

Guidance and Counseling Resources @ MCCE

Content Strand: Personal/Social Development

Big Idea 1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities

Concept: *Self-Concept*

C&E DVD ROM 60

The Five Life Strategies for Successful Teens

Human Relations Media

MT. KISCO, NY, HUMAN RELATIONS MEDIA, 2005.

DVD ROM — This program profiles 5 real teens who are achieving their dreams and inspiring other teens to fulfill their goals: Liz Murray (Taking Risks) who overcame a life of living on the streets to attend Harvard University, Jesse Laslovich (Discipline) who became one of the youngest legislators ever elected in Montana, Aja Monet (Communication) tells her story of winning a National Poetry Slam Competition, Clayton Lilliard (Organization) is seen creating his own charity donating bikes to kids whose parents are in prison and Jennifer Howitt (Setting Goals) who overcame a spinal chord injury to excel at basketball and win a gold medal at the Paralympic Games. Grades 7 - college. 27 Minutes.

H DVD ROM 74

Hallmarks of Good Mental Health

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2006.

DVD ROM — This program helps viewers recognize the six key qualities that define good mental health in adolescence: having satisfying relationships; being happy with one's academic achievements; maintaining clear and achievable goals; being capable of delaying immediate gratification; making good choices; and, resisting unhealthy peer pressure. Each of the hallmarks is clearly demonstrated by real teens in a variety of settings, including at school, at home and at play. Grades 7-College. Includes teacher resource guide. 20 minutes.

G&C DVD ROM 18

Healthy Body, Healthy Body Image

Sunburst Visual Media

HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2005.

DVD ROM — Using interviews with real teens this program explores the reality of how most people actually look, how young people respond to media images and how they can maintain a positive self-image. Examines the dangers of anorexia, bulimia, overeating and the pressures to use muscle growth-promoting hormones. Promotes self-acceptance and stresses the need to eat a healthy, well balanced diet. Empowers teens to maintain a sensible, realistic body image attuned to the uniqueness of their own bodies. Grade level: 7-12. Includes teacher's guide. 26 minutes.

FCS 20.0105 C766.1

Today's Life Skills: Unit 1-Personal Development Skills

The Curriculum Center for Family & Consumer Sciences

LUBBOCK, TX, THE CURRICULUM CENTER FOR FAMILY & CONSUMER SCIENCES, 2007.

BOOK — This resource is based on a research project to identify critical life skills needed by students. This self-contained module can be taught in any sequence and incorporated into a variety of courses. Module contains a teacher text, suggested teaching strategies, learning activities and answers. Materials are in loose-leaf form. Teaching aids in PowerPoint format are available on FCS CD ROM 30 which must be requested separately.

G&C 32.0101 M136**Life Strategies for Teens**

Jay McGraw

NEW YORK, NY, SIMON & SCHUSTER, 2000.

BOOK — A funny, straightforward guide to help teens steer rather than drift in life. Deals with topics from peer pressure to TV addiction. Divided into 10 "Life Laws", the author urges teens to take control of their lives at every turn.

G&C KIT 1**Gaining Insight for Teens Cards**

Wellness Reproductions & Publishing

HAWTHORNE, NY, WELLNESS REPRODUCTIONS & PUBLISHING, 2004.

KIT — Seventy-five cards pose self-reflective questions to participants. The first question looks at a value, skill or behavior and asks players to rank themselves on a 1-10 scale. The next three questions delve deeper into the issue, providing new ways to look at oneself. Ages 13-Adult. 3-12 Players.

G&C 37.0104 H554.12**I Am Already Successful: 80 Activities To Develop Motivation and Self-Esteem, 2nd Edition**

Dennis Hooker

INDIANAPOLIS, IN, JIST WORKS, INC., 1998.

BOOK — Discovering what you like, how you feel, how you see others, and how they see you. Includes a companion instructor's guide.

G&C DVD ROM 42**Ethics: Cheating and Plagiarism**

In The Mix

NEW YORK, NY, IN THE MIX.

DVD ROM — This program follows a group of ninth graders who are required to participate in a series of ethics courses and, in a cheating and plagiarism workshop, wrestle with typical situations and solutions. Grades 7-12. 30 minutes.

G&C DVD ROM 31**The Real Character/Real People Series: Profiles in Honesty**

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2006.

DVD ROM — Honesty is consistently telling the truth and displaying integrity - even in difficult situations. The integrity of "Honest" Abe Lincoln is mirrored by PBS News reporter Gwen Ifill and tobacco industry whistleblower Jeffrey Wigand as they discuss the role of honesty in their lives and work. Members of a teen court show how honesty drives their legal decisions. Three Chicago teens pursue the truth in an old civil rights case and find justice. Students will understand how honesty and integrity impact every aspect of character building. Grades 6 - College. 26 Minutes.

G&C DVD ROM 28**The Real Character/Real People Series: Profiles in Respect**

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2006.

DVD ROM — Respect is treating others with the same courtesy and consideration we would want for ourselves. L.A. mayor Antonio Villaraigosa and former football quarterback Don McPherson discuss the meaning of respect in their lives. Jessica Leuders-Dumont, 16, works to protect the environment. Teens from PushAmerica ride bicycles across the country to raise money and awareness for people with disabilities. Whether it is sticking up for someone being bullied or pitching in to help the environment, students learn the value of respect. Grades: 6 - College. 21 minutes.

G&C DVD ROM 29**Real Character/Real People Series: Profiles in Responsibility**

Human relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2006.

DVD ROM — Responsibility is being dependable, trustworthy, reliable and accountable for one's actions. Co-creator of Spiderman, Stan Lee, depicts his superhero as a model of responsibility. Cindi Leive, editor of Glamour Magazine, discusses responsibility in the workplace. Row New York, an all-girl rowing team, demonstrates the importance of dependability in team work. Junior firefighters from a volunteer fire company make a contribution that protects lives and property. Students learn that responsibility is a source of personal satisfaction, and a cornerstone for building strong relationships. Grades: 6 - College. 19 minutes.

G&C DVD ROM 30**Responsibility: LifeSteps with Michael Pritchard**

Heartland Media

SAN FRANCISCO, CA, HEARTLAND MEDIA, 2003.

DVD ROM — Character, resiliency, and emotional intelligence--these qualities are all essential for today's young people to become responsible, caring and successful adults. The LifeSteps series is designed to build these critical traits and help viewers become the best people they can be. Grades 6-12. 30 minutes.

Concept: *Balancing Life Roles*

FCS 20.0105 C766.8

Today's Life Skills: Unit 8-Balancing Work & Family Skills

The Curriculum Center for Family & Consumer Sciences

LUBBOCK, TX, THE CURRICULUM CENTER FOR FAMILY & CONSUMER SCIENCES, 2007.

BOOK — This resource is based on a research project to identify critical life skills needed by students. This self-contained module can be taught in any sequence and incorporated into a variety of courses. Module contains a teacher text, suggested teaching strategies, learning activities and answers. Materials are in loose-leaf form. Teaching aids in PowerPoint format are available on FCS CD ROM 30 which must be requested separately.

G&C DVD ROM 90

Study Skills

Discovery Education

HAMILTON, NJ, CAMBRIDGE EDUCATIONAL, 2001.

DVD ROM — This program follows the day-to-day activities of Jim, a teenager trying to improve his study skills. With amusing dramatizations, the program transports viewers inside Jim's mind to show how different parts of the brain influence the way he stores and processes information. Students will learn how to maximize and balance the strengths of the left and right sides of the brain, and will gain insight into the importance of motivation, study schedules, stress relief, note-taking, and more. 24 minutes.

C&E DVD ROM 59

Get Organized! Managing School, Life, and Fun

Cambridge Educational

LAWRENCEVILLE, NJ, CAMBRIDGE EDUCATIONAL, 2006.

DVD ROM — This video teaches young people the value of personal management skills, and provides tips and strategies for getting organized in several key areas: living space, school materials, study time, extracurricular activities, and social life. 23 minutes.

G&C 32.0101 W142

Unfocused Kids: Helping Students To Focus On Their Education and Career Plans

Suzy Mygatt Wakefield

AUSTIN, TX, PRO-ED, 2004.

BOOK — This book provides a hands-on resource for all kinds of educators with an effort to help students with their plans after high school. Resource for school counselors, career specialists, classroom teachers, administrators, curriculum directors, career and technical education directors and school board members. Presents a broad variety of career guidance ideas, suggestions resources, and programs. Includes an example of how to use the ASCA National Standards as a guideline for teaching career planning skills.

G&C DVD ROM 19.3

The Power of Expectations

CWK Network

ATLANTA, GA, CWK NETWORK, 2004.

DVD ROM — Expectations of parents, teachers, and peers all influence kids--in sports, school and all of life. This program helps get students talking about what everyone seems to expect for their future, and what they should expect for themselves. Grades 4-12. 23 minutes.

G&C DVD ROM 19

Aim High: Success in School and Out

Sunburst Visual Media

HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2005.

DVD ROM — This program uses realistic situations to demonstrate a basic five-step process to setting goals and reaching them. Students learn how setting higher goals is possible, and in the end, more satisfying. Grade level: 5-9. Includes teacher's guide. 25 minutes.

Concept: *Citizenship and Contribution Within a Diverse Community*

FCS 20.0105 C766.3

Today's Life Skills: Unit 3-Citizenship Skills

The Curriculum Center for Family & Consumer Sciences

LUBBOCK, TX, THE CURRICULUM CENTER FOR FAMILY & CONSUMER SCIENCES, 2007.

BOOK — This resource is based on a research project to identify critical life skills needed by students. This self-contained module can be taught in any sequence and incorporated into a variety of courses. Module contains a teacher text, suggested teaching strategies, learning activities and answers. Materials are in loose-leaf form. Teaching aids in PowerPoint format are available on FCS CD ROM 30 which must be requested separately.

G&C DVD ROM 33

Workplace Ready: Part One: Up and Running

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 1998.

DVD ROM — Three young people take viewers on a tour through three different companies. Interviews with executives and employees help students understand how the employees make a difference to each company's success and profitability. Students will learn some of the challenges facing companies today and will see how the ability to change (both the company itself and its employees) may be the key to a company's success. Includes Teachers Resource Book. Grades 9 - College. 38 minutes

G&C DVD ROM 34

Workplace Ready: Part Two: Foundation Skills

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 1999.

DVD ROM — In the same format as G&C DVD ROM 33, Part One: Up and Running, Part Two explains how foundation skills will help students in any job or career they might pursue. The foundation skills are essential in all parts of life--but especially at work, where employers expect every person they hire to have basic educational skills, to be able to think while they work, and to have the personal qualities necessary for success. Includes Teacher's Resource Book. Grades: 9 - 12. 54 minutes

E&D DVD ROM 1.1

Primary Colors

Connect With Kids

ATLANTA, GA, CONNECT WITH KIDS, 2007.

DVD ROM — This program analyzes racism, prejudice and cultural diversity, and includes stories of role models: young people from diverse backgrounds who have become close friends. Includes resource guide.

E&D DVD ROM 1

Them And Us

Learning Seed

LAKE ZURICH, IL, LEARNING SEED, 2007.

DVD ROM — We're all prejudiced about prejudice. We're biased about our biases. We create people types called "us" and "them". But every "us" is somebody else's "them". This is not a program about specific minority groups; it explores the processes we use to deal with other cultures, with people who do not fit our category of "us". 22 minutes.

G&C 13.1399 C376

You and the Law

E. Richard Churchill, Linda R. Churchill

PORTLAND, ME, WALCH PUBLISHING, 1998.

BOOK — Designed to help students better understand the law and the legal process. Readings show how the law affects such daily activities as going to school, driving a car, shopping at the mall, and working part-time. Includes discovery materials dealing with specific legal difficulties common to teenagers.

Big Idea 2: Interacting With Others in Ways That Respect Individual and Group Differences

Concept: *Quality Relationships*

G&C DVD ROM 38

The Ten Signs of Relationship Abuse

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2007.

DVD ROM — Program combines interviews of battered and verbally abused teens with expert commentary, video delivers key facts about dating abuse. Emotional abuse includes isolation from friends, family, and outside activities; using insulting names or degrading terms; displaying jealousy and possessiveness; controlling a partner's clothing choices and behavior; using excessive cell phone use to monitor behavior; and threatening self-harm to control behavior. Sexual and physical abuse includes extreme roughhousing; pushing, grabbing, restraining, and other violent behaviors that don't leave marks or bruises; touching a partner's body in ways that make him/her feel uncomfortable; and making threats as a means of coercing a partner's consent to sexual activity. Teen speakers and dating abuse experts offer helpful advice on how teens can get away from potentially unhealthy, dangerous relationships. Grades 7 - College. 20 Minutes

G&C DVD ROM 40

Love Is Not An Angry Thing

Daniel S. Kehde

CHARLESTON, WV, JAGUAR EDUCATIONAL, 2005.

DVD ROM — NOTE: Contains incidents of profane language, may elect to preview before showing to class. This program tells the story of a teen relationship that at first seems like love, but is eventually taken over by possessiveness, jealousy, and anger. As the drama unfolds, viewers are introduced to the warning signs of an abusive relationship. The age of the actors makes the program ideal for secondary school students, but it can also be used for a younger or a more general audience. The story is reinforced by interview segments with domestic violence counselors who make connections between events in the drama and the patterns of abuse evident in real-life situations. The program helps young people recognize the characteristics of a dangerous relationship, and makes the point that it is NEVER too late to get help. 45 minutes.

G&C DVD ROM 3.1

Teen Romance: What's Risky, What's Not?

Cambridge Educational

HAMILTON, NJ, CAMBRIDGE EDUCATIONAL, 2009.

DVD ROM — This program enables students to see teen romance in a clear light—exploring love, sex, friendship, and how easily all three can get mixed up. With candid discussions about jealousy, trust, peer pressure, and effective communication, the program focuses on the mental and emotional aspects of teenage sex and romance, as well as the best ways to cope with rejection and break-ups. Viewers also delve into “cyber relationships,” both friendly and romantic—examining what is gained and lost when technology mediates human connections. 32 minutes.

G&C DVD ROM 5

Wanting In, Kept Out: When Cliques Harass

Sunburst Visual Media

PLAINVIEW, NY, SUNBURST VISUAL MEDIA, 2006.

DVD ROM — Follows two teens who are both being excluded from an existing clique. Viewers learn to identify harassment, recognize their own role in the bully/target/bystander cycle, and how to develop relationships that are supportive and meaningful. Grade level 9-12. 20 minutes.

G&C 32.0101 B561**Nobody Likes Me, Everybody Hates Me: The Top 25 Friendship Problems and How to Solve Them**

Michele Borba, Ed.D.

SAN FRANCISCO, CA, JOSSEY-BASS, 2005.

BOOK — Based on a survey of five thousand teachers and parents, this book shows how to teach children the 25 most essential friendship-building skills kids need to find, make, and keep friends, as well as survive that social pressure from peers.

G&C 32.0101 H266**A Good Friend: How to Make One, How to Be One**

Ron Herron and Val J. Peter

BOYS TOWN, NE, BOYS TOWN PRESS, 1998.

BOOK — This book advises children in such areas as the basics of conversation and friendship do's and don'ts. Included are nine easy-to-follow "people" skills such as giving and receiving compliments, introducing yourself, and showing respect and sensitivity, that put getting along with others into manageable steps. A special chapter deals with the challenge of shyness, giving kids practical advice on how to conquer it and grow in self-confidence. Grades 6-12.

G&C KIT 3**The Teen Relationship Workbook**

Kerry Moles, CSW

PLAINVIEW, NY, WELLNESS REPRODUCTIONS & PUBLISHING, INC., 2001.

KIT — This activity-based workbook for professionals helps adolescents develop healthy, intimate relationships and prevent dating abuse and domestic violence. Appropriate for males and females, ages 12-20, in groups or individual sessions. Includes Teen Relationships Cards that correspond to an activity in every page of the workbook. Cards can be used alone or with the workbook.

FCS DVD ROM 105**Exploring Healthy Relationships**

Human Relations Media, Inc

MT KISCO, NY, HUMAN RELATIONSHIPS MEDIA, INC, 2002.

DVD ROM — This program introduces students to the four keys of a healthy relationship (mutual respect, open communication, trust and boundaries), students learn how they can use these elements successfully in their relationships with peers, parents, siblings and teachers. Includes Teacher's Resource Book. Grades 7 - College. 21:56 minutes.

FCS KIT 14**Love U 2: Relationship Smarts**

Marline Pearson

BERKELEY, CA, THE DIBBLE FUND FOR MARRIAGE EDUCATION, 2004.

KIT — Teens today live and breathe in a culture that touts casual sex and casual connections. Love U2 is a series of units that help young people acquire practical skills for emotionally healthy and ethically sound relationships. It focuses on helping teens craft a roadmap toward what they hope to achieve, not just what they must avoid. "Relationship Smarts" offers 13 lessons of practical guidance for building relationships that are not based on sex. It covers subjects such as infatuation, rejection, falling in love, emotions, gauging relationship health, a low-risk relationship strategy, and breaking up.

R 10.0050 L277

The Successful Team-Building Workbook

Ester A. Leutenberg and John J. Liptak, EdD

DULUTH, MN, WHOLE PERSON ASSOCIATES, 2009.

BOOK — This book combines self-assessment with journaling activities to help teens and adults learn more about themselves as well as how prepared they are to be effective team members. Individual self-reflection and group experiences help participants determine how effective they will be as a team player, identify their team skills and personality types, explore their leadership potential, and practice sending and receiving feedback from others.

Concept: *Respect For Self and Others*

E&D DVD ROM 1.2

Responding to Diversity (and Respecting Differences)

Learning Seed

CHICAGO, IL, LEARNING SEED, 2011.

DVD ROM — This program explores the many types of diversity and the perils of stereotyping, prejudice, and discrimination. It also discusses ways to express curiosity in others while respecting the differences that make every person interesting, unique and valuable. 27 minutes.

E&D DVD ROM 6

Communicating Between Cultures

Learning Seed

LAKE ZURICH, IL, LEARNING SEED, 2004.

DVD ROM — Some "cultural givens" are so deeply imbedded in thought patterns they are invisible to those who hold them. This video shows how to make some of these patterns visible and improve communication. A series of cross-cultural situations show how even good intentions often go astray. 23 minutes.

G&C DVD ROM 25

Bad Friendships: Doing More Harm Than Good

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2003.

DVD ROM — This program was created to help young people understand the unique factors that can lead to unhealthy relationships. The video and activities in the Teacher's Resource Book will help students evaluate their relationships, and learn ways to leave unhealthy relationships behind. Students are also asked to consider the extended outcomes of bad friendships--including damaged reputations, lost integrity, guilt and even problems with drugs or alcohol. The program encourages young people to consider their own roles as friends, and to examine the positive and negative aspects of their behaviors towards others. Grades 5 to 8. 16:38 minutes.

G&C DVD ROM 9

Gossiping, Taunting, Bullying: It's All Harassment

Sunburst Visual Media

HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2000.

DVD ROM — With the encouragement of a school counselor, young teens share their own experiences coping with bullying, taunting and teasing. They view and react to dramatic vignettes that show realistic situations of harassment. Includes teacher's guide. Grade level 5-9. 24 minutes.

G&C DVD ROM 26

Surviving Peer Pressure: You Can Do It!

Human Relations Media

MT. KISCO, NY, HUMAN RELATIONS MEDIA, 2005.

DVD ROM — For teens and pre-teens, staying true to oneself can be a tough act to pull off. This program, presented in a drama format, presents five scenarios where teens are asked to make critical decisions in typical peer pressure situations - whether to raid a liquor cabinet when the parents are not home, teasing and bullying a vulnerable kid out of sight of teachers and parents, excluding a girl from their regular lunch table, being pressured to shoplift in a local mall and being tempted to cheat on an exam because other teens got advance copies of the test. In each scenario, the action stops at a critical juncture and students review six steps to making the right choice: listen to your inner voice, what would you do if you were alone, take a time out, imagine your parents are watching you, is it against the law and finally, is it worth the risk? Grades: 5 - 9. 22 Minutes.

G&C DVD ROM 10

Harassment and Diversity: Respecting Differences

Kantola Productions

MILL VALLEY, CA, KANTOLA PRODUCTIONS LLC, 2005.

DVD ROM — Harassment is not just about sex. Harassment about race, religion, age, disabilities, and other protected characteristics can occur in any workplace where employees interact. Learn how to keep the workplace harassment-free, how to respond to a claim of harassment, and how to investigate correctly and discipline properly. Includes study guide. Upper level High School, Post-secondary and Adult. 20 minutes.

Concept: *Personal Responsibility in Relationships*

G&C DVD ROM 6

Conflict Resolution: You Can Solve It!

Sunburst Visual Media

HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2005.

DVD ROM — Set in an urban school, this program shows how unexpressed anger, hurt feelings, thoughtless words, name-calling and threatening can cause conflicts to erupt and escalate. Young teens are empowered to resolve their conflicts by avoiding "conflict starters" and applying "conflict solvers." Includes teacher's guide. Grade level: 5-9. 17 minutes.

R DVD ROM 30

Work It Out! Strategies for Resolving Conflict

Cambridge Educational

LAWRENCEVILLE, NJ, CAMBRIDGE EDUCATIONAL, 2005.

DVD ROM — This program uses scenario analysis to model four key conflict resolution strategies: taking the person out of the problem; focusing on issues, not egos; being objective; and creating win-win solutions. Show your students that differences are a part of who we are, and that while we may not get along with each other all the time, we do have to find positive ways to work out our disagreements. 22 minutes

R 13.0601 M542

Strategies for Anger Management

Kerry Moles

HAWTHORNE, NY, WELLNESS REPRODUCTIONS AND PUBLISHING, 2003.

BOOK — This book is designed to help teens and adults learn how to cope with anger in healthier ways. Divided into three sections: Understanding Anger, Interventions for Anger Management and Conflict Resolution, and The Differences Between Anger and Abuse. Each activity has a Facilitator's Information Sheet outlining the purpose, background information, and guidelines for leading an individual and / or group activity. Grades 7 - 12.

G&C 13.0601 S355

Seeing Red: An Anger Management and Peacemaking Curriculum for Kids

Jennifer Simmons

GABRIOLA ISLAND, BC, NEW SOCIETY PUBLISHERS, 2003.

BOOK — Using a small group process, this 12-session curriculum is designed to help students better understand their anger so that they can make healthy and successful choices, while building strong relationships with others. It builds upon important development skills such as leadership, problem solving and social skills. Ages 6-12.

G&C 13.0601 A430

The ABC's of Anger

Ray Ali

DULUTH, MN, WHOLE PERSON ASSOCIATES, 2006.

BOOK — This book contains easy-to-read stories involving some aspect of the theme "anger". It provides children with an awareness of differing degrees of anger and helps them explore choices for responding when they are angry. Grades K-5.

G&C 13.0601 W344

Breaking Down the Wall of Anger

Esther Williams

CHAPIN, SC, YOUTHLIGHT, INC., 2007.

BOOK — This curriculum provides teachers the structure and flexibility to teach students new and creative ways to deal with their anger. The units are filled with activities and games that will allow students to explore how they currently react to anger situations and to choose new and healthier ways to react. The topics are divided into three sections; Anger Educational Model, Anger Skills, and Interpersonal Skills. For 5th-8th Grade students.

G&C DVD ROM 6.2

A Violent Age: Aggression and Violence

Connect with Kids

ATLANTA, GA, CONNECT WITH KIDS, 2004.

DVD ROM — Violence is a troubling part of growing up for too many children in America--boys and girls--and is often caused by a characteristic common among the young: an inability to envision consequences. This program features stories about consequences, the pain and ruin experienced by both the victim and the perpetrator.

G&C DVD ROM 6.1

C.A.G.E. the Rage

Cambridge Educational

LAWRENCEVILLE, NJ, FILMS MEDIA COMPANY, 2007.

DVD ROM — This program allows students to (1) see how to identify anger in themselves and those around them; (2) understand why mismanaged anger is so destructive; (3) discover how anger gets repressed, and the bodily and mental illnesses that may result from it; and (4) learn to release anger and express emotions in an acceptable and positive way using the C.A.G.E. method (Calm down, Assess the situation, Gauge alternatives, and Empower yourself). Scenarios show students first modeling unhealthy behavior and then healthy behaviors. Candid interviews with experts and teens are also included. Middle school and high school. 23 minutes.

FCS DVD ROM 17

Respect Rules: On Living A Respectful Life

LINX Educational Publishing, Inc.

JACKSONVILLE BEACH, FL, LINX EDUCATIONAL PUBLISHING, INC., 2004.

DVD ROM — This program offers simple ways to start living a respectful life - at home, at school, with friends and co-workers, on the playing field, or in the mall - even while maintaining our individuality. Hear real-life experiences from students and teachers. Get useful advice from a psychologist and an etiquette expert. This video showcases practical ways to live a respectful life today. Grades 6-12. 25 minutes.

G&C 13.0601 S326

The Tough Kid Social Skills Book

Susan M. Sheridan, Ph.D.

LONGMONT, CO, SOPRIS WEST, 1995.

BOOK — Teach students how to resolve conflict, express frustration, and interact with others. Skills covered include recognizing and expressing feelings, using self-control, and resolving arguments. Presents outlines for conducting social skills sessions. Also includes information to maximize the effectiveness of your program.

G&C 13.0401 T194

Salvaging Sisterhood

Julia V. Taylor, MA

CHAPIN, SC, YOUTHLIGHT, INC., 2005.

BOOK — This book is a group curriculum designed to teach relationally aggressive girls how to effectively communicate with one another, opposed to about one another. It explores the important dynamics of female friendships and is designed to: Raise awareness about relational aggression; Help girls develop empathy; Lessen incidence of gossip, rumor spreading, and backstabbing; Teach girls to stand up for themselves, without involving a third party; Help girls develop a strong sense of self; Teach healthy conflict; Teach girls to diffuse their anger, without disrespecting each other; Provide a safe, educational, and fun environment for girls to explore and share their feelings related to girl bullying. Although the intention for Salvaging Sisterhood is to be conducted in a small group format, most of the activities can be adapted for classroom counseling and large group settings. 116 pages. Grades 5 - 12.

G&C 13.0401 K166

Mean Chicks, Cliques, and Dirty Tricks: A Real Girl's Guide to Getting Through the Day With Smarts and Style

Erika V. Shearin Karres, Ed.D.

AVON, MA, ADAMS MEDIA, 2004.

BOOK — The author talked to more than 1,000 teen girls to understand what makes mean chicks tick. Features true stories of girls who fought back against teasing and bullying. 144 pages. Grades 6 through 12.

G&C 13.1001 D628

A Leader's Guide to The Kids' Guide to Working Out Conflicts

Naomi Drew

MINNEAPOLIS, MN, FREE SPIRIT PUBLISHING, 2004.

BOOK — This guide includes 25 sessions to help students become effective conflict solvers: real skill for dealing with conflict, getting along better with almost anyone, and feeling a lot better about themselves.

G&C 13.1001 P264

Ready-to-Use Conflict Resolution Activities for Secondary Students

Ruth Perlstein, Gloria Thrall

SAN FRANCISCO, CA, JOSSEY-BASS, 1996.

BOOK — This resource provides more than 90 ready-to-use lessons for teaching peaceful and successful ways of resolving conflict, including activities with typical adolescent scenarios.

G&C 13.1001 T254

Ready-to-Use Conflict Resolution Activities for Elementary Students

Beth Teolis

SAN FRANCISCO, CA, JOSSEY-BASS, 2002.

BOOK — This book is divided into four sections: conflict-resolution activities for educators; building the groundwork for conflict resolution; conflict-resolution activities for your classroom; and, conflict resolution activities for your school. For K-6 teachers and counselors.

G&C DVD ROM 24

Life Steps with Michael Pritchard: Creative Problem Solving

Heartland Media

SAN FRANCISCO, CA, HEARTLAND MEDIA, 2003.

DVD ROM — Teens discover positive ways to assert themselves, express complaints, handle misunderstandings and block rumors. They learn specific social skills - mediation, negotiation, active listening, and messages - and how to apply these skills to cooperative-learning groups and student-led activities. 30 minutes.

Big Idea 3: Applying Personal Safety Skills and Coping Strategies

Concept: *Safe and Healthy Choices*

R DVD ROM 35

The Five Essential Habits of Healthy Teens

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2009.

DVD ROM — This program is based on recent wellness studies from top-ranking universities. Viewers follow Dr. Mohr, a Registered Dietitian and Board Certified Specialist in Sports Dietetics, as he explores the five essential habits that promote health: eating a nutritious diet, starting each day with breakfast, exercising daily, getting enough sleep and staying drug-free. Real teens learn that eating a nutritious diet can be fast and easy; that exercise can come from dancing, bike riding or just about any activity; visit a sleep lab to learn the consequences of poor sleep habits. Finally, Dr. Mohr moderates a teen forum focused on how substance abuse and smoking impact health. Grades 7 to college. 17 minutes

G&C DVD ROM 43

Teens and Ethics

Sunburst Visual Media

HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2007.

DVD ROM — In this program teens talk about the potentially life-changing decisions they face every day. Decisions about smoking, drinking, drugs, sex, lying, cheating and shoplifting. Viewers are asked to think about their own choices and values and what it means to be "ethical." On screen, the teens discuss the consequences that follow bad decisions. They stress the necessity of having a well-thought out plan to put into action when faced with a difficult choice. Through first-person interviews and discussions about real-life experiences, students see that all choices have consequences and that everyone makes poor decisions. By learning from those bad decisions, teens can grow into the kind of people they want to be. Grades 7 - 12. 23 minutes.

G&C DVD ROM 63

Stopping the Pain: Teenage Self-injury

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2009.

DVD ROM — In this program, several teens describe what led them to self-injury, how they got help, and how they found healthy ways to deal with their problems. Identifies some of the reasons why young people self-injure: to punish themselves for not being "perfect", to relieve emotional stress, to feel less numb, and to feel in control when everything else in their lives seems out-of-control. Emphasizes that it is possible for self-injurers to address their problems in more healthy ways and to learn coping skills. Advises viewers on how they can help friends or classmates who self-injure. Grades: 7 - College. Includes teacher resource book. 20 minutes.

G&C DVD ROM 4

Club Drugs: What You Should Know

Sunburst Visual Media

PLAINVIEW, NY, SUNBURST VISUAL MEDIA, 2002.

DVD ROM — A noted drug prevention specialist speaks to a group of teens about Rohypnol (the date rape drug), Ecstasy, GHB, Ketamine, Methamphetamine, LSD, and the effect that alcohol has when used in conjunction with these drugs. Teens serve up a compelling cautionary message as they reveal the disastrous and long-term effect club drugs have had on their lives. In addition, a group session, led by two counselors, shows viewers how they can use the support of peers to help them resist the pressure to try club drugs. Life-saving behaviors and strategies teens can employ to protect themselves are detailed. Grades 7-12. 20 minutes.

FCS DVD ROM 26

The Last Rave: About Club Drugs

Sunburst Visual Media

PLAINVIEW, NY, SUNBURST VISUAL MEDIA, 2006.

DVD ROM — Teens need to be informed and alerted to the serious psychological and physical consequences of using ecstasy, methamphetamines and other drugs which many falsely believe to be harmless. This drama makes viewers aware of the risks of using these drugs and challenges teens to think more critically about experimenting with them. Grades 7 - 12. 20 minutes.

G&C DVD ROM 65

Too Much: the Extreme Dangers of Binge Drinking

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2006.

DVD ROM — This documentary examines the consequences of underage drinkers who do not understand the real risks of out-of-control alcohol abuse. Introduces two brain and alcohol researchers who take students on an eye-opening video field trip, using their tools-of-the-trade (including MRIs and PET scans) to graphically show alcohol damage in the brain. Using 3-D images of the brain, the researchers describe what happens as drink after drink is consumed, causing the brain to ultimately shut down the autonomic nervous system, causing death. A young teenage girl who was sexually assaulted during a Spring Break drinking binge presents her painful story. Also interviews the parent of a student who died from alcohol poisoning while partying with his friends. Interspersed throughout is footage of alternative, alcohol-free Spring Breaks, featuring real teens who decided to do something constructive with their vacations, such as building housing for needy families. Grades: 7 - College. Includes teacher resource book. 26 minutes.

G&C CD ROM 1

A Healthy Lifestyle: It's My Choice!

Meridian Education Corporation

LAWRENCEVILLE, NJ, MERIDIAN EDUCATION CORPORATION, 2005.

CD ROM — To a teen facing the real-time, life-changing choices of youth, the concept of making "a good decision" or "the right decision" may be too abstract to act on at the times they need to most. This program cuts through the confusion by emphasizing healthy decisions. Two hours of modular content.

G&C DVD ROM 64

Do You Have An Eating Disorder?

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2009.

DVD ROM — In this program teens and young adults describe their eating disorders, including anorexia, bulimia, binge eating, purging and compulsive exercising. A young country singer describes her battle with anorexia, and talks about how she used her music as part of her recovery. A teenage boy dispels the myth that eating disorders affect only girls and describes his own struggle to recover. A teen and her counselor talk about the interaction of culture, family and community in her recovery. The program stresses that there are warning signs to different eating disorders; that eating disorders have serious, even deadly, health consequences; and there are positive steps that can be taken for persons who are at risk. Includes teacher resource book. Grades: 7 - College. 19 minutes.

G&C DVD ROM 16

Wasting Away: Teens At Risk

TMW Media Group, Inc.

VENICE, CA, TMW MEDIA GROUP, INC., 2005.

DVD ROM — This program highlights the physical and emotional struggles of teens who battle bulimia and anorexia. This series reveals firsthand how young people deal with and overcome the very real challenges they encounter as part of growing up. Real life stories teach teens how seemingly overwhelming problems can be handled successfully. Grades 7-12. 16 minutes.

G&C KIT 7

Growing Together . . . Watch Me Grow! Stop To Listen!

PRINCETON, NJ, FILMS FOR THE HUMANITIES & SCIENCES, 2004.

KIT — This three-part kit is designed to help educators, parents, caregivers, health professionals, and community leaders protect children from developing obesity and eating disorders. It consists of Watch Me Grow! Stop to Listen!, a 32-minute documentary-style video filled with authoritative information—including how to recognize “red flags” that may signal a need for professional attention—as well as tips, tactics, and ideas; a supplemental guidebook that elaborates on ideas presented in the video; and Healthy Kids! Healthy Bodies!, a printable four-lesson curriculum guide for children ages 9 through 12 and student surveys, on CD-ROM.

G&C DVD ROM 20

Junk Food Wars

Cambridge Educational Production

LAWRENCEVILLE, NJ, CAMBRIDGE EDUCATIONAL PRODUCTION, 2005.

DVD ROM — This video shows how to defend against the dangers of junk food. Straight forward discussions and dramatizations arm students with a wealth of information on the new 2005 food pyramid, the different kinds of fats and sugars, how to read ingredients labels, and how to control what foods are available. Commentary from nutrition and food policy experts provides backup, with insights into junk food packaging and advertising tactics. Correlates to National Health Education Standards. 30 minutes

G&C DVD ROM 54

CyberSafety

Cambridge Educational

LAWRENCEVILLE, NJ, CAMBRIDGE EDUCATIONAL, 2008.

DVD ROM — This program warns students about how vulnerable they are whenever they venture into the cyber realm—even when they think they’re among “friends.” Explaining how to take precautions in chat rooms, on social networking sites, and anywhere that predators lurk, the program strongly advises against physically meeting any online acquaintance and emphasizes that parents or guardians must be involved in such meetings. Commentary from experts and questions from peers reinforce the notion of an irreversible virtual footprint—a trail that all Internet users leave which can be used against them. 19 minutes.

G&C DVD ROM 55

CyberSecurity

Cambridge Educational

LAWRENCEVILLE, NJ, FILMS MEDIA GROUP, 2008.

DVD ROM — This program cautions students about potential hazards to their computers—not to mention their careers, finances, and futures—that exist online. Highlighting the importance of setting up a firewall and keeping one’s operating system up-to-date, the program provides straightforward advice about protecting against hackers, viruses, Trojan horses, spyware, adware, phishing emails, and other high-tech threats. Each concept is defined in user-friendly terms. More basic but equally vital steps like maintaining multiple passwords and not sharing personal information are also discussed. Commentary from experts, as well as questions from peers about the details of computer safeguards, will help students increase their online security. 21 minutes.

G&C 32.0107 W344

Cyber-Safe Kids, Cyber-Savvy Teens: Helping Young People Learn to Use the Internet Safely and Responsibly

Nancy E. Willard

SAN FRANCISCO, CA, JOSSEY-BASS, 2007.

BOOK — An introduction to the hazards of the Internet with practical suggestions any parent or educator can use to encourage kids to make sensible decisions while online.

G&C DVD ROM 51

A Parent's Guide to MySpace.com

Sgt. Corey MacDonald

OMNI PUBLISHING COMPANY, 2006.

DVD ROM — This program takes parents and educators step-by-step through MySpace so they'll know how it works and how to protect children from its potential dangers. 40 minutes.

G&C DVD ROM 53

CyberEthics

Cambridge Educational

LAWRENCEVILLE, NJ, FILMS MEDIA GROUP, 2008.

DVD ROM — This program helps students take the high road on the information superhighway and avoid the temptations of the fast lane, pointing the way toward an ethically sound Internet presence and lifestyle. Guidelines for the use of intellectual property are featured, with emphasis on the consequences of illegal downloading, copyright infringement, and plagiarism. Pornography, gaming sites, chat rooms, and online social networks are also discussed, helping viewers steer clear of antisocial and abusive activities, especially cyber-bullying. Comments from experts, as well as questions from peers who are confused about the fine points of cyber legality, serve to clarify central ethical principles. 14 minutes.

G&C DVD ROM 2

The Teen Files Flipped: Sexual Responsibility

Discovery Education

FLORENCE, KY, DISCOVERY EDUCATION, 2000.

DVD ROM — This program is a dose of reality that provides an excellent basis for thought and discussion concerning the hazards inherent in risky sexual behavior. Teens Lauren and Paul reveal that they have engaged in unprotected sex with multiple partners--without serious thought for the consequences. Now Lauren faces life and death with AIDS, and Paul confronts the responsibilities that come with fathering a child. Grades 6-12, Adult. 21 minutes.

G&C DVD ROM 3

Teens and Sex: What You Need to Know

Sunburst Visual Media

HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2005.

DVD ROM — The road to informed sexual decision-making is filled with potential wrong turns. Peer pressure, misinformation, media exposure and powerful hormones can make it difficult for teens to make decisions in their own best interest. Two peer hosts, using a straight forward approach, answer questions and debunk myths about sexual development, conception, pregnancy, and contraception and sexually transmitted infections (STIs). Abstinence is presented as the only 100% foolproof way to avoid pregnancy. Grade level: 7-12. Includes teacher's guide. 28 minutes.

G&C DVD ROM 1

Thinking About Abstinence

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2007.

DVD ROM — This program features the diverse voices of teens as they cope with what abstinence means in their lives. While abstinence is defined as "refraining from sexual intercourse before one is in a committed or married relationship", program discerns numerous grey areas surrounding abstinence. Specific topics like sex in the media, why boundaries matter, confusing love and sex, risks and consequences of sex before you're ready, starting over, the importance of choosing friends, drugs and alcohol, and setting life goals are explored. 21 minutes.

G&C DVD ROM 17

Athletes, Alcohol & Steroids: What's Wrong With This Picture

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2005.

DVD ROM — The latest research shows that high school and college athletes are at greater risk of abusing alcohol and steroids than non-athletes. This program and teacher resource book help teens acquire the knowledge that will help them make healthy decisions about alcohol and steroid use. Grade level: 7-12. Includes teacher's resource book. 22 minutes.

G&C DVD ROM 12

Youth & Guns: Teens At Risk

TMW Media Group, Inc.

VENICE, CA, TMW MEDIA GROUP, INC., 2005.

DVD ROM — This program looks at the issues of guns in the home and at school. This series reveals firsthand how young people deal with and overcome the very real challenges they encounter as part of growing up. Real life stories teach teens how seemingly overwhelming problems can be handled successfully. Grades 7-12. 18 minutes.

Concept: *Personal Safety of Self and Others*

G&C 13.0401 N285

Bully Busters: A Teacher's Manual for Helping Bullies, Victims, and Bystanders

Dawn Newman-Carlson, Arthur M. Horne, Christi L. Bartolomucci
CHAMPAIGN, IL, RESEARCH PRESS, 2000.

BOOK — Designed to help teachers increase their awareness, knowledge base, and intervention skills to attack the root causes of bullying behavior and to deal with the problem confidently. The manual is organized into seven modules. Each module includes a teacher information component and a series of classroom activities. The activities (39 in all) are designed to increase student participation in reducing and preventing bullying, as well as to strengthen the teacher/student relationship. Grades 6-8.

R 13.0401 R153

Mean Girls: 101 1/2 Creative Strategies and Activities for Working with Relational Aggression, Second Edition

Kaye Randall and Allyson A. Bowen
CHAPIN, SC, YOUTHLIGHT, INC., 2008.

BOOK — This book provides insight and strategies for working with girls who are Relationally Aggressive (RA) and the young people who have been victimized by this type of bullying. The strategies are designed to increase awareness of Relational Aggression (RA), encourage empathy and tolerance, and improve self-control and coping skills. It explores the underlying causes of RA, particularly in girls. Other forms of RA are explored including cyber-bullying and other types of electronic bullying. Grades 3 - 12.

R 13.0401 B621

How to Stop Bullying and Social Aggression

Steve Breakstone, Michael Dreiblatt, Karen Dreiblatt
THOUSAND OAKS, CA, CORWIN PRESS, 2009.

BOOK — This resource provides K-6 teachers, school administrators, and counselors with fun, interactive lessons and activities that support students' safety and well-being, promote healthy social-emotional development, and improve academic achievement. Using role plays and sample scripts that can be adapted to specific situations, the authors illustrate how to teach critical concepts and behaviors, including how to stand up to a bully and how to stop another student from bullying. Grades K - 6.

E&D DVD ROM 25

Teen Truth: An Inside Look at Bullying and School Violence

Human Relations Media
MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2006.

DVD ROM — NOTE: It is recommended that teacher preview program before showing in the classroom. This multi-faceted production weaves together several dramatic strands. In one strand, viewers follow a fictionalized story of a confused teenager toting a backpack as he rides a bus to school. Through his narration we learn of his inner frustrations and it becomes increasingly clear that he is armed and prepared to use his concealed weapon. In another strand, we see and hear the voices and pictures of real teens videotaping and questioning their own peers about the devastating effects of bullying and violence in and around their schools. Viewers experience the Columbine disaster, through live voice recordings of parents, teachers and students talking to 911 operators as the disaster occurred. Finally, viewers hear from experts and students about the best ways to combat bullying and school violence while the story of the armed young man riding the bus takes a surprising twist. Includes teacher's resource. 24 minutes.

G&C DVD ROM 7

The Big Deal About Bullying

LINX Educational Publishing, Inc.

JACKSONVILLE BEACH, FL, LINX EDUCATIONAL PUBLISHING, INC., 2005.

DVD ROM — Students will understand what bullying is: such as teasing, name-calling, hitting, gossiping, and other hurtful behaviors. Understand why some kids like to be bullies. Learn strategies to use if you are a target of bullying or a bystander who wants to interrupt the bullying. Includes interviews with real kids and experts on bullying, being a victim - including Internet bullying, and ways to cope. Grades 6-12. 20-minutes.

G&C 13.0401 W344

The Bully, The Bullied and Beyond

Esther Williams, M.Ed, LPC

CHAPIN, SC, YOUTHLIGHT, INC., 2007.

BOOK — This book includes more than 300 pages of insights and skill-building activities for children who are bullies, bully victims and bystanders. Includes: School-wide and classroom strategies; 19 Lessons for bystanders; 15 Lessons for bullies (Learning a Better Way; 26 Lessons for the bullied; Skills for Students with Special Needs; Research Summaries on Bullying and Student Violence; Electronic Bullying; Dealing with Sexual Harassment; Zero Tolerance-Does It Work?; School Bullying Survey; Anti-Bullying Policy; School Response to Threats; Strategies for Teachers; Approaches to Share with Parents. 348 pages. Grades 5 - 12.

G&C DVD ROM 11

Ghosts in the Hall: The Aftermath of Bullying

OutreachArts, Inc.

HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2004.

DVD ROM — This Telly Award winning program explores teen bullying and the impact of cruel labeling. Jim has reached the edge of violence after being the victim of repeated bullying at school. Jim's family, dominated by his insensitive father, doesn't help Jim cope with his problems. Jim's family is contrasted with that of Jenny's, who engage in healthy confrontations as they cope with their concerns following Jenny's period of depression. Grade level: 7-12. 23 minutes.

G&C DVD ROM 8

Bullying: the Internet and You

Sunburst Visual Media

HAWTHORNE, NY, SUNBURST VISUAL MEDIA, 2005.

DVD ROM — This program takes a look at bullying and harassment on the Internet and explores how teens can protect themselves. Includes teacher's guide. Grades 5-9. 20 minutes.

G&C DVD ROM 62

It's Never Too Late: Stopping Teen Suicide

Human Relations Media, Inc.

MT. KISCO, NY, HUMAN RELATIONS MEDIA, INC., 2005.

DVD ROM — Program teaches viewers how to recognize and respond to the risks of teen suicide. Viewers will learn how feelings of rage, isolation and depression affect suicidal behavior and will understand the differences between normal "blues" and the symptoms of severe depression. Following media guidelines developed by the American Association of Suicidology, this program does not dramatize suicide. Rather, it focuses on stories of young adults who have overcome their problems by getting counseling and helps teenagers recognize the warning signs of suicide in their peers. The program emphasizes that all suicide threats should be taken seriously. Students will understand that help is available, and what actions individuals can take to prevent suicides by others. The video stresses that students should not be afraid to ask if a peer is thinking about suicide and that it is important to get help. It includes the true story of several teens who recognized the warning signs in a classmate, contacted a trusted adult, and--because of their intervention--saved a life. Grades: 7 - College. 28 minutes.

G&C DVD ROM 52

The Dangers of Sexting: What Teens Need to Know

Human Relations Media

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, 2010.

DVD ROM — Using a peer-to-peer approach, teens talk about the importance of resisting pressures to engage in sexting. They emphasize that you can't assume that anything you send or post is going to remain private; that you can't change your mind once something is out there in cyberspace; and that what you may think is a harmless joke may be interpreted very differently by someone else. Grades 7 to 12. 20 minutes.

G&C DVD ROM 50

The Internet and You: Staying Safe

Sunburst Media

HAWTHORNE, NY, SCHOOL SPECIALTY, INC., 2007.

DVD ROM — This program talks about Instant Messaging, blogs, e-mail, chat rooms, and social networks. Makes teens aware of potential online dangers such as: predators, "phishing," identity theft, and cyberbullying. Designed to help students: be aware of internet privacy and security issues; practice commonsense rules for staying safe online; take control of their internet experience and make it a positive one. Grades 5 to 9. 15 minutes.

G&C DVD ROM 14

Teenage Depression: Teens At Risk

TMW Media Group, Inc.

VENICE, CA, TMW MEDIA GROUP, INC., 2005.

DVD ROM — In this program teens recognize the warning signs of depression and suicide, and when and where to go for help. This series reveals firsthand how young people deal with and overcome the very real challenges they encounter as part of growing up. Real life stories teach teens how seemingly overwhelming problems can be handled successfully. Grades 7-12. 20 minutes.

G&C DVD ROM 15

Addiction & Depression: Teens At Risk

TMW Media Group, Inc.

VENICE, CA, TMW MEDIA GROUP, INC., 2005.

DVD ROM — This program helps teens make the connection between the abuse of drugs and depression. This series reveals firsthand how young people deal with and overcome the very real challenges they encounter as part of growing up. Real life stories teach teens how seemingly overwhelming problems can be handled successfully. Grades 7-12. 23 minutes.

G&C DVD ROM 39

Abuse: If It Happens to You

Sunburst Visual Media

PLAINVIEW, NY, SUNBURST VISUAL MEDIA, 2007.

DVD ROM — This program is designed to help young teens understand that abuse, of all types, is more common than they think and if it happens to them, they need to tell a trusted adult. It examines the different types of abuse that can occur: physical, emotional, and sexual, and helps young teens understand that the victim is never at fault and did not cause or deserve the abuse. One of the biggest reasons victims don't speak out is because they think no one will believe them. This program assures young people that while this can happen in some cases, the victim must continue to speak out until someone listens and takes what they say seriously. Grades 5-9.

G&C DVD ROM 13

Youth & Drugs: Teens At Risk

TMW Media Group, Inc.

VENICE, CA, TMW MEDIA GROUP, INC., 2005.

DVD ROM — This program helps teens understand the long-lasting effects of drug use. This series reveals firsthand how young people deal with and overcome the very real challenges they encounter as part of growing up. Real life stories teach teens how seemingly overwhelming problems can be handled successfully. Grades 7-12. 10 minutes.

Concept: *Coping Skills*

G&C DVD ROM 60

Coping With An Emotional Crisis

Human Relations Media, Inc.

MOUNT KISCO, NY, HUMAN RELATIONS MEDIA, INC., 2006.

DVD ROM — This program features interviews with real teens who share their experiences with emotional crises: Brianna, 15, leaves her friends and school in New Orleans after a devastating flood destroys the city, Cedric, 14, still deals with the fears created from believing his mother perished in the World Trade Center attacks; Alex, 12, has to deal with the sudden death of his stepfather in an airplane crash; Christiana, 13, still wonders if she's responsible for her parents divorce. A clinical physiologist comments on these and other experiences using them to illustrate the different types of crises typical of middle school students, the stages of a crisis, and the resources and strategies that students can use to both cope with and eventually move past the crisis. Grades 5 - 9. 24 minutes.

G&C 13.0110 B765

When Kids Are Grieving: Addressing Grief and Loss in School

Donna M. Burns

THOUSAND OAKS, CA, CORWIN, 2010.

BOOK — Offers strategies to help students affected by divorce; the death of a parent, relative, friend, or pet; violence; chronic illness; and more. The author examines grief experiences at different developmental levels and illustrates how to: Respond appropriately to expressions of grief that are unique to children and adolescents; Help students handle emotions associated with loss; Promote communication and facilitate effective interventions; Determine when to refer a child to a specialist; Respect cultural attitudes toward loss and grief.

G&C DVD ROM 60.1

Lost and Found: Coping with Death, Divorce and Loss

Connect with Kids

ATLANTA, GA, CONNECT WITH KIDS, 2004.

DVD ROM — Children experience loss in a number of ways: divorce of parents, death of a sibling or friend, a move to a new neighborhood and school. This program provides stories of loss that are designed to help the kids gain empathy for students who have experienced a loss, and feel less isolated if they have felt a loss themselves.

G&C DVD ROM 60.2

Sometimes You Have to Say Good-bye

Sunburst Visual Media

PLAINVIEW, NY, SUNBURST VISUAL MEDIA, 2006.

DVD ROM — This program helps kids understand their feelings, identify the people they can turn to for support and learn healthy ways to say good-bye. Grades K-2. 14 minutes.

G&C DVD ROM 61

Fears and Phobias: Understanding Them, Defeating Them

Human Relations Media, Inc.

MT. KISCO, NY, HUMAN RELATIONS MEDIA, INC., 2005.

DVD ROM — Program explains the dividing line between normal fears and when teens and young adults may need help to defuse and overcome them. Real teens are seen interacting with a psychologist in a phobia clinic as typical fears and phobias are explained including fear of public speaking, social anxiety, fear of enclosed spaces, test anxiety and panic attacks. The psychologist describes both short term and long term methods for controlling and ultimately defeating these fears including deep breathing, meditation, desensitization, medication and improving one's nutrition. Grade 7 to College. 21 minutes.

G&C 13.1001 F615**The Handbook for Helping Kids With Anxiety & Stress**

Kim "Tip" Frank, Ed.S., LPC

CHAPIN, SC, YOUTHLIGHT, INC., 2007.

BOOK — This book provides a collection of practical, easy-to-follow tips and activities to help kids with various types of fears, anxieties and phobias. The first section of the book includes insights, hints and suggestions for helping professionals and parents who are working to help kids learn to cope with their anxiety and stress. The second section is for kids, themselves. It includes stories, activities, and suggestions that can help kids face fears such as: Sleeping Alone; The Dark; Monsters; School Phobia; Being Overwhelmed (too much to do); Bullies; Terrorism; Test Anxiety; Germs/Sickness; Separating from Trusted Adults. Grades PK - 12. 83 pages.

G&C 13.1001 M166**Between Two Worlds: The Inner Lives of Children of Divorce**

Elizabeth Marquardt

NEW YORK, NY, THREE RIVERS PRESS, 2005.

BOOK — The author weaves the findings of a study of children of divorce together with powerful, unsentimental stories of the childhoods of young people from divorced families.

G&C VIDEO 58**Shelter From the Storm: Protecting Children of Divorce**

The Center for Divorce Education

ATHENS, OH, THE CENTER FOR DIVORCE EDUCATION, 2001.

VIDEO — Designed to educate service providers, teachers, judges, lawyers, funding agencies and the general public on the need for divorce education. Topics: Effects of divorce on children, the need for two involved parents, parenting plans and schedules, developmental stages, maintaining attachment, and divorce education. 35 minutes.

G&C DVD ROM 36**Drop-out Prevention: How To Set Goals**

The Bureau For At-Risk Youth

WILKES-BARRES, PA, THE BUREAU FOR AT-RISK YOUTH, 2007.

DVD ROM — Four-part series follows a group of high school students who face problems that often lead to dropping out of school. Dramatizations show how making good decisions, setting goals, establishing healthy relationships, and using available school and community resources to deal with family problems can help teens stay in school and graduate. Four programs can be presented as an on-going drama, or used on its own. Includes leader's guide.

G&C DVD ROM 24**Life Steps with Michael Pritchard: Creative Problem Solving**

Heartland Media

SAN FRANCISCO, CA, HEARTLAND MEDIA, 2003.

DVD ROM — Teens discover positive ways to assert themselves, express complaints, handle misunderstandings and block rumors. They learn specific social skills - mediation, negotiation, active listening, and messages - and how to apply these skills to cooperative-learning groups and student-led activities. 30 minutes.

G&C DVD ROM 19.2

Turning Failure Into Success

Sunburst Visual Media

SAN FRANCISCO, CA, CEREBELLUM CORPORATION, 2003.

DVD ROM — While adults know that failure is a natural part of life, most children don't. It's easy for them to become undone when they try something and don't succeed. This program tells the stories of kids who manage to learn from their disappointments and turn failure into success. Grades 3-5. 16 minutes.

Guidance Activities for Additional Support

G&C 13.0601 W377

Large Group Guidance Activities: A K - 12 Sourcebook, Second Edition

Joe Wittmer & Diane W. Thompson

MINNEAPOLIS, MN, EDUCATIONAL MEDIA CORPORATION, 2006.

BOOK — This resource allows counselors to interact with many students and to impact their development in a preventative, as opposed to a reactive, manner. Presenting large group guidance units on developmental issues or timely topics are effective ways to deliver services directly to students and to model successful classroom techniques and behavior interventions for teachers. Each activity is labeled according to the appropriate grade levels, K-12. 240 pages.

G&C 13.0601 K361

Grab Bag Guidance

Becky Kirby

WARMINSTER, PA, MAR*CO PRODUCTS, INC., 2005.

BOOK — This program provides directions for presenting groups for middle school students on: Bullying; Anger Management; Coping; Decision-Making; Divorce; Grief and Loss; Self-Esteem; Skills for Success; Stress Management. Grades 5 - 9. 272 pages

G&C 13.0601 B58.1

Individual Counseling: Lessons for Adolescents (Grades 7 - 12)

Robert P. Bowman, Ph.D. & Susan C. Bowman, Ed.S., L.P.C.

CHAPIN, SC, YOUTHLIGHT, INC., 2007.

BOOK — This book is designed to help initiate meaningful and personalized discussions with students about: Personal Strengths; Character Building; Goal Setting; Study Habits and Skills; Career Exploration; Family; Healthy Relationships; Peer Pressure; Stress; Alcohol & Other Drugs; Anger Management; Conflict Resolution; Being Assertive. 91 pages.

G&C 13.1001 M167

169 Awesome Activities

Arden Martenz

WARMINSTER, PA, MAR*CO PRODUCTS, INC., 2005.

BOOK — A great new resource with over 160 activities that students and leaders alike will enjoy. Each activity comes with complete lesson plans for shorter and longer amounts of time. Many have additional ideas for expanding the original activity or using it in a different context. Topics covered include: Starting the school year; Bullying/Anger/Conflict; Communication; Study habits; Career education. Appropriate for K through grade 6. 416 pages.

G&C 13.0110 F261

Developmental Classroom Guidance Activities

Susan E. Ferbert, M.Ed., Deborah A. Griffith, M.A., Donna B. Forrest, Ed.S.

CHAPIN, SC, YOUTHLIGHT, INC., 2005.

BOOK — This resource contains creative and inspirational activities designed specifically for upper elementary and middle school students. Structured activity-based lessons are provided for each of the following topics: Responsible Behavior; Tobacco, Alcohol & Other Drugs; Grief and Loss; Anger Management; Conflict Resolution; Character Education; Study Skills; Career/School-to-Work Awareness.

G&C 13.1001 D715

Group Activities for Personal Development

Sheena Duboust, Pamela Knight

OXON OX26 4LQ, UK, SPEECHMARK PUBLISHING LTD., 2001.

BOOK — Activities include learning to trust, developing self-understanding, non-verbal communication, expressing feelings, assertion training and exploring relationships. Ages 13 and up. 108 pages.

G&C 13.1399 C166

Guidance Giveaways

Tom Car, M.S., LPC

CHAPIN, NC, YOUTHLIGHT, INC., 2006.

BOOK — This book includes 900 strategies to help parents and teachers help children be successful in school and life.

G&C 13.1001 R133

Classroom and Small Group Activities For Teachers, Counselors, and Other Helping Professionals, Vol. I

Tommie R. Radd, Ph.D

OMAHA, NE, GROW WITH GUIDANCE, 2006.

BOOK — This book of classroom guidance and small group counseling activities includes more than 250 powerful activities. The activities are easy to follow and collectively provide an in-depth coverage of each topic. Volume I covers the strand areas of Self and Decision Making/Problem Solving. Grades Pre-K to 12.

G&C 13.1001 R133.1

Classroom and Small Group Activities For Teachers, Counselors, and Other Helping Professionals, Vol. II

II

Tommie R. Radd, Ph.D

OMAHA, NE, GROW WITH GUIDANCE, 2006.

BOOK — This book of classroom guidance and small group counseling activities includes more than 250 activities. The activities are easy to follow and collectively provide an in-depth coverage of each topic. Volume II covers the strand areas of Other Awareness, Self-Control, and Group Cooperation. Grades Pre-K to 12.

G&C 13.0200 D25

Creating Positive Support Groups for At-Risk Children

Susan T. Dennison

TORRANCE, CA., JALMAR PRESS, 1997.

BOOK — 10 complete curriculums for the most common problems among elementary students in grades 1-8. Step-by-step format to set-up support groups for at-risk children. Included are curriculums for social skills, self-esteem, substance abuse, stress management, and motivation.

G&C 13.1001 M56

Skills for Living: Group Counseling Activities for Young Adolescents

Rosemari Smead Morganett

CHAMPAIGN, IL., RESEARCH PRESS, 1990.

BOOK — Guidelines for conducting group counseling activities for adolescents. Topics include dealing with divorce, making friends, self-esteem, stress management, anger management, and coping with grief and loss.

G&C 13.0110 R312

Get a G.R.I.P. on Character: Exercises In Everyday Decision Making

Chris Rice

CHARLESTON, WV, JAGUAR EDUCATIONAL, 2005.

BOOK — This book encourages personal reflection and group discussion on a wide range of character-related topics and examines the importance of character, ethics, influence, and the decision-making process. In order to make good decisions, students are encouraged to "Get a G.R.I.P." on difficult situations; Gather (the facts), Review (the options), Identify (the best option), and Proceed (knowing you have done the best you can). For middle to high school students.

G&C 13.0601 M344

10-Minute Life Lessons For Kids

Jamie Miller

NEW YORK, NY, HARPERCOLLINS PUBLISHERS, 1998.

BOOK — Use these 52 fun and simple activities to teach children the powerful principles of honesty, trust, generosity, love, and other values. Present these memorable lessons to young people with little planning and few needed supplies. 228 pages. Grades PK - 12.

G&C 13.0500 B65

Teaching Character . . . In the Middle Grades

Sadie Allran Broome, Nancy W. Henley, Elizabeth Mordaszewski

CHAPEL HILL, NC, CHARACTER DEVELOPMENT PUBLISHING, 2002.

BOOK — This book offers brief character lessons for the middle school years intended to develop desired character traits in students. Teacher-friendly format: 36 weeks for each grade level, 6-8; 540 character-based activities; lesson goals, supportive quotes, and specific character traits.

G&C 13.0110 A532

50 Web-based Lesson Plans: Character Education

Colleen Angel

OWATONNA, MN, LEARNING ZONE EXPRESS, 2006.

BOOK — Guides students to specific internet sites on the topic of Character Education. Updated in 2006. Appropriate for grades 6-12.

G&C 13.1399 O477

Keep It Simple, Make It Real: Character Development in Grades 6-12

Jan Olsson

THOUSAND OAKS, CA, CORWIN, 2009.

BOOK — This resource provides school leaders with a comprehensive yet practical framework for creating and sustaining a schoolwide character development program. Real-world scenarios tackle tough issues such as vandalism, truancy, chronic tardiness, and bullying, and demonstrate how to bring about positive change. The book addresses factors that may keep students from developing positive attitudes and helps educators: Evaluate student behavior, staff morale, and school climate; Target real problems with commonsense strategies that can dramatically turn around student behavior; Assess a character development program's effectiveness.