

GRADE 7 Family Life Education Videos

We're Growing Up! Marsh Media, 2010 (DVD)

We're Growing Up! is 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.

Look Who's Growing Up, Rainbow Educational Media (VHS)

Look Who's Growing Up is hosted by two teenagers who have been through puberty. They offer solid facts as well as their own opinions and advice. The program explores the typical changes in body and mind as well as probable changes in relationships with parents, siblings, teachers, and friends.

Feeling Good About Growing Up (VHS)

This video presents important information to help pre-teens gain knowledge about puberty and feel more comfortable with the process of moving toward adulthood. The video offers information about the physical changes of puberty (such as growth spurts, acne, hormonal changes, development of secondary sexual traits), as well as the emotional and social shifts which accompany early adolescence.

Preview of a Birth, 2002 (DVD)

This video chronicles the journey from concept to birth, with an astounding full-color view of life within the womb. The audience discovers the facts of life before birth, as the video details each intricate stage of prenatal life: from fertilization, to zygote, to embryo, to fetus. Each stage is beautifully explored with incredible in-utero photography and ultrasound images.

Caught in the Middle: The Peer Pressure Squeeze, Rainbow, 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.

Straight Talk About Peer Pressure, Marsh Media (VHS)

Early adolescence is frequently associated with the powerful influence of peer groups. Hosts Melissa and Randy discuss the difference between positive and negative peer pressure and showcase practical ideas for helping middle school students navigate through situations which conflict with one's feelings and values. Ideas for self-reflection, coping mechanisms for maintaining friendships and developing refusal skills are highlighted.

First Comes Love, Project Reality, 1997 (VHS)

This video explains abstinence, reasons why teens aren't waiting for marriage to engage in sexual activity, the foundation of a permanent relationship, the characteristics of love, and the physical and emotional consequences of basing a relationship on sex instead of committed love.

Straight Talk: Gender, Sex, and the Media, Marsh Films (DVD)

This video provides practical ways for students to gain media literacy. Analyzing the purposes of media messages and interpreting hidden agendas is a vital skill for young teens under barrage from high-pressure marketing. From this video, students will begin to develop a healthy critical approach to the many different forms the media takes, and to make more informed decisions regarding their own choices with regard to sexuality. This video raises the awareness of young people and promotes abstinence from risky behavior.