



# Violence Prevention

## Videos in the ESN Prevention Library

Available on free, two-week loan from the Education Service Network Prevention Library to residents and professionals in Grundy, Kendall and Will counties only. Call (815) 941-3231 or stop in the ESN office in the Grundy County Administration Center, 1320 Union St., Morris.

### VHS & DVD TITLES IN VIOLENCE PREVENTION

**Anger: Handle It Before It Handles You** (Johnson Institute, 15 min., VHS): Part 2 of a 2-part video/discussion program of skillbuilding for anger management and conflict resolution. Helps 5th-8th graders acquire a self-control strategy to manage anger.

**Best Friends, Worst Enemies: Socially Aggressive Girls** (Syndistar, 2005, 17 min., VHS): Video examines the causes and effects of social aggression by girls, including sophisticated forms of bullying such as cyber bullying.

**Break the Silence** (Syndistar, 13 min., VHS): Video teaches students the serious consequences of violence. Teenager narrator explains the real physical effects of gunfire and the emotional trauma caused by violence.

**Bullies, Loners and Violence** (AIMS Multimedia, 2003, 21 min., VHS & DVD): This episode from MTV's The Teen Files "Flipped" features two attractive high school bullies who learn the hard way how their attitudes and behaviors are impacting other students.

**Bullies and How to Help Them** (United Learning, 21 min., 1997, VHS): This video for grades 3 to 5 features brief, realistic vignettes which illustrate various types of bullying behavior frequently encountered at elementary schools and provide strategies for defusing a bully.

**Bully No More: Stopping the Abuse** (AIMS, 20 min., VHS): Video helps students in grades 6 to 12 learn how to keep from being a target of bullies, how to stop bullies and get them to help, and what to do if you are a witness to bullying.

**Bully Smart** (StreetSmart, 1995, VHS): This video helps parents teach their child how to use StreetSmart's 4-step personal safety system to deal with bullies.

**Bullying: You Don't Have to Take It Anymore** (Human Relations Media, 22 min. 2003, DVD): This DVD and activity binder is designed to help Grades 7 to College learners understand and deal with the problem of bullying.

**PEACETALKS SERIES** Humorist and Youth Counselor Michael Pritchard narrates these 30-min. videos for middle schoolers. (1997, VHS)

**#1 Preventing Violence:** Paints a picture of teen violence today and discusses how to deal with the conflicts that arise.

**#2 Resolving Conflicts:** Helps kids understand why conflicts occur. Identifies common triggers which escalate conflicts and describes how to use peer mediation skills to defuse anger.

**#3 Managing Your Anger:** Teaches kids practical steps to deal with angry feelings.

**#4 Dealing with Bullies, Troublemakers, and Dangerous Situations:** Teaches kids to identify methods bullies use to intimidate others and offers solutions for coping with bullies.

**#5 Respecting Yourself and Others:** Looks at the connection between self-respect and respecting others and helps kids realize the value of self-control and self-esteem.

**#6 Handling Dating Pressure and Harrassment:** Helps kids distinguish between flirting and sexual harrassment and recognize signs of potentially dangerous or abusive situations.

**#7 Bridging Racial Divisions:** Examines the causes of racism and helps kids understand and break the cycle of distrust and division caused by racism.

**#8 Handling Peer Pressure and Gangs:** Defines peer pressure and examines why young people are susceptible to it. It also looks at why teens join gangs.

**#9 Drugs, Alcohol and Guns: Triggers to Violence:** Looks at the role of peer pressure in teen use of alcohol and other drugs and helps kids understand how these things can act as triggers to violence.

**#10 Stepping Up to Peace:** Video examines why there has been a breakdown in our sense of community and explores ways we can develop a stronger community.

See back for more videos

## VHS & DVD TITLES, CONTINUED

**Conflict: Think About It. Talk About It. Try to Work It Out** (Johnson Institute, 15 min., VHS): Part 2 of a 2-part video/discussion program for anger management and conflict resolution. Video is aimed at grades 5-8 and defines violence in a clear and understandable way for kids.

**Cruel Schools** (Discovery Channel School, 2004, 24 min., VHS): This video for 6th to 12th graders helps youth understand how bullying is the first step in a continuum of school violence that can escalate to murder.

**Dealing with Teen Dating Abuse** (Human Relations Media, 18 min., DVD): This video for Grades 7 to college chronicles a teenage romance that gradually moves from innocent to dangerous. Accompanying resource binder is an excellent tool for leading dialogue.

**Donnie Dinosaur in Let's Work It Out** (Syndistar, 13 min., VHS): Donnie the Dinosaur and other puppet-like friends use skits and songs to teach children in early elementary school the importance of positive conflict resolution.

**Ethical Choices: Confronting Youth Violence** (Bureau for At-Risk Youth, 60 min., 1995, VHS): Program explores youth violence through the eyes of teenagers, taking six teens through a series of interconnected, hypothetical situations.

**How to Teach Kids to Handle Anger Without Violence** (Hazelden, 1997, VHS): Number 5 in the "Parenting for Prevention" series helps parents learn how to teach children the A-B-C-D method to handle anger.

**How to Teach Kids to Resolve Conflicts Without Violence** (Hazelden, 1997, VHS): Number 6 in the "Parenting for Prevention" series helps parents teach children the 3 T's method for resolving conflicts.

**In The Mix—Live By the Gun, Die By the Gun** (Bureau for At-Risk Resources, 30 min., VHS): This program for teens, hosted by rapper/activist Church D. and actor Billy Baldwin, looks at why young people are carrying guns, their devastating impact, and how teens nationwide are taking action to fight gun violence.

**In The Mix—Twisted Love: Dating Violence Exposed** (Bureau for At-Risk Resources, 30 min., VHS): Neve Campbell (Party of Five) co-hosts this powerful and emotional look into the growing problem of dating violence among teens.

**Resolving Conflicts** (Live Wire Video, 28 min., VHS): Video Number 10 in the "You Can Choose" series features comedian Michael Pritchard teaching young viewers positive ways to work out interpersonal conflicts. Suitable for elementary school.

**Suicide** (Media International, 1995, VHS): 16-minute video shares the stories of teenagers who faced their problems and got back on the right track. Experts who relate to teens add encouragement and insights.

**Scared or Prepared #3: Dealing with the Potentially Violent Student** (Lee Canter, 90 min., VHS): Lee Canter and school safety expert Ron Garrison provide a step-by-step approach for educators and other youth workers to use when calming an angry student.

**Scared or Prepared #4: Intervening Safely During Fights** (Lee Canter, VHS): Lee Canter and school safety expert Ron Garrison describe the three stages of aggression—escalation, the fight, and the lull—and discuss the safest ways to intervene during fights. For educators and other youth workers.

**Teaching Kids to Kill** (Killology Research Group, 1999, VHS): Riveting two-hour lecture presentation by author Dave Grossman who discusses the effects of media violence on kids. Addresses similarities in the all-too-common school shootings and their link to violence in the media focusing particularly on how violent video games, violence on TV and in the movies affect our young people.

**Teen Suicide** (EVN, 1998, VHS): This 25-minute video explores the seven warning signs of teen suicide and what friends can do to help someone who may be contemplating suicide.

**The Bullying of Howard Gray** (Blue Heron Press, 1998, VHS): The poignant and moving story of a man's memories of a fellow classmate named Howard Gray who had been bullied as a child—and how as an adult he sought to make it up to Howard. Suitable for all ages.

**The Shadow of Hate: A History of Intolerance in America** (Teaching Tolerance, 1995, VHS): This 40-minute video analyzes America's ongoing struggles with hate and intolerance. Includes a teachers guide with 14 lessons and homework suggestions.

**The Truth About Hate** (49 min., VHS): Designed for grades 6 through 12, this video 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.

**TV Violence and You** (Films for the Humanities and Sciences, 1997, VHS): In this program, well-known expert on violence George Gerbner analyzes one week of TV shows to determine their level of violence and explore their effects on viewers.

**Virus of Violence** (Center for Successful Parenting, 2000, VHS): Host Martin Sheen and violence experts take you on a frightening tour of media violence and the impact it has on our society. Running time: 44 min.