

GRADE 8 Family Life Education Videos

Let's Just Talk! For Girls, Marsh Media, 2007 (19 minutes) DVD

Abby's sleepover friend is astonished by the talk about puberty on a popular radio show. The other friends are all ears to discover more about physical and emotional changes of adolescence, hygiene and good health, and the female reproductive system. Callers ask questions about adolescent growth and development, and find their curiosity met in a factual and reassuring manner by the friendly radio host.

Let's Just Talk! For Boys, Marsh Media, 2007 (15 minutes) DVD

Expecting to play games and watch movies, Joe never imagined Frank's sleepover would be so informative. Tuning in to a popular teen radio show, the boys turn up a wealth of information about growing up, including good hygiene, health and nutrition, the maturation of the male reproductive system and the physical and emotional changes to expect during puberty. Boys across the country interact with the affable host as he advises and informs boys about the changes ahead.

We're Just Talking! For Boys and Girls, Marsh Media, 2007 (16 minutes) DVD

Getting together for homework, two groups of friends listen to the popular radio show "Let's Just Talk!" and get an earful about the biology of growing up—and some useful advice for coping with adolescence. *We're Just Talk!* presents factual information about boys and girls entering puberty. Topics include male and female physical development, hormones, and the reproductive systems, with an emphasis on physical and emotional health, and especially the benefits of exercise and good nutrition.

Thinking About Abstinence, Human Relations Media DVD

This video features diverse voices of real teens who proudly choose abstinence in their lives. Specific topics like sex in the media, why boundaries matter, confusing love and sex, risks and consequences of sex before you are ready, the importance of choosing friends, resisting drugs and alcohol, and setting life goals are thoroughly explored.

Just Thought You Oughta Know, The Medical Institute, 1998 (7 minutes) VHS

Plans for the future are often derailed by unplanned pregnancy and STIs. There is a solution, but it requires character, not condoms. The path to a deeply satisfying sex life begins with a decision to delay sexual activity with an uninfected partner. Young people need parents, educators, and other adults involved in their lives to encourage them to commit to delaying sex. This video was created in a format of teens talking to teens about the medical facts, but it's meant as a springboard for opening the lines of communication between teens and adults.

Mommy, Daddy, Wait for Me: The Struggles of Teen Parents, Human Relations Media, 2009 (24 minutes) DVD

The daunting reality of unprepared teens facing the task of becoming parents—while still children themselves—is thoughtfully explored in this video. Teen parenthood affects everyone: the teens themselves, their families, as well as our schools, healthcare networks and beyond. Several teen parents share their experiences and talk frankly about the magnitude of changed they have faced as a result of their earlier sexual experiences. Themes include the pain of childbirth, the startling changes to their post-partum bodies, the anger and heartache of being ignored by "no-show" fathers, the exhausting commitment of focusing all their time and energy on their infants, and their regrets about being unable to further their educations or career goals.

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.

AIDS Update: The Latest Facts About HIV and AIDS, Human Relations Media, 2005 (28 minutes) DVD

This timely program reviews the latest new information on HIV, explains precautionary measures that help to lower the risks of HIV infection and also answers other frequently asked questions about this most lethal of STIs.

Straight Talk: The Truth About STDs, Human Relations Media, 2005 (18 minutes) DVD

This program teaches teens that STDs are still here and still dangerous. Using a health clinic setting, teens present “peer to peer” information on the six most common STDs today: HPV, Chlamydia, HIV, Gonorrhea, Herpes, and Hepatitis B. Students will learn the symptoms and complications of each disease as well as the latest treatment options, including a new vaccine for HPV.

Stressed Out: Stress Management 101, Human Relations Media, 2003 (26 minutes) DVD

This video describes different forms of stress (acute, episodic and chronic) and explains how important it is for young people to learn effective techniques for coping with stressful situations. Special attention is given to panic attacks and social anxiety. Also highlighted are test anxiety, parental demands, and peer pressure. Young viewers learn that there are easy and effective means to treat stress symptoms, including relaxation techniques, health, diet, and certain medications.

A Cry For Help, Paralete Press, 2005 (22 minutes) DVD

Most suicidal young people don't really want to die; they just want their pain to end. Teen suicide is often preventable if people know the signs to look for and the steps to take when they suspect a friend is suicidal. *A Cry for Help* teaches young people to recognize the warning signs and to take specific action to help a friend.

Ten Signs of Dating Violence, Human Relations Media, 2007, (28 minutes) DVD

Combining powerful interviews of battered and verbally abused teens with expert commentary, this video delivers key facts about dating abuse. Emotional abuse, sexual, and physical abuse are covered in detail. Teen speakers and dating abuse experts offer helpful advice on how teens can get away from potentially unhealthy, dangerous relationships.

When Dating Turns Dangerous, Sunburst Visual Media VHS

Zach and Lucy are involved in a romantic relationship. When a progressively abusive pattern occurs, Lucy is confused about the responsibility she bears for Zach's actions. Though Lucy's friends try to counsel her about breaking up with him, her confusion only mounts. She still has strong feelings for him. After Zach's violence puts Lucy in the hospital, she has to examine some of the issues.

Straight Talk: Gender, Sex, and the Media, Marsh Media (18 minutes) 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.