! Series for grades K-5.

**Donnie Dinosaur in I'm Proud to Be Me** (Syn-distar 12 min.): Donnie Dinosaur and his puppet friends use songs to teach children how to build self-esteem.

**Enhancing Self-Esteem** (Live Wire Media 30 min.): Comedian Michael Pritchard helps young teens understand how their self-esteem affects their lives and how to develop good ways to strengthen it. Part of the Big Changes Big Choices Series.

**Friendship** (Live Wire Media 30 min.): Comedian Michael Pritchard helps young teens explore the characteristics of good friendship, the differences between “true” friends and “false” friends, how to prevent trouble and handle change in friendships, and initiating new friendships. Part of the Big Changes Big Choices Series.

**Getting Along with Parents** (Live Wire Media 30 min.): Comedian Michael Pritchard helps young teens see the importance of keeping the lines of communication open with parents and building parental trust by behaving responsibly. Part of the Big Changes Big Choices Series.

**Handling Emotions** (Live Wire Media 30 min.): Comedian Michael Pritchard helps young teens identify and understand what they are feeling so they can maintain a healthy perspective and choose the best ways to cope. Part of the Big Changes Big Choices Series.

**Resolving Conflicts** (Live Wire Media 28 min.): Tuggy and Rhonda learn that there are ways to resolve disagreements without fighting. When a dispute between them puts their class art project in jeopardy, Tuggy and Rhonda learn to work out interpersonal conflicts in a peaceful and positive way. Part of the You Can Choose! Series for grades K-5.

**Respecting Others** (Live Wire Media 30 min.): Comedian Michael Pritchard teaches young teens about the importance of respectful behavior and awareness of how people act toward each other. Part of the Big Changes Big Choices Series.

**Saying No** (Live Wire Media 28 min.): Missie Mouse has to choose whether to say “no” to a friend or do something she knows is wrong. When

her best friend Rhonda tries to pressure her into smoking cigarettes, Missie agonizes over her options before finding that there are ways to say “no” without ruffling Rhonda’s feathers. Part of the You Can Choose! Series for grades K-5.

**Setting and Achieving Goals** (Live Wire Media 30 min.): Comedian Michael Pritchard helps young teens understand the benefits of setting goals, recognize that failures are learning opportunities, and develop some techniques for setting goals. Part of the Big Changes Big Choices Series.

**Speaking of Sex** (Live Wire Media 30 min.): Comedian Michael Pritchard gives young teens the message that abstinence from sexual activity is normal and best for students their age while emphasizing the problems and health risks posed by sexual activity. Part of the Big Changes Big Choices Series.

**Stress and You** (Sunburst 24 min.): This video is designed to help middle-school students understand stress and its origins, learn how to handle it appropriately, and find ways to address and reduce stress.

**The Three R’s of Growing Up** (Live Wire Media 30 min.): Comedian Michael Pritchard helps young teens work their way through adolescence with the following advice: Be Responsible, Do the Right Thing, and Respect Yourself. Part of the Big Changes Big Choices Series.

**You and Your Values** (Live Wire Media 30 min.): Comedian Michael Pritchard helps young teens develop a vision for themselves as individuals and draw on their own values as guideposts for their choices and actions. Part of the Big Changes Big Choices Series.

## JUNIOR HIGH TO HIGH SCHOOL

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**Becoming an Adult** (Discovery Channel School, 24 min.): It’s difficult to take on adult responsibilities when you’re still growing up. This program explores how adolescence is the entry into adulthood, along with the pitfalls of trying to grow up too fast. Part of the Reality Matters series (2003).

**Best Friends, Worst Enemies—Socially Aggressive Girls:** (Syndistar, 20 min.): This video explores the often cruel world of cliques, Queen Bees, and RMGs (really mean girls) that dominate the lives of pre-teen and adolescent girls. (2005).

**Big Decisions** (Discovery Channel School, 24 min.): Every day, teens are faced with millions of choices regarding their health, relationships, and life goals. This program focuses on the decisions kids make every day and highlights ways to make the best decisions possible. Part of the Reality Matters series (2003).

**Cliques: Behind the Labels** (PBS, 30 min.): PBS’s “In The Mix” hosts explore the various cliques that exist in schools, the reasons for being part of a group, and the problems that can erupt because of labeling and stereotyping (1996).

**Cruel Schools** (Discovery Channel School, 24 min.): Taunting, teasing, and the playground brawls used to be considered child’s play. The schoolyard bully was just another part of growing up. Now we know better. Bullying is the first step in a continuum of school violence that can escalate to murder. Part of the Reality Matters series (2003).

**Deadly Desires** (Discovery Channel School, 24 min.): One in three teens has had sex by age 16; two in three by 18. According to researchers, a quarter of those sexually active teens will contract a sexually transmitted disease. This program will help teens understand the importance of protecting themselves from HIV, AIDS, and other diseases. Part of the Reality Matters series (2003).

**Depression** (Media International, 15 min.): This fast-paced, MTV-styled documentary video advises teens on preventing and dealing with depression. Part of the Power Surge! video series (1996).

**Extreme Measures** (Discovery Channel School, 24 min.): In a country obsessed with the perfect body, the pressure starts early for both girls and boys. This program explores the harmful consequences of eating disorders and the use of steroids and supplements. Part of the Reality Matters series (2003).

**Family and Friends** (Discovery Channel School, 24 min.): Some of the most important relationships that we develop are with family and friends. Our attitudes toward intimacy and sexuality owe a lot to what we see as we grow up. This program will explore different facets of these important relationships. Part of the Reality Matters series (2003).

**Health Talk** (WNET Thirteen 60 min.): This program focuses on important health topics affecting teens, including stress, depression and suicide, health risks related to sexual activity, and the dangers of alcohol. Part of the Ethical Choices series (1995).

**High Performance** (Discovery Channel School, 24 min.): This program focuses on the popularity of sports among kids, parents, and schools. It details both the benefits of sports and the high-risk factors involved in taking sports to extremes. Part of the Reality Matters series (2003).

**Individual Voices** (WNET Thirteen 60 min.): This program explores teens' perspectives and feelings about honesty, loyalty, and integrity. It raises tough, complex questions that require teens to search their own consciences for answers. Part of the Ethical Choices series (1995).

**Overcoming Adversity** (HRM, 24 min.): Teens discover that attitude can be everything and that bad situations can be opportunities to develop strength and resiliency.

**Respecting Diversity** (WNET Thirteen 60 min.): This program explores teens' views on bias and intolerance in today's society. Part of the Ethical Choices series (1995).

**Rights and Responsibilities** (WNET Thirteen 60 min.): This program challenges high-schoolers to look within themselves to understand the conflicts that arise when teens' individual rights and social responsibilities collide. Part of the Ethical Choices series (1995).

**Risky Business** (Discovery Channel School, 24 min.): With adolescence comes new independence, and the temptation to break the rules. This program takes a look at some of the devastating results that occur when kids take risks without fully considering the consequences. Part of the Reality Matters series (2003).

**Self-Image: The Fantasy, The Reality** (PBS, 30 min.): What is "the perfect body," and why does everyone want it? This video from the "In the Mix" PBS series digs deep into the American obsession with body image, which is driving teens to diet, use steroids, develop eating disorders and create a lifelong cycle of low self-esteem (1996).

**Self-Injury: From Suffering to Solutions** (SVE Media, 19 min.): The video addresses the harmful yet seldom-discussed affliction that affects many teenagers today. Through dramatic portrayals, in-depth interviews, and expert guidance, this comprehensive program uncovers the cyclical nature of self-injury, examining its causes, its victims, and its effects. Students both familiar and unfamiliar with self-injurious behavior will learn ways to recognize the problem and to help themselves and others.

**Sexual Pressures** (Discovery Channel School, 24 min.): Sexual harassment often begins in middle school and escalates through high school. This program focuses on how teens and pre-teens learn to deal with treating the opposite sex. Part of the Reality Matters series.

**Taking Care of Me** (Discovery Channel School, 24 min.): Health is not just about physical bodies. This program explores the many influences and experiences that shape an individual's emotional health, as well as specific tools for managing stress and maintaining a positive self-image. Part of the Reality Matters series (2003).

**The Truth About Sex** (AIMS Multimedia, 45 min.): The Teen Files Host Leeza Gibbons helps teens face the hard-hitting realities of having sex too young, including unwanted pregnancies and STDs. Viewers are introduced to several sexually active teenagers, many of whom are having unprotected sex. (1999).