

STARS DVD LIBRARY

Subject	Medium	Title	Description	Level	Length	Produced By
Drugs	DVD	Abusing Over-the-Counter Drugs	<i>Teen drug abuse isn't limited to illicit drugs. Many OTC (over-the-counter) drugs are misused by kids - from cold remedies to pain killers to diet pills. This program explores the most common abuses of OTC drugs and shows the chemical, biological, and psychological damage that can result from abusing these ordinary drugs.</i>	Gr. 7 - College	22 Min.	Human Relations Media
AIDS	DVD	AIDS Update: Latest Facts about HIV and AIDS	<i>This timely program reviews the latest information on HIV, explains precautionary measures that help to lower the risks of HIV infection and also answers other frequently asked questions about this most lethal of STDs. The Teacher's Resource Book includes activities to help students consider whether their own behaviors are putting them at risk of infection, and provides fact sheets to remind students of the dangers of this deadly virus.</i>	Gr. 7 - College	28 Min.	Human Relations Media
Sexting	DVD	B Careful When U Text: Dangers of Texting and Sexting	<i>Today, kids no longer have to wait to get to a desktop computer to see and hear all the latest gossip. It's right in their hands, on their cell phones, mobile email devices and handheld computers, giving them the ability to take and send pictures and videos and instantly access social networking sites like Facebook and Twitter. Gives viewers a primer on the Do's and Don'ts of texting/sexting messages, including the laws on privacy and child pornography, setting and maintaining personal boundaries, dealing with unforeseen consequences, and underscoring the need to "think before you click".</i>	Gr. 5-9	19 Min.	Human Relations Media
Bullying	DVD	Bullies Are A Pain in the Brain (Tremor Romain)	<i>Using humor, original music, and a fast-paced storyline, this DVD offers kids practical, easy-to-implement solutions for dealing with their own bully problems such as working on building confidence, staying calm, giving bullies lots of space, telling an adult, and more! Kids are also encouraged not to believe myths about bullying such as getting bullied is normal, bullies are always boys, and the best way to handle bullies is to ignore them or fight back.</i>	Gr. 2 - 6	25 Min.	Porchlight Home Entertainment
Alcohol	DVD	Chalk Talk on Alcohol	<i>Father Martin's legacy of hope and healing for the addicted and their loved ones lives on through his films. This film has been used throughout the U.S. military and is an effective presentation on alcoholism.</i>	Gr. 9 - College	42 Min.	Kelly Productions
Cliques	DVD	Cliques, Phonies & Other Baloney (Tremor Romain)	<i>Being one of the cool kids may not always be what it seems. After feeling rejected by her best friend Jack, Skye decides to look for other friends. Before long, her new "friends" are changing the way Skye looks, acts, talks, and dresses—they even change her name. Skye begins to lose track of her own identity, but with a little help from Trevor and Jack, she learns the importance of being true to herself and that we are all, "One of a Kind."</i>	Gr. 2 - 6	25 Min.	Porchlight Home Entertainment
Drugs	DVD	Club Drugs: The Real Deal	<i>A dangerous menace known as club drugs offers a great threat to today's teens. The names for these easy-to-come-by drugs include Ecstasy, GHB, methamphetamine, Rohypnol (the date rape drug), OxyContin and many others. The program provides teens with the latest information on the dangers of these drugs as well as information on evaluating their choices at parties where adult supervision may be lacking.</i>	Gr. 7 - College	25 Min.	Human Relations Media

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Drugs	DVD	Cocaine and Heroin: Still Here, Still Deadly	<i>"I was 15 the first time I tried it. I was at my girlfriend's house." These words, spoken by a real teen in recovery, sets the tone for this powerful DVD which recounts the stories of two teens who became ensnared in the dangerous and all-too-common worlds of cocaine and heroin abuse. A special section detailing the dangers of "starter heroin" is presented with a strong no-use message.</i>	Gr. 7 - College	21 Min.	Human Relations Media
Character	DVD	Courage to Care	<i>A thirty-minute broadcast film about people who risked their lives to rescue European Jews during the Holocaust. Broadcast on PBS in 1986 and narrated by Nobel Prize winner Elie Wiesel, it was nominated for an Academy Award as Best Documentary Short Subject.</i>	Gr. 9 - College	30 Mins	Gardner Films, Inc.
Suicide	DVD	Cry for Help: How to Help a Friend Who is Depressed or Suicidal	<i>This program helps viewers recognize the warning signs and take specific actions to help a friend who is suicidal. The program covers topics such as understanding depression and its connection with suicide; recognizing verbal, behavioral and situational signs that show a friend is suicidal; intervention skills for helping a suicidal young person; and do's and don'ts when reaching out to a suicidal friend.</i>	Gr. 9 - College	22 Min.	Paraclete Video Productions
Inhalants	PowerPoint	Danger of Inhalants	<i>Perfect for classroom presentation or individual student review. Crucial health information is offered in a convenient format. Explores topics such as the typical signs of inhalant abuse, long-term damage caused by huffing or bagging inhalants, Sudden Sniffing Death, and more.</i>	Gr. 7 - College	23 Slides	Human Relations Media
Decision Making	DVD	Dangerous Decisions: Learning to Think Before You Act	<i>Teens today are exposed to many risks - the ready availability of drugs, tobacco and alcohol; pressure to have sex; dangers on the Internet; inexperienced, drowsy and drunk drivers; extreme diets; and more. When faced with difficult and life-altering decisions, teens often lack the skills needed to understand and evaluate the potential problems before they choose to act. Program provides a step-by-step approach to learning and applying good decision-making skills.</i>	Gr. 7 - College	20 Min.	Human Relations Media
Tobacco	PowerPoint	Dangers of Spit Tobacco	<i>Perfect for classroom presentation or individual student review. Crucial health information is offered in a convenient format. Topics include the unique dangers of spit tobacco, addiction, the warning signs of leukoplakia and more.</i>	Gr. 7 - College	19 Slides	Human Relations Media
Drugs	PowerPoint	Dangers of Stimulants	<i>Perfect for classroom presentation or individual student review. Crucial health information is offered in a convenient format. Provides details about how cocaine, freebase, crack, amphetamines and methamphetamine quickly alter the brain's chemistry, leading to addiction.</i>	Gr. 7 - College	18 Slides	Human Relations Media
Anger	DVD	Dealing with Anger	<i>This program gives middle school students the tools they need to recognize and deal with their own frustration and stress. Students explore a variety of situations that can trigger angry feelings. The program provides a solid set of alternatives for dealing with anger in a healthy way.</i>	Gr. 5-9	21 Min.	Human Relations Media
Pressure	DVD	Dealing with Pressure (Big Changes, Big Choices Series)	<i>Entering middle school and becoming a teenager bring a batch of new pressures. Increased school work, higher expectations, greater stakes for academic performance, dating, social acceptance, bigger responsibilities and parental demands, more choices, more freedoms, all contribute to a lot of stress. This program explores positive, healthy ways for young adolescents to cope with it all.</i>	Gr. 5 - 9	25 Min.	Michael Pritchard Videos

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Depression / Suicide	DVD	Depression: What You Can Do!	<i>Teens learn to recognize signs of depression in themselves and others in this live-action program. Discussions dispel depression as a sign of weakness and encourage teens to talk to a trusted adult, such as a parent, a teacher, a school counselor or clergy. The program also offers advice on what to say or what not to say if a loved one confides that they are depressed. Also, a group of 13-year-olds talk about issues relating to depression and what to do if a friend or a relative considers suicide. Interviews are featured with a middle school counselor, an adolescent psychiatrist and a 15-year-old girl who once battled with depression.</i>	Gr. 7 - College	22 Min.	In the Mix - PBS
Emotions	DVD	Drama Queens / Tough Guys	<i>Intense emotions are part of every teen's life. Too often, however, these emotions spill over into "dramas" with groups of kids reacting to and escalating the impact of the drama. The program enables viewers to recognize emotional "drama" and helps them find legitimate ways to handle intense emotions.</i>	Gr. 5-9	19 Min.	Human Relations Media
Tobacco	DVD	Dream Stealers: True Story about Cigarettes	<i>This informative program discourages children and teens from smoking by discussing the health hazards. Real-life stories from smokers provide further details about the consequences of smoking cigarettes. Viewers are introduced to Geraldine, who started smoking at a young age and continued for most of her adult life. After years of smoking, Geraldine must now deal with an open hole in her throat, chronic pain and the inability to speak as a result of having her vocal cords removed.</i>	Gr. 8 - College	25 Min.	Film Ideas
Drugs	DVD	Drugs: Crime and Punishment	<i>This powerful DVD has dramatic reenactments of young people who broke the law and got caught; it shows the harsh realities of being handcuffed, arrested, booked, fingerprinted and locked in a cell. Program underscores the fact that any drug arrest has life-long consequences for the individual, family and friends. It affects finishing high school, college admissions, job prospects and employment.</i>	Gr. 7 - College	18 Min.	Human Relations Media
Alcohol / Drugs	DVD	DUI: Dead in 5 Seconds	<i>This story about choices and outcomes recounts the tragic death of a young man and the loss of freedom by the individual who caused his death through a fatal DUI Accident. The program is designed to help teens realize how the direct impact of their decisions will affect their futures and to show that forgiveness - not revenge, remorse or callousness - is what is needed in the most difficult of times.</i>	Gr. 7 - College	18 Min.	Cerebellum
Alcohol/ Drugs	DVD	Dying High: Teens in the ER	<i>This hard-hitting program gives viewers a chance to see what goes on inside the nation's emergency rooms as doctors treat teens for common ER injuries: drug overdoses, alcohol poisoning, car wreck traumas and more.</i>	Gr. 7- College	26 Min.	Human Relations Media
Health	DVD	Eating for Your Future	<i>Over a lifetime, up to 100 tons of food and drink will pass through your digestive system. Investigate the effects of nutrition and lifestyle choices, and see why what you eat can determine how well you'll live. Includes two feature segments: The Inside Tract and To Your Health.</i>	Gr. 6-12	55 Min.	Discovery Education

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Self-Esteem	DVD	Enhancing Self Esteem (Big Changes, Big Choices Series)	<i>This program tells young people that every one of them is important and worthy, that what they do matters, and that they owe it to themselves to do and be their very best. This DVD considers where high and low-esteem come from, how our actions and choices either diminish or enhance our self-esteem, how to deal with eternal factors that affect our self-esteem, and how we affect the self-esteem of others.</i>	Gr. 5 - 9	25 Min.	Michael Pritchard Videos
Tobacco	PowerPoint	Environmental Tobacco Smoke - Secondhand Smoke	<i>Presentation and info. about environmental smoke & secondhand smoke</i>			
Alcohol	DVD	Everything You Need to Know About Alcohol in 22 Minutes	<i>Using vivid case studies involving teens, along with interviews with health experts, shows that teenage drinkers are more likely to experience health problems, school problems, and social dysfunction. Explains how alcohol impacts brain development during adolescence and permanently damages parts of the brain associated with memory.</i>	Gr. 7 - College	22 Min.	Human Relations Media
Fear	DVD	Facing Fear Without Freaking Out (Trevor Romain)	<i>This DVD invites us to join Jack and Skye on their most perilous adventure yet - facing their fears! Not just fear of spiders or heights, but scary emotional anxieties like not fitting in or taking tests. Using laughter, great music and hair-raising chills, this episode offers such practical advice on overcoming fears as not getting anxious, thinking positive thoughts and not panicking! And, no matter what you're afraid of, Jack and Skye's latest escapade helps remind us all that there's really nothing to fear but fear itself.</i>	Gr. 2 - 6	25 Min.	Porchlight Home Entertainment
Health	DVD	Food Smarts: My Pyramid for Kids	<i>Join a group of campers as they discover the importance of eating right. Use the USDA MyPyramid food guidelines, they learn why some foods are better than others, see how exercise is an important part of any healthful eating plan, and what to do when a particular food make them groan "yuck!".</i>	Gr. K-5	10 Min.	Discovery Education
Alcohol / Drugs	DVD	Getting Stupid: How Drugs Damage Your Brain	<i>Gives middle schoolers the latest scientific information on how alcohol, marijuana, inhalants, and other drugs cause serious and potentially permanent damage to the human brain.</i>	Gr. 5-9	21 Min.	Human Relations Media
Online Safety	DVD	Growing Up Online	<i>This "Frontline" program looks at the impact of the Internet on children & their parents. Viewers enter the private worlds that teens create online. The documentary also looks at the problem of cyber bullying, children whose only friends are online and teens who are YouTube celebrities.</i>	Gr. 6 - College	60 Min.	Frontline Productions PBS
Health	DVD	Health: Exercise, Nutrition, and Sleep	<i>Amy and Mark having skipped gym class, are confronted by a vision, who calls herself "P.T." (Personal Trainer). She demonstrates proper exercise, eating and sleeping and convinces Mark and Amy to return to their gym class as a new beginning to a more healthy lifestyle.</i>	Gr. K-5	14 Min.	AIMS Multimedia

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Decision Making	DVD	How to Do Homework Without Throwing Up (Tremor Romain)	<i>Laugh along with Jack and Skye's hilarious adventure as they learn good homework skills such as making a homework schedule, finding a homework helper, eating healthy snacks, doing the hardest homework first, and more! Using humor, original music and a fun cliffhanger storyline, this DVD provides practical, easy-to-understand lessons that teach kids of all ages simple ways to defeat the dreaded homework curse!</i>	Gr. 2 - 6	25 Min.	Porchlight Home Entertainment
Peer Pressure	DVD	How to Deal with the "JERKS" in Your Life	<i>A program for kids, made by kids. Let's all face it, we all have to deal with people who act like "jerks". This DVD demonstrates positive and productive ways students can deal with the "jerks" in their lives and earn the respect of their friends. The five skits were created and acted by actual 8th grade students. Covers drinking, stealing, smoking, harassment, and dating. Gives students the tools they need to deal assertively with problem people and defuse volatile situations. Can serve as a model for your own class to reenact and evaluate peer pressure situations. (Includes Leader's Guide.)</i>	Gr. 5-8	11 Min.	Nimco
Inhalants	DVD	Huffing: Latest Facts about Inhalant Abuse	<i>This gripping program begins with three middle school students trying to decide whether to get high using an inhalant while their parents are not home. With the resolution of this question up in the air, viewers see and hear teens presenting the dangers of inhalants to their peers, what happens to the brain and lungs, and why only one sniff can cause permanent injury or death.</i>	Gr. 5-9	20 Min.	Human Relations Media
Health	DVD	Just the Facts: Food Safety	<i>Learn the processes of food safety, including proper cooking, separating, cleaning and chilling. Chef Jon shares information with viewers about safe food handling, food-borne illness prevention, clean-up and storage. The program includes a teacher's guide.</i>	Gr. 10 - College	21 Min.	Learning Zone Xpress
Health	DVD/PSAs	Keep Your Brain and Body Healthy	<i>PSAs, games and links to info. about keeping your brain and body healthy.</i>	Gr. 9-12	n/a	National Institute on Drug Abuse (NIDA)
Acceptance Tolerance	DVD	Kids with Differences series	<i>Includes three live-action programs designed to promote acceptance and understanding of children with visible and non-visible physical and health differences. Viewers will watch as the children enjoy sports, school and recreational interests, and speak openly about their lives and their health and physical conditions. Episodes include: Kids Just Want to Have Fun! - What's the Difference? - More Alike Than Different.</i>	Gr. K - 7	23 Min.	Library Video
Tobacco	DVD	Know the Score: Dangers of Performance-Enhancing Drugs	<i>Program reveals the truth about many performance drugs such as steroids, creatine, Human Growth Hormone, diuretics, blood doping hormones and stimulants like ephedrine and amphetamines. Also included is an investigation of so-called "nutritional supplements" that claim to help users lose weight and gain muscle but in reality may set the stage for physical ailments.</i>	Gr. 7 - College	20 Min.	Human Relations Media

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Tobacco	DVD	Leader of the Pack	<i>Leader of the Pack is a comprehensive program that centers around an interesting story and colorful characters, delivering a strong anti-tobacco message. It is designed to give instructors everything necessary for easy, flexible implementation</i>	Gr. 2 - 6	16 Min.	Human Relations Media
Prescription Drugs	DVD	Legal but Deadly: Abusing Prescription Drugs	<i>This program highlights personal stories of teens that became addicted to prescription drugs and the resulting consequences. It debunks the all too common belief that because these drugs are "prescription", they are safe.</i>	Gr. 7 - College	19 Min.	Human Relations Media
Decision Making	DVD	Life Clips - Listen Up	<i>For students who have heard Milton Creagh speak, Life Clips will rekindle the experience of his visit, but for all students Life Clips will drive home a singular message: No matter what you are going through, there is hope - as long as you are willing to take ownership of your life's direction!</i>	Gr. 6 - College	160 Min.	
AIDS	DVD	Life Support	<i>Queen Latifah stars in this film as Ana, an HIV-positive former drug addict from Brooklyn who struggles with her past and tries to make things right with her involvement in an AIDS outreach program. Based on a true story. As seen on HBO.</i>	Gr. 11 - College	88 Min.	HBO ViDeo
Decision Making	DVD	Making Good Choices: Keys to Good Decisions	<i>Kids today have a lot of important decisions to make. Should I drink alcohol or smoke pot? Should I cheat on a test? Should I inform on a friend? This program introduces students to the four hallmarks of good decision-making: does it agree with what I know inside is right; what might happen as a result; might it hurt future goals; and will it hurt me or another person.</i>	Gr. 6-8	18 Min.	Human Relations Media
Meth	DVD	Meth Epidemic	<i>Speed. Meth. Glass. On the street, methamphetamine has many names. What started as a fad among motorcycle gangs in the 1970s has become big business, largely due to the efforts of two Mexican drug runners who began smuggling ephedrine - the same chemical used to make over-the-counter cold remedies - into California by the ton. Thousands of illegal meth labs are now operating from coast to coast. This "Frontline" program investigates America's addiction to meth and exposes the inherent conflict between the illegal drug trade and the legitimate, highly lucrative cold remedy business.</i>	Gr. 10 - College	60 Min.	Frontline Productions PBS
Health	DVD	Mirror in My Mind: Body Image and Self-Esteem	<i>This program explores and explains the damage that cultural pressures for appearance can do to a young person's developing self-worth. Includes information on steroid abuse, anorexia, bulimia and body dysmorphic disorder, and features commentary from young people who struggled with these issues to offer insight to the hazards body image anxieties can create. In addition, the program offers strategies that teens can use to develop self-esteem, eliminate negative self-talk and know the signs and symptoms of BDD (body dysmorphic disorder) and eating disorders.</i>	Gr. 7 - College	29 Min.	Wildcatter Productions & Brain Trust Films
Health	DVD	MyPyramid: Simple Steps to Healthy Living	<i>Learn how to USDA MyPyramid food guidelines can help every individual achieve the right balance of proper nutrition and exercise. Explore the six basic food groups and see how families can make sure they eat enough whole grains, fruits, and vegetables.</i>	Gr. 9-12	15 Min.	Discovery Education

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Subject	Medium	Title	Description	Level	Length	Produced By
Health	DVD	Mysterious Human Heart	<i>Learn about the functions of the human heart, how it can fail and how it can be treated in this program. Features real-life stories of people who have experienced heart failure or other abnormalities. Episodes include: <u>Endlessly Beating</u> - This episode examines the heart as a muscle. The heart pumps more than 100,000 times a day, which pushes nearly five quarts of blood to deliver oxygen to the cells in the body. <u>The Spark of Life</u> - This segment focuses on the physiological and electrical mechanisms that keep the heart beating, as well as what happens when the heart beats irregularly. <u>The Silent Killer</u> - Atherosclerosis, the silent blockage of the coronary arteries, is the focus of this episode. This disease has no cure, and it can trigger serious or fatal heart attacks.</i>	Gr. 9 - College	180 Min	Ambrose Video
Marijuana	DVD	Myths of Marijuana Debunked	<i>The program forcefully debunks common myths: Marijuana is not addictive; It doesn't harm the body; It doesn't harm the brain; Marijuana doesn't impair driving or negatively impact teens' futures; There's no connection between marijuana use and unhealthy risk taking. This program will turn kids' heads and lead them to seriously question marijuana use as something "fun, harmless and natural". Delivers a strong no-use message.</i>	Gr. 6 - College	21 Min.	Human Relations Media
Health	DVD	New Dietary Guidelines: What You Need to Know	<i>In response to epidemic obesity in the United States, our government has issued new dietary guidelines that replace the old "Food Pyramid". Viewers learn how to develop a healthy lifestyle instead of a healthy diet, combining sensible eating with regular exercise. The relationship between the amount of food the body needs, the amount taken in, and the amount of calories burned for energy, illustrates how a person puts on excess weight and how to avoid this problem.</i>	Gr. 6-8	24 Min.	Human Relations Media
Marijuana	DVD	New Marijuana, The	<i>DVD presents viewers with up-to-date information on THC's (the mind-altering chemical in marijuana) potency and looks at how THC affects the brain, how you become addicted, how marijuana impacts brain chemistry, cognitive function as well as mental and physical health.</i>	Gr. 6-9	15 Min.	Human Relations Media
Tobacco	DVD	Nicotine and the Brain	<i>Nicotine is one of the most addictive substances known. This video explains just how nicotine affects the brain and why it is so addicting. Extensive treatment section.</i>	Gr. 6-12	20 Min.	National Health Video
Health	DVD	Nutrient Basics	<i>Watch as the nutrient team gets ready for their presentation in a competition. The winner of the competition will be on the school's health education team. However, after spending weeks preparing, they find that most of their nutrient exhibit is missing. In this live-action program, viewers follow along as the team tries to solve the mystery and search for their missing nutrients. Also, learn how six nutrients -- protein, vitamins, minerals, carbohydrates, fat and water -- work to keep us healthy. Includes teacher's guide.</i>	Gr. 5-9	15 Min.	Learning Zone Xpress
Bullying	DVD	Odd Girl Out (Rated PG13)	<i>A mother and her daughter confront the intimidation of teen peer pressure and the emotionally brutalizing social rituals of high school. A well-adjusted teenager becomes depressed when she's ostracized by her friends at school. Her mother must help her daughter regain her confidence.</i>	Gr. 9-12	85 Min.	(Rated PG 13)

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Online Safety	DVD	Online Predators: Invading my Space	<i>Students will learn to identify and avoid the online predator's grooming process, techniques to outwit such predators and more in this informative program. Law enforcement officials provide specific information on what to do and what to avoid online. Real-life testimonials from teens, an upbeat soundtrack, and dynamic visuals help reinforce the Internet safety lessons.</i>	Gr. 7 - College	20 Min.	Wildcatter Productions & Brain Trust Films
Risky Behaviors	DVD	Peer to Peer: Stop, Think, Be Safe	<i>This STD intervention/prevention program targets African-American teens. The 24 minute DVD is designed to educate youth about STD's and reduction of risk behaviors. The DVD is accompanied by a comprehensive teachers' guide.</i>	Gr. 7-12	24 Min.	Human Relations Media
Prescription Drugs	DVD	Pharm Parties: A Lethal Mix	<i>One of the newest and most frightening trends in teen drug experimentation are so-called "pharm parties" where teens gather at someone's home, drop an array of pharmaceuticals into a bowl, then consume handfuls of this dangerous "trail mix". This program allows viewers to hear from teens who nearly died after participating. Viewers also learn what really happens when a human stomach is pumped as a last resort to avoid drug overdose.</i>	Gr. 7 - College	24 Min.	Human Relations Media
Violence	DVD	Planting Seeds of Peace: Exploring and Celebrating Our Differences	<i>Employing mini-dramas, cartoon animation, and "on-the-street" interviews with real children, this lively DVD introduces viewers to the concepts of tolerance, diversity, and getting along with others. Viewers learn the importance of treating others with respect; making friends with kids from different cultural, ethnic and racial backgrounds; and speaking out if they observe someone else being teased or bullied.</i>	Gr. 3-6	17 Min.	Human Relations Media
Bullying	DVD	The Power of ONE	<i>This DVD features three separate stories centered on a particular new kid at school and the lessons they bring to the other kids: rather important lessons about fairness, kindness, and respect. This is a DVD that will entertain and move children. More importantly, it will make kids "THINK". (Includes teacher resource guide.)</i>	Gr. 3-6	24 Min.	PWTP Production
Decision Making	DVD	Risky Behavior: Dark Side of Bad Choices	<i>Many teens are involved in risky behaviors such as illegal drug use, promiscuity, carrying weapons and dangerous automobile use. This program looks at the nature of risk taking - both good and bad - by profiling real teens and the choices they make. Program concludes with an opportunity for students to assess their own risk profile.</i>	Gr. 7 - College	24 Min.	Human Relations Media
Bullying	DVD	Rumors, Gossip & Teasing: IT HURTS	<i>This program explains and provides coping mechanisms to fight against rumors, gossiping, and teasing. Young students are taught that teasing and taunting can cause anger, but there are healthy ways to defuse the anger and avoid people who harass. Students are also taught that if you see others being bullied and picked on, you should say something to stop it, because it hurts!</i>	Gr. 3-6	15 Mins	Cerebellum

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Meth	DVD	Rushing, Crashing, Dying: The Meth Epidemic	<i>Program takes viewers on a tour of the disastrous consequences of methamphetamine abuse. Going beyond the health risks of this increasingly popular drug, recovering meth addicts describe damage to family relationships, burns and disfigurements from lab explosions, and the problems they face finding work or completing school.</i>	Gr. 7- College	25 Min.	Human Relations Media
Alcohol / Drugs	DVD	Saying "NO" to Alcohol and Other Drugs (Big Changes, Big Choices Series)	<i>This program presents and reinforces anti-drug attitudes and teaches practical techniques for saying "no" to our friends without appearing to be uncool. In addition to the specific matter of drug use, this DVD examines the issue of peer pressure - both positive and negative - and figures out how to tell the difference. It considers why it's important to resist negative peer pressure, and what that has to do with taking charge of our lives.</i>	Gr. 5 - 9	25 Min.	Michael Pritchard Videos
Goal Setting	DVD	Setting and Achieving Goals (Big Changes, Big Choices Series)	<i>This program shows kids the benefits of learning to set and achieve goals, and teaches them how to distinguish between actual goals and mere wishes. They also see how they can benefit from failure as well as success, and how setting and achieving goals of their own choice boosts their self-confidence, their self-esteem, and the control they have over their lives.</i>	Gr. 5 - 9	25 Min.	Michael Pritchard Videos
Bullying	DVD	Silent Witness (Connect with Kids)	<i>Bullying continues to plague an untold number of children in the playground and hallways of American schools. But there are ways for kids to protect themselves. There are non-violent methods parents and educators can teach kids to stop the bullying, ways that can help them not be the target of bullies. (Includes teacher resource guide.)</i>	Gr. 3-12	22 Min.	CWK Network
Health	DVD	Skills for Healthy Living: Setting Goals for Healthy Living	<i>It's not enough to wish to eat better or get more exercise. Discover how to set and meet your health goals.</i>	Gr. 9-12	30 Min.	Discovery Education
Tobacco	DVD	Smokeless Tobacco: Basic Facts	<i>This hard-hitting program geared primarily to teenagers shows graphic depictions of the damage caused by a highly addictive product and reinforces that the product is dangerous even if it is not inhaled. Students will learn about the substances that are found in smokeless tobacco, learn how it affects health and where to seek help if they are already users of smokeless tobacco</i>	Gr. 7 - College	15 Min.	Educational Video Network
Alcohol	DVD	Sobering Facts - Risks of Alcohol Use	<i>Alcohol use is so pervasive in our society that, sooner or later, every teen will face personal decisions about underage drinking. With a strength-based approach and an emphasis on making safe decisions, this DVD equips teens with important information about alcohol use, how it affects the brain, how it increases the likelihood of accidents and injuries, and how it can harm school performance, relationships and health.</i>	Gr. 6-12	11 Min	Hazelden

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Social Skills	DVD	Social Skills for Life: Managing Strong Emotions	<i>Using a fast-paced, entertaining blend of short dramatic situations and animated cartoons, program helps students deal with strong emotions. Students see how the brain goes into "reptilian" mode when emotions run high. They learn to identify their own emotional triggers and recognize their unique patterns of responding to those triggers, both physically and emotionally.</i>	Gr. 7 - 12	20 Min.	Human Relations Media
Conflict	DVD	Solving Conflicts with Teachers, Parents and Peers	<i>Using dramatic scenes depicting common conflicts between parents, teachers, and friends, along with healthy solutions from real teens on how they deal with conflicts, viewers are challenged to reevaluate their own style of conflict resolution. Students learn why bullying, sarcasm, using threats, shouting or hitting are not effective ways to resolve conflicts.</i>	Gr. 5-9	17 Min.	Human Relations Media
Tobacco	DVD	Spit Tobacco Exposed	<i>This program presents a strong and memorable message that the use of "smokeless" or spit tobacco can kill and kill quickly. Using interviews with users, former users and cancer patients, the program reveals that chewing tobacco is a disgusting habit that often causes serious health problems, and puts young people at great risk to early disease and death.</i>	Gr. 5-9	16 Min.	Human Relations Media
Tobacco	DVD	Spit Tobacco Kills	<i>Calling chewing and dipping tobacco "smokeless" makes this deadly substance sound as if it's safer than smoking. This documentary-style program shows viewers that the nasty habit of dipping or chewing tobacco actually kills young people. Along with powerful testimonials from athletes, the DVD follows the case of a 27 year old Rick Bender, a former user of smokeless tobacco whose cancer of the neck has left his face permanently disfigured.</i>	Gr. 7 - College	28 Min.	Human Relations Media
Self-Injury	DVD	Stopping the Pain: Teenage Self-Injury	<i>The number of adolescents who participate in acts of self-injury (cutting, burning and head banging) is growing exponentially. 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. 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.</i>	Gr. 7 - College	20 Min.	Human Relations Media
Teen Pregnancy	DVD	Straight Talk: The Truth About Teen Pregnancy	<i>Using an entertaining style that seamlessly combines documentary and narrative formats, this dvd dynamically arms viewers with important information and tools to personally combat the teen pregnancy problem. A multi-ethnic cast follows several stories: two teens who want to have a baby together; a young couple who don't want to have children until they are married and financially able; two older teens who have already had a baby and are struggling with the commitment of being responsible parents; and a middle-aged teen pregnancy support group leader who learned first-hand the difficulties of being a teen mom.</i>	Gr. 9 - 12	16 Min.	Human Relations Media

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Subject	Medium	Title	Description	Level	Length	Produced By
Health	DVD	Stress: Portrait of a Killer	<i>This National Geographic program examines how stress is more than just a state of mind. Viewers will understand how stress works, its dangers and ways to overcome it. Stanford University professor and neurobiologist, Robert Sapolsky, discusses his studies on stress, including how it affects humans physically. Sapolsky also examines how social standing plays a role in who is susceptible to stress.</i>	Gr. 7 - College	50 Min.	National Geographic
Health	DVD	Suntan Now, Skin Cancer Later	<i>Students will learn that it is important to protect their skin from exposure to the sun, to recognize the various types of skin cancers, and about factors that make certain people more likely to develop skin cancers.</i>	Gr. 6-12	20 Min.	Educational Video Network
Decision Making	DVD	Surviving Peer Pressure: You Can Do It!	<i>For teens and pre-teens, staying true to oneself can be a tough act to pull off. This program 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 at the mall and being tempted to cheat on an exam. The action stops at a critical juncture and students review six steps to making the right choice.</i>	Gr. 5-9	21 Min.	Human Relations Media
Divorce	DVD	Taking the "Duh" Out of Divorce (Tremor Romain)	<i>Using gentle humor, original music and a compelling storyline, this DVD uses Skye's experience to give kids practical, helpful advice for dealing with the pain of divorce - such as: it's not your fault, try not taking sides, don't hide your emotions, and talking to friends can really help. After all, as Skye discovers, her parents aren't divorcing her - they love her!</i>	Gr. 2 - 6	25 Min.	Porchlight Home Entertainment
Gambling	DVD	Teen Gambling: Don't Bet on It	<i>When Rico won a bundle on a basketball game bet, he thought he was golden. He kept betting more and more...until he couldn't pay. Kathy looked older than her age and could sneak into bingo halls and casinos. She began to steal money to cover her losses. Increased teenage gambling is a growing concern in today's society. The DVD alerts viewers to danger signs of compulsive behavior that can lead to serious addiction.</i>	Gr. 9-12	15 Min.	Lucerne Media
Health	DVD	Teen Nutrition: What's the Big Debate	<i>Two classmates prepare for a debate on healthy eating, a nutritionist gives advice and students give their views on eating habits. Understand why the food pyramid matters and how to use a hunger scale to control eating, how reading food labels can be helpful in making good choices and how to change bad eating and activity habits. The program includes a teacher's guide.</i>	Gr. 6 - College	26 Min.	Learning Zone Xpress
Conflict	DVD	Tell 'em How You Feel	<i>Six-year-old Adam is upset because his father has broken a promise to take him fishing. This sets off a chain of emotional and physical outbursts against his mother and best friend. Adam learns that telling others how you feel, calm discussion and good listening skills are the first steps to constructively resolving personal conflicts.</i>	Gr. K-6	18 Min.	MTI Release
Online Safety	DVD	Think Before You Click: Playing it Safe Online	<i>While the Internet is a place of promise and progress, it is also a place of peril for young teens. Chat rooms, e-mail, sites such as MySpace, and instant messaging allow teens to keep in touch with friends, but also offer the potential for youngsters to be abused in ways they have not considered. This DVD helps teens navigate problems and learn important rules and strategies to keep them safe while surfing the Net.</i>	Gr. 6-8	24 Min.	Human Relations Media

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Subject	Medium	Title	Description	Level	Length	Produced By
Marijuana	DVD	Think Twice - Marijuana and Cancer	<i>This vivid program points out new research that links marijuana smoking with head and neck cancers in addition to the already known risk of developing lung cancer. Tells the stories of young marijuana smokers who developed cancers of the tongue, neck and jaw and who are now permanently disfigured or dead.</i>	Gr. 7 - College	19 Min.	Human Relations Media
Anger	DVD	Time Out on Anger: Learning Self-Control	<i>Time out on Anger was developed to introduce students to the basics of anger management. Students need to understand that although feeling angry is a normal part of our lives, acting with anger can be very destructive.</i>	Gr. 2 - 6	15 Min.	Human Relations Media
Tobacco	DVD	Tobacco and Death: Perfect Together	<i>Documentary interviews of real people whose lives have been ravaged by tobacco use are intertwined with actual images of diseased lungs, damaged hearts, and various cancers to give viewers a true picture of the effects of tobacco. Real victims deliver a powerful no-use message - one that will linger in the minds of teens long after viewing it.</i>	Gr. 7 - College	27 Min.	Human Relations Media
Gangs	DVD	Together Against Violence	<i>DVD recreates the story of how the local leaders joined forces to challenge the local gangs to heal their differences and work together to restore a sense of community in one poor Jamaican neighborhood.</i>	Gr. 7 - College	27 Min.	Bullfrog Films
Alcohol	DVD	Too Much: Extreme Dangers of Binge Drinking	<i>Against the backdrop of Spring Break overindulgence in Florida, this documentary examines the harrowing and tragic consequences of underage drinkers who do not understand the real risks of out-of-control alcohol abuse. Graphically shows alcohol damage in the brain using MRIs and PET scans. Interspersed throughout is footage of alternative, alcohol-free Spring Breaks, featuring real teens who decided to do something constructive with their vacations.</i>	Gr. 9 - College	26 Min.	Human Relations Media
Alcohol/ Drugs	DVD	Top Ten Myths about Alcohol and Drugs	<i>Too many teens are either ignorant about the dangers of drugs or are in denial about the hazards they pose. The following myths are exposed and exploded: Everybody's doing it; I can stop when I feel like it; Beer isn't as bad as hard liquor; I can get high and still be in control; I can drive a car high on marijuana; Marijuana isn't harmful or addictive; Prescription drugs can't hurt me because they're legal; Drugs help relieve stress; Drugs and alcohol do not damage the brain; and Steroids do not damage the body.</i>	Gr. 7 - College	20 Min.	Human Relations Media
Tobacco	DVD	Totally Disgusting Tobacco Gross Out Video	<i>As the title suggests, this DVD goes for the gross-out factor, presenting students with a graphic look at all things vile and disgusting (and there are many!) about using tobacco products. Not for the fainthearted, this DVD's imagery will linger long in students' minds and remind them to never consider using tobacco products.</i>	Gr. 6-12	18 Min.	Human Relations Media
Alcohol	DVD	Totally True Facts about Alcohol	<i>Features clear information about various types of alcoholic beverages and their alcohol level. Discusses alcohol as a depressant drug and its dangerous effects on the central nervous system, including impaired judgment and coordination. Illustrates the many health risks associated with drinking, as well as the devastating effects of alcohol addiction.</i>	Gr. 4-7	20 Min.	Human Relations Media

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Subject	Medium	Title	Description	Level	Length	Produced By
Prescription Drugs	DVD	Totally True Facts about Drugs in the Home	<i>Thoroughly examines the difference between using medications safely and abusing them to get high. Explores abuse of over-the-counter drugs such as dextromethorphan (DMX). Discusses prescription medications - including opioids, stimulants and depressants - along with ways to prevent addiction and accidental overdose.</i>	Gr. 4-7	20 Min.	Human Relations Media
Inhalants	DVD	Totally True Facts about Inhalants	<i>Clearly defines inhalants and explains why they are so deadly. Includes information about the uncomfortable side effects of inhalants - such as nausea, dizziness, and headache. Features information on the physical effects, including Sudden Sniffing Death and permanent organ damage.</i>	Gr. 4-7	20 Min.	Human Relations Media
Marijuana	DVD	Totally True Facts about Marijuana	<i>Examines how marijuana causes short-term memory problems including anxiety, distorted perceptions and impaired memory. Discusses the effects of long-term marijuana use - social, physical and mental. Explores marijuana's link to low motivation, poor judgment and decreased mental ability.</i>	Gr. 4-7	20 Min.	Human Relations Media
Tobacco	DVD	Totally True Facts about Tobacco	<i>Presents hard-hitting information about tobacco's toxic ingredients, including the highly addictive drug nicotine. Explores tobacco-related health risks, both short-term and long-term. Includes segments on secondhand smoke and how to avoid it, tobacco advertising that targets young people, and the newest varieties of both smokeless and spit-less tobacco products.</i>	Gr. 4-7	20 Min.	Human Relations Media
Violence - Dating	DVD	Toxic Relationships: Next Generation Speaks Out about Dating Violence	<i>Unchecked physical and emotional violence learned at an early age can too easily become domestic violence later on. In this thought provoking DVD, high school students discuss their own experiences with disrespect, jealousy, obsessiveness, blaming and sexual abuse, as well as what a healthy relationship looks and feels like. This DVD encourages students to look for trust, respect, and acceptance from their dating partners.</i>	Gr. 8 - College	32 Min.	Human Relations Media
Alcohol	DVD	Truth About Alcohol	<i>Ask any student in grades 5-9 to identify a drug found in kitchens all over the country, and chances are good that he/she will fail to recognize the six-pack of beer sitting in the refrigerator. Most young people know that beers contains alcohol. What they don't know is that alcohol is a powerful and addictive drug. Currently, alcohol is the number one drug of choice of teenagers, with one out of every three experiencing serious trouble because of their drinking. This DVD is designed to provide middle-school students with the facts they need to know - what alcohol is, how it acts in the body, and why young people are so vulnerable to its dangers.</i>	Gr. 6 - College		Sunburst
Alcohol	DVD	Truth About Drinking	<i>Alcohol kills more than five times the number of people killed by cocaine, heroin, and every other illegal drug combined. Yet for teenagers, alcohol is the number one drug of choice, and many consider it "cool" to drink as much as they can in social situations involving their peers. This DVD provides substantial support to Health and Life Skills units on behavioral choices and personal health.</i>	Gr. 6-9		Discovery Education

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Subject	Medium	Title	Description	Level	Length	Produced By
Violence - Dating	DVD	Twisted Love: Dating Violence Exposed	<i>Neve Campbell joins reporters for a powerful and emotional look at something that more and more teens are facing: dating violence. This program introduces young women who have been emotionally and physically abused by the guys they loved and survived to get out of the relationship. It also talks to young men who have been abusers and visits with teens teaching other teens about sexual stereotypes in a Boston program, as well as a program in New York where teens attack the issue of dating violence with theatre.</i>	Gr. 7 - College	30 Min.	In the Mix - PBS
HIV & AIDS	DVD	Understanding HIV and AIDS	<i>What is the difference between HIV and AIDS? How do you get it? Can I touch a person with AIDS? Is there a cure for HIV?" Based on national health curriculum standards for middle school plus the latest science, this program arms students with the facts about HIV and AIDS. It presents an age-appropriate review of the basic terms, definitions and biology of the HIV virus plus means of infection, treatment, and protection. The program also sends a clear message that abstinence is the only 100% effective option for avoiding sexual transmission of the HIV virus. Your students are sure to notice this attention grabbing video hosted by multi-platinum recording artist Bow Wow, star of the films Like Mike and Fast and the Furious: Tokyo Drift.</i>	Gr. 5-9	18 Min.	Human Relations Media
Bullying	DVD	Urban Improv: Bystander Issues and Bullying	<i>A bystander can choose to intervene in an incident or to abstain from action. Bullying takes various forms, including ostracism - the ignoring or "banishing" of targeted individuals. Social cliques often engage in this type of bullying. The DVD investigates the price of silence, bystanders' responsibilities, rumors, cliques, and bullying.</i>	Gr. 7 - 12	26 Min.	Discovery School
Violence	DVD	Urban Improv: Violence and Conflict Resolution	<i>In this program, dramatic vignettes illustrate possible consequences of arguments erupting into physical violence, traumatic results of vengeful actions, and the dangers of abusive relationships. Classroom activities examine additional instances of violent behavior and lead to improvisational role-plays and discussions of anger management and conflict resolution - including appropriate violence intervention strategies.</i>	Gr. 7 - 12	27 Min.	Discovery School
Alcohol	DVD	What Is Alcoholism?	<i>This video offers a glimpse into the struggles of teen alcoholics. Viewers meet four real teens from different ethnic background who share their personal stories of alcohol abuse and recovery. The program defines alcoholism as an addictive disease that affects people of all ages, races and social classes. It is accompanied by a Teacher's Resource Book of worksheets and activities.</i>	Gr. 7-12	22 Min.	Human Relations Media
Grief	DVD	What on Earth Do You Do When Someone Dies? <i>(Tremor Romain)</i>	<i>Using gentle humor, original music and a compassionate storyline, this DVD uses the author's own experience to pass along practical, helpful advice for kids, such as it's OK to cry, talk about death, grieve, and go on with life. And despite the serious subject matter, kids of all ages will be enlightened and encouraged as Skye and Jack both learn how to deal with losing loved ones!</i>	Gr. 2 - 6	25 Min.	Porchlight Home Entertainment
Anger	DVD	What To Do About Anger	<i>Teach students the difference between angry feelings and angry behavior, how to handle anger constructively, and how to deal with angry energy in safe, positive ways.</i>	Gr. 3-5	34 Min.	Sunburst

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Subject	Medium	Title	Description	Level	Length	Produced By
Tobacco	DVD	What's Wrong with Tobacco?	<i>A highly-informative program that educates young people about tobacco, the "hidden" drug. The young speakers in the program attest to the overwhelming power of peer pressure, Hollywood role models, the lure of promotional give-always, and nicotine addiction.</i>	Gr. 7 - College	29 Min.	Human Relations Media
Grief	DVD	When a Loved One Dies: Walking Through Grief as a Teenager	<i>This program helps teens understand the grief process and features testimonies of young people who have walked through it in order to give teens hope that they can heal and grow through the life-changing experience. Topics covered include surviving the first days, weeks and months after a death, grieving the relationship lost, grieving particular types of deaths, facing the future, learning to cope and rebuilding life.</i>	Gr. 9 - College	30 Min.	Paraclete Video Productions