



2011-2012



SEX FACTS

TEENS AND STDs



INTERNET BULLIES



Healthy Steps for TEEN PARENTS

2nd Edition



NUTRITION

SUPERPACK



GRADES 6-12



HEALTH & GUIDANCE DVD PROGRAMS

VEC

www.visualed.com



KELSO'S CHOICE

CONFLICT MANAGEMENT FOR CHILDREN

EXCLUSIVE TO VEC

Kelso's Choice: Conflict Management Kit

(4th Edition)

Kelso's Choice Conflict Management Curriculum is based on the premise that every child is capable of becoming a peacemaker. It is comprised of two sections for Grades K-3 and Grades 4-5. The same core concepts are taught with variation for different developmental and maturity levels. Grades K-3 lessons are designed around Kelso the frog, while Grades 4-5 lessons use K.C.'s Wheel, incorporating images of other 4th and 5th graders. Concrete "choices" become tools for students to use when faced with small problems and is effective in increasing confidence, reducing tattling and bullying. The curriculum can be implemented school wide, in a classroom, in a small-group setting, or for individual counseling. Complete kit includes a NEW Kelso in Action DVD (20 min), Leader's Guide with printable material, paper puppet cut-outs, colored Willow Pond Storybook, Kelso puppet, Lily puppet, Grades K-3 poster set, and Grades 4-5 poster set.

Gr. K-5 • 2011 • Sunburst/Cerebellum • GH4428 \$399.98

Kelso's Counselor Activities Toolkit

A new and exclusive kit created to reinforce Kelso's Choices beyond the schoolhouse walls. This kit is intended for parent use in the home and/or small group counseling sessions. Includes "Kelso Beyond the Classroom" DVD (20 min) with additional scenarios, activities workbook, Willow Pond Storybook, and Kelso's "Hoppin' Home" Board Game.

Gr. K-5 • 2011 • Sunburst/Cerebellum • GH4430 \$149.98

Kelso's Booster Curriculum Kit

This Booster kit provides additional lesson plans, activities, and games that complement the Kelso's Choice Conflict Management program. Kit includes "Putting Kelso into Play" DVD (20 min) with additional scenarios, two "It's Your Choice" card game decks, one for grades K-3 the other for grades 4-5, that students can play in or outside the classroom plus an extensive leader's guide with additional lessons.

Gr. K-5 • 2011 • Sunburst/Cerebellum • GH4429 \$149.98

Some items also available individually:

Kelso's Choice Poster Set for Grades K-3
(10 Pack) • Item # 1016371 • \$79.95

K.C.'s Wheel Poster Set For Grades 4-5
(10 Pack) • Item # GH4434 • \$79.95

Kelso in Action DVD 4th Edition
Item # GH4436 • \$89.95

Putting Kelso into Play Booster DVD
Item # GH4437 • \$89.95

Kelso Beyond the Classroom DVD
Item # GH4438 • \$89.95

Kelso and Lily Puppet Pack
Includes one Lily puppet and one Kelso puppet.
Item # GH4448 • \$59.95



Award Winning Health and Guidance Educational Programs Now Available from VEC!

EXCLUSIVE TO VEC



My Blog Series (12 Vol.)

The series features pre-teen bloggers who discuss their feelings, relationships and concerns about school, friends, family and more.

See page 8 for full description



Play it Out Series (9 Vol.)

A groundbreaking educational series that deals with Health & Guidance issues and is appropriate for middle school and high school audiences.

See page 8 for full description



Stopping Bullying Through the IEP

This program demonstrates to educators and parents the importance of implementing a social skill program through speech and language therapists, social workers and special education teachers.

See page 6 for full description

For previews and a full list of available titles from Mazzarella Media, visit our website at www.visualed.com

To our Valued Customers

Welcome to the 2011 edition of Visual Education Centre's Health and Guidance DVD catalogue. This year's catalogue features the newest and most relevant DVD programs on Addiction, Alcohol, Drugs and Gambling, Food & Nutrition, Birth and Parenting, Bullying and Harassment, Character Education and more. As a Health and Guidance professional, I am sure you will find the information in the catalogue valuable and useful

Please take a moment to review this catalogue and feel free to contact the representative for your area if you require any information on Health and Guidance programs. For a complete list of titles please visit our website at www.visualed.com

Many programs are also available through our digital streaming platform Learn360™. Learn360™ gives educators and students the power to meet and exceed 21st Century educational expectations. Learn360™ sets a superior standard of quality for video streaming and delivers the rich resources educators need to bring standards-based and differentiated instruction to best serve students. Learn360™ is a division of AIM Education Inc., which includes Sunburst Visual Media, the leading producer for K-12 health and guidance programs for over 30 years.

On behalf of the entire team at VEC, I would like to thank you for your business and look forward to serving you in many years to come.

Sincerely,



Suzanne Hitchon

VP of Sales and Marketing, General Manager

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Canadian Production 

Closed Captioned 

Discussion Guide 





Alcohol & Pregnancy

This concise program is an excellent way to start a dialogue about the harmful effects of alcohol during pregnancy. Most importantly, it conveys the motivational message that fetal alcohol spectrum disorders (FASD) are 100% preventable. Created to capture the attention of teens and young adults-but appropriate for mature audiences as well-this program is impactful, positive, and prevention-oriented.



Topics Include:

Your Unborn Baby - Illustrates how alcohol reaches the fetus using 3D animation, explains Fetal Alcohol Syndrome (FAS) and how it affects a child's brain development, physical health, and behaviour.

The Alcohol-Free Lifestyle - How to be alcohol-free during pregnancy and beyond, breastfeeding and alcohol recommendations, avoiding alcohol if you are trying to conceive, partner support.

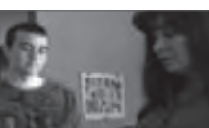
Knowing Your Risk & Getting Help - Alcohol facts, how to recognize alcohol abuse, and where to seek help.

REVIEW: "This video makes an informative, no-nonsense case for not drinking during pregnancy and for drinking responsibly or not at all during all phases of parenting and as always with InJoy videos, the animated graphics are exceptional."

- Darcy Kamin RN, Certified Lactation Consultant, Pre/Perinatal Health Educator

Includes online Facilitator's Guide and Handouts. Also available in Spanish.

15 min. • Gr. 8-A • 2010 • INJOY • INJOY221 • \$124.99



Promise Me: Parents with Addictions

(Maple Ave Series)

Ann is forced to face the grim reality that her parents' addictions (alcoholism and gambling) are slowly destroying her family. Ann is forced to face the truth about her alcoholic mother's denial of reality and her father's gambling problem when he gambles away her college fund. She soon grows deeply depressed. Her brother and best friend, Tami sense something is wrong. Will they be able to avert a potential tragedy...?

18 min. • Gr. 7-12 • 2010 • Guidance Group GG1564 • \$106.95

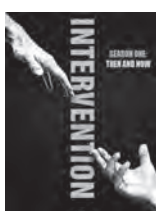
Gambling: It's a Losing Bet

Grade level: 7-12. In this realistic, compelling three-program series, each program uses different settings and situations to deliver the message that compulsive gambling is a problem that can, and must be addressed.

Titles in Series:

- Done Deal: Choosing Not to Gamble
- Play to Win: The Deadly Consequences of Gambling
- Safe Bet: Recognizing the Problem

3 x 21 min. • Gr. 7-12 • 2004 • Guidance Group S0004152 • Series: \$238.95 • Each: \$89.95



One Man Rehab

"One Man Rehab" follows leading "sober companions" as they do whatever it takes to keep high-risk addicts, struggling with relapse, from falling back into addiction.

45 min. • Gr. 9-Adult • 2009 • A&E • 210600 \$109.99

No More Bets, Please! - Overcoming Problem Gambling

This straight-talking, empowering video program offers essential information on how problem gambling develops, its damaging impact on individuals and families, and how it can successfully be treated. Through candid first-hand accounts from four recovering gamblers, along with illuminating commentary from mental health experts, the program shows gamblers, their families, and professionals:

- How an alluring diversion becomes a shameful secret as problem gambling takes hold
- Common myths and misperceptions about gambling - and why "winning big" is so unlikely
- The benefits of individual and group therapy and self-help approaches
- Ways to overcome setbacks in recovery and make meaningful, lasting changes

45 min. • Gr. College-Adult • 2008 • Guilford GP0051 \$129.99



Most-Used, Most-Abused Drugs Series

(5 Volumes)

5x17-25 min. • Gr. 7-12 • 2010

Guidance Group • S0003980

Series: \$429.95 • Each: \$95.95

Titles in Series:

Binge Drinking Blowout 2

In highschool news travels fast and bad news moves at lightning speed. A cell phone text conversation informs us that Justin is dead after passing out playing "Hot Shots", a drinking game. Students share experiences of blackouts, violence, date rape encounters, and alcohol poisoning emergencies, while friends and families of victims tell students about the heavy price they paid. Binge Drinking Blowout teaches that mixing drugs and alcohol is lethal and that "partying" has serious consequences not to be ignored. 21 min. item# GG1519

Smoking: The Toxic Truth 2

Jill texts Zoey with the news that she has broken up with her boyfriend, Brady, because of his smoking. Throughout the show, Jill and Zoey continue chatting online about the negatives of smoking and how it divides teens socially. They meet Terry Jones, a larynx cancer patient struggling with the results of his choice to smoke. Terry's teenage son laments that his Dad is different now that he has cancer, brought on by smoking. In a positive conclusion, it features teens warning peers about tobacco toxicity and addiction. 24 min. item# GG1520

This is Your Brain on Alcohol 2

Popular high school students present groundbreaking information about the effects of alcohol on developing brains for middle school students. New studies show that the brain builds its basic capacities for the future during adolescent years. Alcohol use during this time has a major negative impact because it disrupts the growing brain's plasticity. The message in this peer education video is clear: Alcohol use is neither healthy nor cool. 17 min. item# GG1521

Tobacco Horror Picture Show 2

A text message chat between brothers kicks off Tobacco Horror Picture Show, a hit video combining humor with horror in a memorable format to drive home the message that nicotine hooks you, while tar in tobacco kills you. Featured is Debi Austin, a throat cancer victim who smokes through the stoma opening in her neck where her larynx used to be. Dramatic presentations by "vampires" and other horror genre characters are balanced with interviews from recovering teen smokers and dippers who offer sage advice to fellow students: "Don't Start!" 25 min. item# GG1522

Marijuana: The Gateway Drug 2

A typical debate between students about marijuana use, leads this prevention video. It presents students who have learned the hard way about marijuana, passing on their knowledge that it starts a lifestyle of drug use. Their first joint can lead students to hard drugs, prison, or even death. Former teen users beg students not to take that step. 22 min. item# GG1523

Addiction, Alcohol, Drugs, Gambling, Food continues





Talk It Out: Eating Disorders Series (3 Volumes)

Did you know that millions and millions of people have an eating disorder – and 90% of them are women? In this series, Suzanna, a young woman who has had an eating disorder since the age of 9, shares her story and helps to inform middle and high school students about eating disorders, including anorexia, bulimia, binge eating, purging and compulsive exercising.

Throughout the series, therapists and counsellors explain the warning signs, symptoms and health risks of eating disorders. Students will learn how eating disorders are serious, yet treatable illnesses, that can happen to anyone. In addition, the program examines the dangerous mindset that can arise when young people base their expectations regarding how their bodies should look upon the “beautiful and glamorous” celebrities displayed in the media. It discusses how to develop realistic personal expectations and goals.

Titles in Series:

Talk It Out: What is an Eating Disorder? (MM2050)

This program explains what an eating disorder is and what the main eating disorders are called. It provides an overview of Anorexia Nervosa, Bulimia Nervosa and compulsive overeating. In addition students will come to understand what an eating disorder looks like. Symptoms may include thinking about food and dieting all the time, knowing about the amount of energy in every type of food, eating very little, vomiting after meals, a strenuous exercise routine, constantly in pursuit of thinness and more.



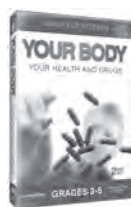
Talk It Out: I Have an Eating Disorder. Now What? (MM2052)

This program asks and helps to answer several questions. Do you or your friend have an eating disorder? Who can develop an eating disorder? By viewing this program, students will learn what they can do to help someone with an eating disorder and find out about available treatments.

Talk It Out: What Causes Eating Disorders? (MM2051)

This program explores the individual, family and cultural factors that have been linked to eating disorders. Students will come to understand that eating disorders can be triggered by major life crises such as the death of a loved person, family changes, school problems or personal failures. Viewers will learn the warning signs of anorexia and bulimia.

3 x 20 min. • Gr. 7-12 • 2010 • Mazzarella • S0003982 • Series: \$379 Each: \$139.99



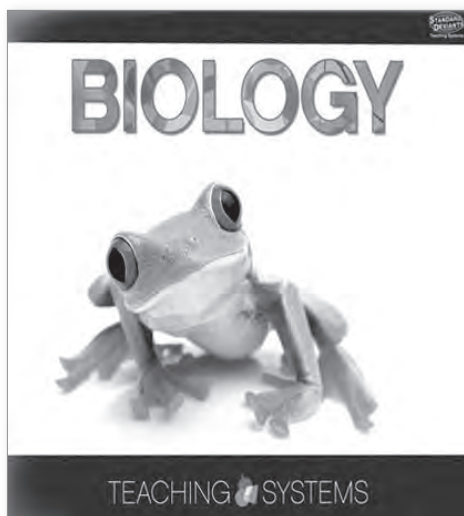
Your Body: Your Health and Drugs

(Guidance Systems)

Medicine can be a tricky thing for children to understand. It can be taken to make yourself feel better, but be extremely harmful when taken the incorrect way. Elementary aged kids present a real-life scenario of a child prescribing her medicine to another child. The situation is identified as dangerous and the kids work out a better, safer solution by calling an adult.

30 min. • Gr. 3-5 • 2011 • Cerebellum • GH4362 • \$89.99

BIOLOGY



Biology Module 6: Human Physiology & Immune Response

Biology is the study of life. So, we're going to study life - from the smallest atom to the largest elephant. You'll uncover the mysteries of DNA and crack the genetic codes inside of each and every one of us. Find out how your body is a workhorse that never stops and how it got started.

This series will have your students buzzing about Biology!

Topics Covered:

- Physiology and Homeostasis
- Nervous System
- Endocrine System
- Digestive System
- Excretory System
- Musculoskeletal System
- The Immune System

Review: “Displaying the fast-paced and friendly Cerebellum instructing style, a dynamic and diverse team of teen hosts take viewers on a tour of the human body in this volume from the Biology series. Human Physiology & Immune Response covers each of the six major body systems: nervous, endocrine, digestive, excretory, musculoskeletal, and immune, with each system’s particular structure, functions, and processes discussed in detail, using plenty of interesting graphics and humor. Although dense with information and specialized vocabulary, key words always appear onscreen and are introduced in context, while complex processes are clearly explained without dumbing-down the facts, along the way employing plenty of real-world examples.

Highly recommended.”

- Video Librarian, March/April 2011

23 min. • Gr. 9-12 • 2010 • Cerebellum • GH4009 • \$59.99

Visit our website www.visualed.com for “Biology Teaching Systems” (#S0003985) the complete series of 7 New Programs from The Standard Deviants School



Mother and New Baby Care



Mother and New Baby Care: The First Two Weeks

InJoy has improved its bestselling discharge video (Hospital to Home: A Security Blanket for New Parents) by completely remaking it with the most

current evidence-based information, modern graphics, and an all-new cast of real parents. Covering the first two weeks postpartum, this program helps ensure the continued health and well-being of mother and baby as they make the transition from hospital to home. Mother and New Baby Care concisely presents need-to-know discharge information — including postpartum recovery tips, feeding basics, newborn care, and when to call healthcare providers—in a relatable way that appeals to today's parents. Parent Handout available online.

Visit www.visualed.com for complete information.

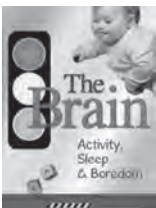
Also available in Spanish. Parent Guide available online.

Review: "Mother and New Baby Care not only provides families with the necessary information to keep themselves and their babies well cared for in the first few weeks postpartum, it also contains stories from real moms and dads. It's a great combination that parents will respond well to."

— **Laurel Wilson, BS, IBCLC, CLE, CCCE, CLD**
"A very comprehensive look at the immediate postpartum period.
Highly recommended!"

— **Julie Wilber, RN, Nurse-Family Partnership**

37 min. • Gr. 8-Adult • 2010 • InJoy • INJOY231
\$312.99



The Brain: Activity, Sleep & Boredom

In this DVD, physical activity and quality sleep are both vital for healthy bodies. A stoplight is used as a symbol to represent activity, boredom, and sleep. (1) Green

Light = Go!: Physical activity turns your brain on to learn. Our bodies need movement to stay healthy, but so do our brains! (2) Red Light = Stop!: Sleep is vital for your child. How much do they need and why? (3) Yellow Light = Slow down!: Doing "nothing," and even being bored, is actually very important to how we process the world around us, and studies suggest, it is vital to creativity! So how can you give your kids good boredom? And why doesn't watching TV count as this "down time"? Teaching materials available online.

20 min. • Gr. 7-A • 2011 • LZExpress • LZ300010
\$89.95



Miracle of Birth 3: Five More Birth Stories

The Miracle of Birth 3 provides five beautiful births to share with your class. Weaving candid interviews with real labor footage, the most common hospital birth scenarios are featured in this modern, diverse collection. Viewers will not only be entertained by this popular format, they will ultimately be better prepared for their own births.

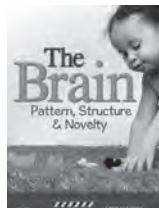
Topics Include:

- *Unmedicated Vaginal Birth – Alex, a single teen mom, gives birth with support from her mother.*
- *VBAC – Anissa, with support from her husband and doula, has an unmedicated VBAC.*
- *Epidural Birth – Chelsea and her husband have an epidural birth with augmentation procedures.*
- *Unplanned Cesarean – Daniela, after hours of labor, has an unplanned cesarean with support from her husband.*
- *Vaginal Birth – Ty and her husband use natural comfort techniques before choosing an analgesic.*

AWARD: Bronze Award, Health & Wellness - 2010/11 Telly Awards Awards

55 min. • Gr. 8-12, Adult • 2010 • InJoy
INJOY220 • \$349.95

Also available: *Miracle of Birth 2: Five Birth Stories (INJOY087)*



The Brain: Pattern, Structure & Novelty

Our brains are wired to perceive patterns and structure in the world around us. Young children especially need structure to feel secure and be ready to learn. Yet our brains also are continually seeking something new! Too much of the same things causes our brains to get bored - and too many new things can cause confusion or chaos! Discover how to give young children the structure that they need to set up a strong foundation for learning, and how to add new activities and ideas in ways that nurture their hunger for learning. Teaching materials available online.

20 min. • Gr. 7-A • 2011 • LZExpress • LZ300011
\$89.95

Alcohol & Pregnancy: Making Healthy Choices.

See page 1 for synopsis.

15 min. • Gr. 8-A • 2010 • INJOY • INJOY221
\$124.99



Healthy Steps for Teen Parents Series, 2nd Ed.

Our award-winning teen pregnancy program is now even better! Completely updated, and delivered in an engaging, upbeat style, it gives teens the straight story on the entire birth experience from pregnancy and birth to parenting and childcare. Direct, honest, and encouraging, this 3 volume set takes a real-world look at how teens can successfully meet the challenges of being young parents.

Whats New?

- *Fresh, updated look with modern graphics and music*
- *All-new teen cast, births, and footage*
- *Completely revamped and up-to-date prenatal nutrition section*
- *Improved 3D animation*
- *A more in-depth cesarean chapter*

Additional information on prenatal dental health, fetal brain development, skin-to-skin contact, postpartum emotions, abusive head trauma (shaken baby syndrome), and domestic violence. *Facilitator's Guide and Handouts available online*

Program Benefits:

- *Easy to use - 3 volumes are organized for the way you teach*
- *Solution-oriented - advice for teen parenting and staying in school*
- *3D animation - illustrates medical procedures, stages of labor, and cesarean surgery*
- *Encouraging - promotes healthier and safer pregnancies, births, and postpartum periods*

Titles in Series:

- *Pregnancy, 2nd Edition (INJOY225)*
- *Labor & Birth, 2nd Edition (INJOY226)*
- *Postpartum, 2nd Edition (INJOY227)*

Review: "The convenient chapter breaks make Healthy Steps for Teen Parents 2nd Edition perfect for Centering Pregnancy groups. We can watch a few minutes of video and then dive into deeper discussions."

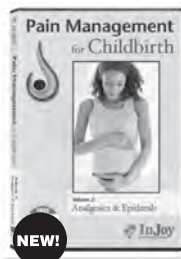
— **Jennifer Fields, CNM, MS, Bloom Program Coordinator, Certified Nurse-Midwives at St. Anthony Central Hospital**

Gold Award, Fitness/Health - 2011 Aurora Awards
Bronze Award, Health & Wellness - 2010/11 Telly Awards

3 x 25 min. • Gr. 9-A • 2010 • InJoy • S0003972
Series: \$624.99 • Each: \$249.99

Birth & Parenting continues next page...





Pain Management for Childbirth (2 programs)



After watching this 2 volume set, expectant parents will learn tangible ways they can manage pain, whether they choose non-medicated or medicated relief. Volume one is an excellent tool that guides expectant parents through comfort techniques they can practice in class or at home. Volume two provides a balanced approach to the risks and benefits of analgesics and epidurals, and includes 3D animation of the epidural procedure. As a bonus, each volume includes a complete, inspirational birth story that audiences are sure to enjoy. Parent Handout available online

Program Benefits:

- *How-to guide* - demonstrates different comfort techniques and how pain medications work.
- *Personal perspective* - each volume includes a bonus birth story.
- *Engage labor partners* - offers tips, techniques, and tools.
- *Myth or Fact?* A doula and an anesthesiologist share information on commonly held beliefs.
- *Be informed* - overview of both medicated and non-medicated pain management options.

Series Include:

Volume 1: Comfort Techniques

This volume provides an overview of why labor pain occurs and offers expectant parents a variety of proven techniques they can practice ahead of time.

- *Pain in Labor* - causes of pain, exploring the P.A.I.N. acronym
- *Mental Techniques* - labor environment, relaxation, vocalization, attention-focusing
- *Physical Techniques* - breathing, massage, positions and movement, hydrotherapy, pushing
- *Bonus Birth Story* - a couple having their first child use a variety of comfort techniques to bring their baby girl into the world

Volume 2: Analgesics & Epidurals

Covering both benefits and risks, this volume offers expectant parents important information they need to know if they choose medicated relief.

- *Analgesics* - definition, administration, benefits, risks
- *Epidural Overview & Procedure* definition, administration, 3D animation of procedure
- *Benefits & Risks of Epidurals* - pros and cons for mom and baby
- *Labor With an Epidural* - monitoring, mobility, labor progress, labor support, pushing, breastfeeding
- *Bonus Birth Story* - a single-mom having her first child starts with an analgesic, then decides to get an epidural with the support of her sisters and mother

54 min. • Gr. 7-A • 2011 • InJoy • S0004167 • \$437.99



Managing Early Breastfeeding Challenges



A second co-production between ILCA and InJoy, this new DVD teaches nursing and lactation staff specific, research-based techniques to help mothers overcome the most common early breastfeeding challenges.

Program Benefits:

Supports Joint Commission Core Measures on Breastmilk Feeding Clinical scenarios shows how to problem-solve with mothers Anticipatory guidance prepare mothers and their partners for challenges that might arise after discharge

Modules Include:

- 1. Newborn Challenges** includes sleepy baby, jaundice, avoidance behaviors, oral structure variations, late preterm infant; solutions include skin-to-skin care, laid-back breastfeeding, cup and finger feeding, frenulotomy, asymmetrical latch, milk expression
- 2. Maternal Challenges** includes flattened and inverted nipples, Lactogenesis II, nipple pain, parent fatigue; solutions include reverse pressure softening, position and latch, nipple shields
- 3. Milk Production and Transfer Challenges** include perceived insufficient milk supply, maternal health and delayed or low milk production; solutions include the process of lactation, signs of milk transfer, guidelines for expressing via hand or breast pump
- 4. Discharge Planning Challenges** include engorgement, plugged ducts, mastitis; solutions include promoting milk flow, managing breast fullness, reducing discomforts, when to call a healthcare professional, mother-care, breastfeeding resources

This product is suitable for Baby-Friendly hospitals. Baby-Friendly is a registered mark of UNICEF. This product has not been assessed for compliance with the Baby-Friendly Health Initiative and has not been endorsed by or affiliated with UNICEF or Baby-Friendly USA, Inc.

36 min. • Gr. 7-A • 2011 • InJoy • INJOY233 • \$312.99

BULLYING & HARASSMENT



Stepping up to Bullying

from "Stepping On Up with Michael Pritchard Series"

This program includes 4 lessons and each lesson includes two video segments plus a problem-solving leader's guide which provides

detailed questions for a scripted discussion as well as follow-up activities.

- *Lesson # 1 - Dealing with Bullies*
- *Lesson # 2 - Standing Up, Not Standing By*
- *Lesson # 3 - Reaching Out to Victims*
- *Lesson # 4 - Building Bully-Free Schools/Communities*

50 min. • Gr. K-6 • 2011 • The Guidance Group • GG1713 • \$159.95

Stepping up to Cyber Bullying and Web Safety



from "Stepping On Up with Michael Pritchard Series"

This program includes 4 lessons and each lesson includes two video segments plus a problem-solving leader's guide which provides detailed questions for a scripted discussion as well as follow-up activities.

- *Lesson # 1 - Being Safe and Secure on the Web*
- *Lesson # 2 - Protecting Yourself from Cyber Bullying*
- *Lesson # 3 - Online Rumors, Texts, and Gossip*
- *Lesson # 4 - Helping and Caring in a Digital World*

50 min. • Gr. K-6 • 2011 • The Guidance Group • GG1714 • \$159.95

Bullying & Harassment continues next page...



My Blog: What To Do About Rumors, Taunts and Bullies



"Hey, did you hear about..." "Baby, baby, baby," "Give it to me now." Gossiping, taunting and bullying are phenomena that occur at schools everywhere. Through vignettes, students will come to understand the devastating effects of these behaviours on individuals and the community. In addition, the program outlines solutions and strategies for coping with this pervasive problem.

15 min. • Gr. 4-8 • 2010 • Mazzarella • MMMB04 \$129.99



My Blog: Dealing With Bullies and No One Gets Hurt



Bullying is a reality for students in schools everywhere. You're either bully, a victim or a witness.

Using true-to-life scenarios, this program explains exactly what bullying is and how it affects people who are abused by bullies. The program provides students with practical strategies they can use to deal with bullies safely and get positive outcomes.

15 min. • Gr. 4-8 • 2010 • Mazzarella • MMMB01 \$129.99



Internet Bullies

(from Lesson Booster Series)

This program demonstrates how strong emotions and

the internet can spell trouble.

14 min • Gr. 4-8 • 2010 • Sunburst • GH4016 \$79.95



Get Along Monsters: Stop Picking On Me



Whether at school, on the bus or at home, bullies are a part of life. In this program students learn simple,

easy to understand techniques that will help them to deal with bullies, get positive outcomes and stay safe. Children are shown how ignoring a bully, walking away and refraining from fighting are all ways to contend with a bully.

15 min. • Gr. K-6 • 2010 • Mazzarella • MMGAM01 • \$99.99



Get Along Monsters: No More Teasing



The objective of this program is to demonstrate effective strategies kids can use to protect themselves

against teasing, harassment and bullying. Several vignettes show situations in which kids are being teased. Peer actors then model ways to resolve the situation in a safe and positive way. By viewing this program, children will also come to understand teasing is not fun for everyone, especially the child being teased.

Review: ★ ★ ★ ★

"Recommended."

- Video Librarian, May/June 2011

15 min. • Gr. K-6 • 2010 • Mazzarella • MMGAM05 \$99.99

Why Do Bullies Bully?

(from Lesson Booster Series)

Students will gain a better understanding of bullying and build a stronger foundation when dealing with bullies.

14 min • Gr. 4-8 • 2010 • Sunburst • GH4017 \$79.95



Stopping Bullying Through the IEP



This program demonstrates to educators and parents the importance of implementing a social skill program through speech and language

therapists, social workers and special education teachers. It demonstrates that positive outcomes can occur when the team focuses on what the skill deficits are for a child in social skills and pragmatic language, and can slowly, develop those skills for that child.

30 min • PD • 2011 • Mazzarella • MM3205 \$139.99



Put the Brakes on Bullying

"Put the Brakes on Bullying" is a video about the importance of identifying and resolving bullying incidents in their early stages.

The program is designed to help teachers, adults and children recognize the signs of bullying and illustrates what steps schools, teachers, parents, and individuals can take to prevent bullying.

Stopping bullying in early childhood years is important in order to avoid bullying becoming a major problem in teen and adult years. Research has shown that the effects of bullying on children who are victims can last a lifetime. Self-esteem often suffers and the individuals can feel isolated from their peer group.

Review: "[a] realistic, informative two-part series for both new and experienced educators. A "must buy" and well worth the time to watch. Highly recommended."

- Library Media Connection (Feb 2004)

23 min • Gr. K-A • 2000 • C.A.Y.R.E • CAYRE001 \$119.99

FOOD & NUTRITION



Go Slow Whoa - Nutrition



The new game show, GO SLOW WHOA, makes learning about the right way to eat fun and easy for the youngest student.

Jonathan Apple, Glass of Milk, Turkey Sandwich and Crunchy Carrot provide the right answers, while Candy Bar and Do Nut struggle to get going and spend lots of time in the Yuck Shack. Join wacky game show host Lance Manley and his animated team of contestants to explore nutrition and the right

way to eat. Topics include the basic food groups, the effects of too much sugar, salt and high fructose corn syrup, the importance of drinking water, healthy portion sizes, limiting snacks and learning healthy eating habits. And the winners are...your students...as they learn to make the right choices. FREE pocket size Teaching Guide included with the DVD.

15 min. • Gr. K-3 • 2011 • Marsh Media MARSH094 • \$99.95

Nutrition Controversies



"Eat this, but don't eat that!" - The messages about food and nutrition we hear can be confusing and are not always easy to discern the facts from fiction. Join host and two teens as they take a closer look at controversial nutrition topics to get the straight facts on food safety, organic foods, genetically engineered foods, food allergies, MSG, functional foods, dietary supplements, and more in this entertaining and enlightening video.

22 minutes • Gr. 7-A • 2009 • LZExpress LZ3507 • \$89.95





Fresh Ingredients: Healthy International Food Tips CC

Cookbook author and world traveler Paulette Mitchell presents a series of video segments that offer food and nutrition lessons we can learn from food markets around the world and that can be applied to our home-cooked meals. She contrasts packaged and processed foods with similar fresh items found at your local farmer's markets and supermarket, while offering tips for using fresh, tasty ingredients in quick-to-prepare, healthful meals. Teaching materials available online.

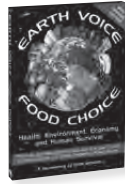
18 min. • Gr. 6-A • 2011 • LZExpress • LZ300016 \$89.95



Happy Mealtimes & Healthy Kids CC

Comprehensive video for parents and caregivers, narrated by Katja Rowell, MD, family doctor and childhood feeding specialist. Viewers will learn that parents and children have separate roles to play in regard to eating: the parent decides what, when, and where food is served; the child decides whether or not to eat and if so, how much to eat. Training Guide also available - Complete background information, discussion topics, activities and more that supports feeding strategies discussed in the Happy Mealtimes & Healthy Kids DVD. Perfect for parenting classes and workshops!

20 min. • Gr. 11-A • 2010 • LZExpress • LZ3532 DVD: \$119.95 • Guide: \$69.95



Earth Voice, Food Choice Guide

This documentary is filled with compelling images and information about how we view food, how we develop eating habits from childhood and how our health is linked to the condition of the land. It takes you on a ride through outer space in search of a planet that has the three things humans need for survival: air, water and soil. Witness the profound beauty of our world and the animals we share it with. Learn about Earth's life support systems, our natural resources and the negative effects of animal and chemical agriculture. Travel into the interior of the human body and learn how to prevent disease. Also learn about the power of consuming and producing more organic plant foods. Teacher / Resource Guide is available to download online.

40 min. • Gr. 8-12 • 2010 • TMW • K4277DVD \$49.95



Obesity in a Bottle II CC

Empty calories from sugar and fat found in many favorite beverages are adding inches to people's waistlines and may be contributing to rising rates of chronic disease. View five informative video segments offering suggestions for healthy beverage selections featuring Susan Moores, RD. Topics include: How to pick "good" drinks for kids; Best beverages if you're watching your weight; How to pick healthful beverages; How to pick the right drink for sports and athletic performance; Busting caffeine myths.

28 min. • Gr. 9-A • 2010 • LZExpress • LZ300007 \$95.95



Cooking and Children: A Learning Activity CC

We want all our kids to eat healthy...but how do you actually accomplish it? How do we get them to want to eat healthy? Studies show that life-long healthy eating

habits start by having kids help prepare the food! Follow Nica and preschoolers in the kitchen as they have fun learning about nutrition through making healthy snacks. Features easy recipes, ways you can "be prepared", safety tips, and highlights easy jobs in the kitchen that teach preschoolers coordination, math, and a love of healthy food. Featuring a bonus track of preschoolers (and their moms) teaching finger plays in English and Spanish! Kids will love to watch it too! Teaching materials available online.

20 min. • Gr. PreK-K • 2011 • LZExpress LZ300015 • \$89.95



Amazing Eggs CC

Explore the versatility of eggs! Discover the uses of various sizes and grades of eggs, what the eggshell's color means, egg nutrients, how to store eggs, cooking temperatures and more.

Chef Dave Christopherson explains the many uses of the egg while demonstrating a variety of delicious, easy to prepare egg dishes, including:

- Scrambled eggs
- Sunny side up egg, over easy egg, & basted egg
- Poached egg
- Hollandaise sauce
- Omelet
- Strata, frittata, and quiche

21 min. • Gr. 4-A • 2012 • LZExpress • LZ300024 \$59.95

Also Available:

Amazing Activities Guide • \$34.95

Food Allergies

20 min. • Gr. 6-A • 2012 • LZExpress • LZ300018 \$59.95

4 Weeks to a Higher IQ CC

20 min. • Gr. 6-A • 2012 • LZExpress • LZ300021 \$104.95

Prenatal & Early Childhood Nutrition CC

20 min. • Gr. 11-A • 2012 • LZExpress • LZ300025 \$89.95



Teaching Systems Nutrition Complete Series (8 Volumes)

The Standard Deviants School Teaching Systems engage and educate students with multimedia programs and classroom materials. These complete systems include everything educators need for their lesson plans.

Titles in Series:

- Teaching Systems Nutrition 1: Intro: Cells and Macronutrients (GH4414)
- Teaching Systems Nutrition 2: What Your Body Does with Food (GH4415)
- Teaching Systems Nutrition 3: The Food Spectrum (GH4416)
- Teaching Systems Nutrition 4: Micronutrients: Vitamins, Minerals, and Water (GH4417)
- Teaching Systems Nutrition 5: Preventing Nutritional Disorders (GH4418)
- Teaching Systems Nutrition 6: Eating In Context (GH4419)
- Teaching Systems Nutrition 7: Where Does Your Food Come From? (GH4420)
- Teaching Systems Nutrition 8: The Savvy Eater (GH4421)

8x26 min. • Gr. 7-12 • 2011 • Cerebellum • S0004200 • Series: \$429.99 • Each: \$59.99





Get Along Monsters Series (9 Vol.)

Every day, young people face problems with friends, family and schoolmates. Get Along Monsters Series helps children to resolve the problems, feelings or situations they face in a safe and appropriate way. Children are taught to use their words to talk about the problem. Children also learn that when there's a problem that's too difficult to solve, it is always a good idea to ask a trusted friend or a grown up for help.

Titles in Series:

- *5 Ways to Work Things Out* (MM3043D)
- *8 Ways to Handle Anger* (MM3042D)
- *Don't Call Me Names* (MMGAM04)
- *Everyone Makes Mistakes* (MMGAM03)
- *It's Okay to Say No* (MMGAM02)
- *Let's Make Up* (MMGAM06)
- *No More Teasing* (MMGAM05)
- *Stop Picking On Me* (MMGAM01)
- *We All Get Mad (sometimes)* (MM3041D)

9x13-15 min. • Gr. K-6 • 2009-2010 • Mazzarella S0004008 • Series: \$764 • Each: \$99.99



Lesson Booster Series (8 Vol.)

Real life scenarios

are used to demonstrate the feelings students may experience and the 'right way' to handle their emotions. Each program presents a way for students to understand their feelings, the world around them, and their reactions. Students will learn the importance of respect, diversity, and controlling their anger in a school setting. Each program includes a DVD and a CD-ROM with a Complete Lesson Plan.

Titles in Series:

- *Lesson Booster - Angry?* (GH4013)
- *Lesson Booster - Cliques?* (GH4018)
- *Lesson Booster - Everybody's Different* (GH4014)
- *Lesson Booster - Got A Problem?* (GH4012)
- *Lesson Booster - Got Empathy?* (GH4019)
- *Lesson Booster - Internet Bullies* (GH4016)
- *Lesson Booster - What's Respect?* (GH4015)
- *Lesson Booster - Why Do Bullies Bully?* (GH4017)

8x11-18 min. • Gr. K-7 • 2010 • Sunburst S0003968 • Series: \$574.95 • Each: \$79.95

Help! I'm Stressed



Learn exactly what stress is and discover that there is both bad stress and good stress. Not everyone experiences stress the same way. You'll understand the many symptoms of stress. Then you'll uncover all kinds of strategies to keep stress levels in balance. When you know what stress is, what the symptoms are and how proven strategies can work, you'll be able to handle whatever life brings you!

26 min. • Gr. 6-A • 2012 • LZExpress • LZ300017 \$89.95



My Blog Series (12 Vol.)

Many kids keep daily diaries of what they do, how they feel and what they think about. Today's high-tech diary is called a blog. Someone

who keeps a blog is a blogger. The series features pre-teen bloggers who discuss their feelings, relationships and concerns about school, friends, family and more. Each program features a peer blogger who shares his or her stories, via flashback, about various topics and issues that directly affect or concern them.

Titles in Series:

- *What's Empathy? Do I Have It?* (MM3046D)
- *We're Different but the Same* (MM3045D)
- *A Little Respect Please* (MM3044D)
- *Clique! Clique! Clique! Ouch! Sometimes Cliques Hurt*
- *Dealing With Bullies and No One Gets Hurt*
- *How to Get Along*
- *How to Handle Anger*
- *My Blog: How to Work Things Out*
- *My Blog: Internet Bullies! Just a Click Away*
- *My Blog: The Dangers of Texting and Sexting*
- *My Blog: What To Do About Rumors, Taunts and Bullies*
- *My Blog: Why Are There Bullies? What Are They Thinking?*

12x15-18 min. • Gr. 4-12 • 2010 • Mazzarella S0004005 • Series: \$1325 • Each: \$129.99



Play it Out Series (9 Vol.)

"Play It Out" is a groundbreaking educational series that deals with Health & Guidance issues and is appropriate for middle school and high school audiences.

Unlike most educational videos, "Play It Out" is primarily unscripted. Utilizing a hand-picked troupe of actors, the producers gave these young actors basic instructions regarding the situations and goals of each scene. The result: a video that uses real situations, language and reactions that students can relate to.

Titles in Series:

- *Am I Ready for Sex?*
- *Assertiveness*
- *Digital Distractions*
- *Healthy Dating Relationships*
- *How to Fight Fair*
- *Texting and Sexting*
- *The Sex Talks You Must Have*
- *Understanding Sexual Consent?*
- *Unhealthy Dating Relationships*

9x20-22 min. • Gr. 7-12 • 2010 • Mazzarella S0003997 • Series: \$1069 • Each: \$139.99



Guidance Systems Series (Elementary, 2 Vol.)

Covers social issues that result from modern day technology. Includes 2 DVDs plus a digital

workbook which focuses on issues present at the elementary grade level. The digital workbook contains activities, program summaries, discussion questions and further resources which reinforce material presented in the programs.

Each DVD includes a Teacher's Guide with Complete Lesson Plan.

Titles in Series:

- *Your Body: Your Health and Drugs* (GH4362) Grade 3-5
- *Sexual Abuse: It's Not Your Fault* (GH4363) Grade 2-5

2x30 min. • Gr. 3-5 • 2011 • Cerebellum GH4378 • Set of 2: \$169.99

Guidance Systems Series (High School, 3 Vol.)

Covers social issues that result from modern day technology. Includes 3 DVDs plus a digital workbook which focuses on issues present at the junior high to high school grade level. The digital workbook contains activities, program summaries, discussion questions and further resources which reinforce material presented in the programs.

Each DVD includes a Teacher's Guide with Complete Lesson Plan.

Titles in Series:

- *Bullying: There's Always a Way Out* (GH4364) Grade 7-12
- *Sexting: Sex Plus Text Equals Trouble* (GH4365) Grade 7-12
- *Sex Facts: Teens and STDs* (GH4366) Grade 7-12

3x30 min. • Gr. 7-12 • 2011 • Cerebellum GH4379 • Set of 3: \$249.99

Guidance Systems Series (All 5 Volumes)

5x30 min. • Gr. K-12 • 2011 • Cerebellum S0004021 • Series: \$409.95

Purchase the entire series and SAVE \$40!

Guidance & Character Education continues next page...





Stepping On Up with Michael Pritchard (4 Volumes)

NEW!

Stepping On Up with Michael Pritchard provides teachers, librarians, and counsellors with a lively and powerful catalyst for group discussion and an invaluable enhancement to any character education, life skills or anti-bullying curriculum. Developed by the producer of LifeSteps and You Can Choose! and hosted by Michael Pritchard, this research-based program instills the necessary social and emotional skills to successfully navigate the profound challenges and changes of elementary school, middle school and the teen years. Each of the four programs includes 4 lessons and each lesson includes two video segments plus a problem-solving leader's guide which provides detailed questions for a scripted discussion as well as follow-up activities.

Titles in Series:

- *Stepping Up to Bullying* (GG1713)
- *Stepping Up to Cyber Bullying* (GG1714)
- *Stepping Up to Character* (GG1715)
- *Stepping Up to Life Skills* (GG1716)

4x50 min. • Gr. 3-6 • 2011 • Guidance Group
S0004149 • Series: \$599.95 • Each: \$159.95



Kelso's Choice: Conflict Management Kit (4th Edition)

NEW!

Kelso's Choice Conflict Management Curriculum is based on the premise that every child is capable of becoming a peacemaker.

It is comprised of two sections for Grades K-3 and Grades 4-5. The same core concepts are taught with variation for different developmental and maturity levels. Grades K-3 lessons are designed around Kelso the frog, while Grades 4-5 lessons use K.C.'s Wheel, incorporating images of other 4th and 5th graders. Concrete "choices" become tools for students to use when faced with small problems and is effective in increasing confidence, reducing tattling and bullying. The curriculum can be implemented school wide, in a classroom, in a small-group setting, or for individual counseling. Complete kit includes a NEW Kelso in Action DVD (20 min), Leader's Guide with printable material, paper puppet cut-outs, colored Willow Pond Storybook, Kelso puppet, Lily puppet, Grades K-3 poster set, and Grades 4-5 poster set.

Gr. K-5 • 2011 • Sunburst/Cerebellum • GH4428
\$399.98

Kelso's Counselor Activities Toolkit

A new and exclusive kit created to reinforce Kelso's Choices beyond the schoolhouse walls. This kit is intended for parent use in the home and/or small group counseling sessions. Includes "Kelso Beyond the Classroom" DVD (20 min) with additional scenarios, activities workbook, Willow Pond Storybook, and Kelso's "Hop-pin' Home" Board Game.

Gr. K-5 • 2011 • Sunburst/Cerebellum • GH4430
\$149.98

Kelso's Booster Curriculum Kit

This Booster kit provides additional lesson plans, activities, and games that complement the Kelso's Choice Conflict Management program. Kit includes "Putting Kelso into Play" DVD (20 min) with additional scenarios, two "It's Your Choice" card game decks, one for grades K-3 the other for grades 4-5, that students can play in or outside the classroom plus an extensive leader's guide with additional lessons.

Gr. K-5 • 2011 • Sunburst/Cerebellum • GH4429
\$149.98

Some items also available individually:

Kelso's Choice Poster Set for Grades K-3 (10 Pack) • Item # 1016371 • \$79.95

K.C.'s Wheel Poster Set For Grades 4-5 (10 Pack) • Item # GH4434 • \$79.95

Kelso in Action DVD 4th Edition
Item # GH4436 • \$89.95

Putting Kelso Into Play Booster DVD
Item # GH4437 • \$89.95

Kelso Beyond the Classroom DVD
Item # GH4438 • \$89.95

Kelso and Lily Puppet Pack
Includes one Lily puppet and one Kelso puppet.
Item # GH4448 • \$59.95

Titles include:

- Anesthesia
- Appendicitis
- Bronchitis
- Cancer
- Dehydration
- Diabetes
- Diabetes Type 1&2
- Epilepsy
- Fractures
- Gastroenteritis
- Pneumonia
- Postoperative Infections
- Vaccines

Thoroughly reviewed by a team of medical experts using evidence-based data, these videos are produced by an Emmy Award-winning team who knows how to connect with audiences. Designed to increase health literacy, improve both short-term knowledge and long-term retention, and engage audiences, these animated health videos are a valuable addition to any health education library.

51:28 • Gr. K-6 • 2011 • Health Nuts Media, LLC • \$99.99

HEALTH & WELLNESS



Marvel and Friends: Staying Clean and Healthy: Proper Hygiene For Kids

Personal hygiene is the key to stopping the spread of germs and disease. This

timely video will teach young students what "dirty" means, the importance of washing hands, how to clean bodies and brush teeth. Friendly animated characters introduce each scenario, then peer actors model appropriate ways to wash hands, take a shower, brush teeth, wash hair and care for nails.

14 min. • Gr. K-3 • 2010 • Mazzarella
MM3057D • \$99.99

More Than This: Steroid Abuse & Eating Disorders (Maple Ave Series)

In this program, which features beloved characters old and new, the topic of body image is explored via the twin lens of steroid abuse and eating disorders. Also, emphasized is the importance of doing right by others, even when it's personally difficult.

27 min. • Gr. 7-12 • 2010 • Guidance Group
GG1109 • \$106.95

Keep It Clean

Teen hygiene! Pre-teen hygiene!

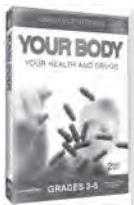
Hygiene for everyone! This generation-spanning, attention-grabbing brand new program promotes good hygiene in a format that all ages can relate to...MUSIC!! This exciting new program will seriously help students learn the importance of hygiene in halting the spread of germs that can cause colds, flu, stomach upsets and other more serious infections. FREE pocket size Teaching Guide included with the DVD.

18 min. • Gr. 6-A • 2011 • Marsh Media
MARSH095 • \$99.95

NEW! Common Conditions – Volume 1 (Part 1 of an ongoing series)

Health issues can be complex, confusing, and even scary – especially for kids. But, they don't have to be. These short, animated videos are designed to educate kids and adults with messages that are simple, easy to understand, and...dare we say it...fun! This series of fourteen (14) animated videos, each 3 to 4 minutes in length, covers a range of common health issues in unique and engaging ways.





Your Body: Your Health and Drugs

(Guidance Systems)

Medicine can be a tricky thing for children to understand. It can be taken to make yourself feel better, but be extremely harmful when taken the incorrect way. Elementary aged kids present a real-life scenario of a child prescribing her medicine to another child. The situation is identified as dangerous and

the kids work out a better, safer solution by calling an adult.

30 min. • Gr. 3-5 • 2011 • Cerebellum • GH4362 • \$89.99



Wash Those Hands!

(Updated for 2012)

You loved the classic version of WASH THOSE HANDS! so in response, this new updated version contains the latest information, and compelling reasons to keep on washing those hands! This fresh new DVD, with new photographs, narration and music, may be used effectively with younger students

as the prelude to KEEP IT CLEAN! for older students. Students will learn about: The benefits of hand washing for everyone; All about germs - What are they? Where are they? How do they make people sick?; Getting rid of germs - When is hand washing most important?; What is the best way to wash your hands?; What to use when soap and water is not available. As an introduction to basic personal hygiene, this video is also a useful component of an elementary AIDS education curriculum and a variety of special education programs. FREE Pocket size Teaching Guide included with the DVD.

10 min. • Gr. K-5 • 2012 • Marsh Media • MARSH099 • \$99.95



Energy Balance

Being physically active and eating from the food groups are key to balancing your energy. Registered Dietitian Melissa Halas-Liang discusses the nutrition basics of the energy equation, while a personal trainer explains the importance of balancing the equation by using that energy. Discover: Short-term and long term benefits of

physical activity; Tips to be active each day; How to overcome common excuses; How to continue being active into adulthood.

20 min. • Gr. 6-A • 2012 • LZExpress • LZ300027 • \$89.95



Dr. Lori Mosca's 3 Keys to Heart Health

Many of us know that good eating habits, exercise and stress reduction are important to improving health. The biggest challenge is how to get started and stay on track. In this program, Dr. Lori Mosca, one of the leading cardiologists in the country, presents an engaging and evidence-based (scientifically accurate) approach for women and their families to improve their cardiovascular health.

60 min. • Gr. 9-A • 2010 • PBS • KEYS701 • \$59.99

MENTAL HEALTH / PSYCHOLOGY



Play It Out: Healthy Dating Relationships

Unfortunately jealousy, possessiveness, and emotional and physical abuse are accepted behaviours in far too many young relationships. This program

challenges teens to take time for a relationship check up. Each scenario presents true-to-life relationship challenges just about every young person faces at some point. The program helps viewers identify characteristics and behaviours that are not conducive to healthy relationships. Students are encouraged to honestly assess their relationship as to fairness, respect, trust and communication.

20 min. • Gr. 7-12 • 2010 • Mazzarella • MMP01 \$139.99

Play It Out: Are You in a Healthy Relationship?

By nature humans are social creatures and healthy relationships are an important part of our lives. This program explores the characteristics of a healthy dating relationship. It shows students how to develop and maintain a healthy dating relationship and how to assess whether they are in a healthy relationship. The program discusses the communication skills necessary to build healthy relationships and how respect, honesty and compromise play an important part in all relationships.

20 min. • Gr. 7-12 • 2010 • Mazzarella • MMP02 \$139.99

Neuroscience Series (10 Vol.)

Neuroscience and the Classroom looks at research from the field of the mind, brain, and education and its implications for K-12 classroom teachers. It will also be useful for school counsellors and college-level psychology and child development courses.

**Look for an announcement at
www.visualed.com in
October/November 2011.**



It's a Meaningful Life - A Lesson in Being Content (VeggieTales)

It was the biggest football game of his life and Stewart (Larry the Cucumber) had a chance to win it all. Injured in one bad play, his hopes of playing in the Salad Bowl - and living a life of fame and fortune - are dashed forever. Years later, silly-but-sweet Stewart loves his family,

friends and job at the toy train factory, but still wonders "what if" things had been different. When he meets a mysterious train conductor who can turn back time, Stewart gets a chance to have the life he always wanted. Will he find all he's been looking for? And what does this mean for those he loves most? Find out in this story of wonder and a lesson in being content.

48 min. • Gr. K-6 • 2010 • Big Idea • BIG28347 • \$99.99



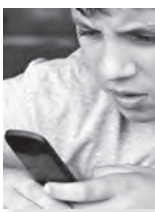


Sex Facts: Teens and STDs

(Guidance Systems)

As teenagers become sexually active, STDs become a major risk. Watch as high school students deal with having an STD. Real life scenarios present male and female points of view through the initial discovery, the subsequent fear and embarrassment, the doctor's check-up, and the sexual partner confrontation. Realistic STD prevention methods are presented, while differences between birth control and STD inhibitors are identified.

30 min. • Gr. 7-12 • 2011 • Cerebellum • GH4366 \$89.99



Play it Out: Texting & Sexting

Dramatic scenarios will help students to understand the positive and negative sides of this new technology. With the new technologies, students, using their

cell phones, mobile email devices and handheld computers can send and receive messages within seconds. Unfortunately, most kids don't know social and legal consequences of sending an inappropriate text or picture. This program explores the basic do's and don'ts of texting and sexting. After viewing this program, students will come to realize the importance of considering the long term and unintended consequences of hitting send. Includes a DVD and Teacher's Guide with Complete Lesson Plan.

20 min. • Gr. 7-12 • 2010 • Mazzarella • MMP03 \$139.99

Sexual Abuse: It's Not Your Fault

Elementary aged students present real-life scenarios of sexual abuse as well as the resulting emotional impact. Watch as children take an uncomfortable situation and address the problem to make it stop.

Follow the children from the beginning to end to identify what sexual harassment is, how to handle this serious issue and establish available age-appropriate solutions. Includes a DVD and Teacher's Guide with Complete Lesson Plan.

30 min. • Gr. K-5 • 2011 • Cerebellum • GH4363 \$89.99



Growing Up! For Boys

(Updated for 2010)

Ease growing pains for the boys in your classroom with this candid look at the basics of male anatomy and development. One of our favorites for boys, it also provides useful advice on health, hygiene, good grooming, and points to other sources of reliable information for boys during these sometimes confusing times. **Updated for 2010 with new photography, new music and new narration.

12 min. • Gr. 4-6 • 2010 • Marsh Media MARSH042 • \$99.95



Growing Up! For Girls

(Updated for 2010)

Promoting self-confidence for girls, this program provides clear, authoritative information about the female reproductive system. One of our favorites for girls, it also details the emotional and physical transformations of puberty, and the importance of good health and hygiene encouraging a positive body image and a sense of personal worth. **Updated for 2010 with new photography, new music and new narration.

15 min. • Gr. 4-6 • 2010 • Marsh Media MARSH043 • \$99.95



We're Growing Up!

(Updated for 2010)

12 min. • Gr. 4-7 • 2010 Marsh Media MARSH066 \$99.95



Just Around the Corner - For Boys

(Updated for 2011)

Younger elementary-level boys will appreciate this upbeat look at the changes of puberty. New narration and photography with lighthearted animated figures prepare boys for the momentous changes waiting "just around the corner."

These important topics are introduced:

- When to expect the onset of puberty
- The physical & emotional changes of puberty
- The maturation of the male reproductive system
- Common experiences of puberty, including voice changes, feelings of physical awkwardness, and nocturnal emissions
- The importance of good hygiene & healthy habits
- Maintaining health through good nutrition and exercise

This is the ideal way to present human development information to boys in grades 3-5. FREE pocket size Teaching Guide included with the DVD.

12 min. • Gr. 3-5 • 2011 • Marsh Media MARSH096 • \$99.95



Just Around the Corner - For Girls

(Updated for 2011)

This reassuring presentation includes the same cheerful theme song and clearly illustrated biology, enhanced with new narration and photography to

help prepare your younger elementary-level girls for all of the changes ahead. **Topics covered in this lively program include:**

- When to expect the onset of puberty
- The physical & emotional changes of puberty
- The maturation of the female reproductive system
- Menstruation
- The importance of good hygiene & healthy habits
- Maintaining health through good nutrition and exercise

FREE pocket size Teaching Guide included with the DVD.

15 min. • Gr. 3-5 • 2011 • Marsh Media MARSH097 • \$99.95

We're Just Around the Corner

(Updated for 2011)

15 min. • Gr. 5-8 • 2011 • Marsh Media MARSH098 • \$99.95

NEW! Puberty for Boys (MM3223)

Through interviews and discussions with preteens and teens, animation and graphics, this program will help viewers to understand what puberty is and what they can expect when their bodies begins to change. This program addresses boys' common questions about their body. The program also addresses the ways boys can take care of their changing body and stay healthy.

Each: 15 min. • Gr. 5-7 • 2011 • Mazzarella • \$139.99

NEW! Puberty for Girls (MM3222)

Through interviews and discussions with preteens and teens, animation and graphics, this program will help viewers to understand what puberty is and what they can expect when their bodies begins to change. This program addresses girls' common questions about their body. The program also addresses the ways girls can take care of their changing body and stay healthy.

Each: 15 min. • Gr. 5-7 • 2011 • Mazzarella • \$139.99





My Blog: The Dangers of Texting and Sexting

Cell phones, mobile email devices and handheld computers provide students with the ability to send and receive messages within seconds. Dramatic scenarios help students to understand the positive and negative sides of this new technology. This program covers the basics on the do's and don'ts of texting and sexting. It demonstrates the consequences of using technology if you don't think ahead before you hit send.

15 min. • Gr. 7-12 • 2010 • Mazzarella • MMB06 • \$129.99



Play It Out: Healthy Dating Relationships

Unfortunately jealousy, possessiveness, and emotional and physical abuse are accepted behaviours in far too many young relationships. This program challenges teens to take time for a relationship check up. Each scenario presents true-to-life relationship challenges just about every young person faces at some point. The program helps viewers identify characteristics and behaviours that are not conducive to healthy relationships. Students are encouraged to honestly assess their relationship as to fairness, respect, trust and communication.

20 min. • Gr. 7-12 • 2010 • Mazzarella • MMP01 \$139.99



Play It Out: Unhealthy Dating Relationships

By nature humans are social creatures and healthy relationships are an important part of our lives. This program explores the characteristics of a healthy dating relationship. It shows students how to develop and maintain a healthy dating relationship and how to assess whether they are in a healthy relationship.

The program discusses the communication skills necessary to build healthy relationships and how respect, honesty and compromise play an important part in all relationships.

20 min. • Gr. 7-12 • 2010 • Mazzarella • MMP02 \$139.99



Straight Talk About Puberty for Girls

As an alternative to story-driven programs, this new title is streamlined and trimmed down to "just the facts" - which makes it slightly shorter, and definitely crisper and more to the point. Girls in this grade range will learn about: The female reproductive

system; Hygiene and good grooming; The dangers of alcohol, tobacco, and other drugs to growing bodies; Emotional and physical changes of puberty; Importance of exercise and good nutrition. For a fresh modern take on this topic, with exciting graphics and music by Rainmaker Bob Walkenhorst, you will find STRAIGHT TALK ABOUT PUBERTY very useful for class discussion. FREE Pocket size Teaching Guide included with the DVD.

15 min. • Gr. 5-8 • 2012 • Marsh Media MARSH101 • \$99.95



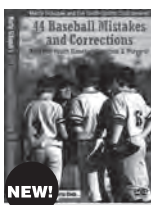
Straight Talk About Puberty for Boys

Companion to the program for girls, but designed to be shown to boys alone, this DVD is equally clean and fresh in its approach. Some new, and appropriate, material just for boys is included in this new title. Boys in this grade range will learn about: The male reproductive system; Hygiene and

good grooming; The dangers of alcohol, tobacco, and other drugs to growing bodies; Emotional and physical changes of puberty; Importance of exercise and good nutrition. STRAIGHT TALK ABOUT PUBERTY For Boys will help answer many of those important, but often not asked, questions that maturing boys always have. FREE Pocket size Teaching Guide included with the DVD.

15 min. • Gr. 5-8 • 2012 • Marsh Media MARSH100 • \$99.95

PHYSICAL FITNESS & SPORTS



44 Baseball Mistakes and Corrections

This program provides explanations of some of the most common and recurring baseball mistakes that happen in youth baseball games. If you are a coach

or parent in a recreational or competitive youth baseball league, this video will break down the individual and team mistakes that can be corrected by some basic practice principles that will result in better hitting, pitching, and fielding. The video highlights: Hitting Mistakes; Pitching Mistakes; Baserunning Mistakes; Fielding Mistakes; Coaching Mistakes; Equipment Mistakes; Backing Up Mistakes; Sliding Mistakes; And More.

"Highly recommended."

- Video Librarian

36 min. • Gr. 7-A • 2011 • Youth Sports Club YSC0127 • \$59.99



Wide Receiver Skills and Drills

Learn the techniques and strategies employed by those playing the wide receiver position at the highest level. In this comprehensive DVD, Coach Steve

Mooshagian provides several tips, techniques and drills to give coaches and players the tools they need to be successful. Among the topics covered are: stances and starts, escape moves, numerous drills, routes and conversions, and screens. Each area of the game is taught in a very detailed and easy-to-understand manner. This DVD is a great resource for coaches and players at any level of competition.

40 min. • Gr. 6-A • 2011 • SportVideos • SV155 \$59.99

Please visit www.visualed.com for a broad range of Physical Education and Sports titles covering basketball, hockey, tennis, swimming, racquet ball, track and field, volleyball, baseball, wrestling, soccer, football, golf, boxing, gymnastics, bowling, jiu-jitsu, ice skating, weight training, long jump & high jump, billiards, distance running, fishing and many others.



Golf Tips and Techniques

Dramatically improve your game with the help of professional golf's all-time leading tournament winner, Kathy Whitworth. In this comprehensive DVD, Kathy

offers numerous tips and techniques to help you become a better golfer. Among the topics covered are: Square Club Face, How to Aim, Ball Positioning, The Take-away, The Weight Shift, Position of the Arms, Clipping the Grass, Holding Your Finish, Pre-Shot Routine, Pitching, Chipping, Sand Trap Play, Long Putts and Short Putts. Kathy Whitworth's Tips and Techniques will benefit golfers of all skill levels.

40 min. • Gr. 6-A • 2011 • SportVideos • SV154 \$59.99



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