

## **AIDS**

### **I'm Having A Baby -- FPHS #25**

1/2" VHS, New York State Health Department, 1996, 22 minutes  
Important information for pregnant women about HIV and AIDS.

### **Just Like Us: AIDS Prevention, 1993 -- FPHS #59**

1/2" VHS, Sunburst Communications, 28 minutes  
This video is composed of interviews with young people who are HIV infected. Most are heterosexual, and all were infected through sexual behavior. To make it easier for the interviewees, the people in the video are established as being similar to adolescents in many ways and disclose that they, like most high school students, previously had negative attitudes towards HIV prevention and believed they were invulnerable to HIV. Recommended for high school students and young adults.

### **Stopping the Spread of HIV and AIDS, 1996 -- FPHS #61**

1/2" VHS, Intermedia, 16 minutes  
Comprehensive and up-to-date information and facts about HIV and AIDS. Addresses transmission, risks and prevention using a narrator and comments from people of all ages and backgrounds. Highly recommended for high school on up.

### **Time Out: The Truth About HIV, AIDS and You, 1992 -- FPHS #28**

1/2" VHS, ETR Associates, 42 minutes  
Basketball hero Magic Johnson, and his pal Arsenio Hall, talk directly to teens about the high incidence of HIV/AIDS among young people. Time Out combines music, humor and skits with Magic's undeniable appeal to convince teens of their vulnerability to HIV/AIDS. (Grades 7-12)

### **Let's Talk About AIDS -- FPHS #80**

1/2" VHS, The Salk Institute For Biological Studies, 1997. 30 minutes

### **A Couple With AIDS (2 videotapes available) -- FPHS #15**

Mike and Sherry Johnson from Milton, Wisconsin provide lectures and presentations to high school classes on HIV/AIDS and how they contracted the virus. Video is two half-hour segments from their presentations.

## **Breast Health**

### **Chia Lor Breast Cancer Survivor – FPHS #153**

½" VHS, Center for Hmong Arts & Talent and Frogtown Media Productions  
Chia Lor, a Hmong woman diagnosed with breast cancer in the U.S., shares her powerful story of survival throughout this video. Chia Lor and Dr. Phua Xiong also address cultural barriers and misconceptions about mammograms and mastectomies. Both send a strong message to Hmong women, encouraging them to obtain regular healthcare and mammograms.

### **Breast Self-Exam For Teens -- FPHS #105**

1/2" VHS, American Cancer Society, 7 minutes  
This video is designed to teach teens self breast exam at an early age, to familiarize them with the normal appearance and feel of their breasts and how to detect change later on in life.

### **Breast Self-Examination Techniques, 1994 --FPHS #5**

1/2" VHS, Wyeth-Ayerst, 10 minutes

Prepared with the assistance and advice of the American Cancer Society, this production is designed to teach women a simple self-examination technique that will familiarize them with the normal appearance and feel of their breasts and how to detect any unusual changes such as small lumps.

**Breast Self Examination -- FPHS #7**

1/2" VHS, Searle, 1986, 8 minutes

Simple, comprehensive instruction in medical breast self-examination with an introduction by Samuel L. Portman, M.D.

**The Breast Care Test -- FPHS #2**

1/2" VHS, Avon Products, 1993, 26 minutes, 39 seconds

**Building Partnerships for Breast Health Outreach -- FPHS #8**

1/2" VHS

**A Mammogram - Once a Year for a Lifetime -- FPHS #129**

1/2" VHS, Videokit, National Institutes of Health, 26 minutes

## **Contraception**

**Speak EC: What Every Woman Needs to Know About Emergency Contraception -- FPHS #145**

1/2" VHS, Widespread use of emergency contraception could reduce the annual need for abortion in the US by 50%. Yet studies show that only 11% of women know enough about emergency contraceptive pills to be able to use them. Speak EC is an insightful piece about a very important reproductive health option for women.

**"Choices of the Heart" the Margaret Sanger Story -- FPHS #132**

1/2" VHS, Made for TV movie of the life of Margaret Sanger and her struggles to bring contraceptive education and choices to the women of America.

**Choosing a Birth Control Method, 1993 -- FPHS #65 (Hmong)**

1/2" VHS, Association of Reproductive Health Professionals, 15 minutes. English, & Hmong. Covers information on barrier methods, Norplant, oral contraceptives, IUDs and Depo Provera.

**Considering Your Options, 1998-- FPHS #148 and #149**

1/2" VHS, Carter-Wallace, Inc., 23 minutes, English.

Information on abstinence and contraceptive choices for teenagers.

**Considering Condoms, 1992 -- FPHS #111**

1/2" VHS, National Education Association Health Information Network, 15 minutes

Comprehensive discussion about condom use among young people who tell it like it is. Abstinence is the only 100% choice to protect you from an unplanned pregnancy and HIV/AIDS and other STDs, but if the choice is to be sexually active, condoms are essential. Very effectively presented, and recommended for eighth grade to young adult.

**Contraceptive Choices, 1992 -- FPHS #14A**

**Contraceptive Choices, 1997 -- FPHS # 14 B**

1/2" VHS, Milner Fenwick, 16 1/2 minutes

Covers the full range of birth control methods (except Depo Provera). Provides user instructions and the benefits, risks, side effects and efficacy of each. Includes surgical methods.

**Contraceptive Options, 1992 – FPHS #109**

1/2" VHS, Ortho Pharmaceuticals, 15 minutes

Dr. Michael Policar, affiliated with Planned Parenthood of America, describes the available birth control options, including Norplant and Depo Provera.

**Reversible and Injectable Contraceptives: Dilemmas and Discussions – FPHS # 139**

1/2" VHS, ARHP, 1995, 38 minutes

**Contraceptive Options, 1986 -- FPHS # 109**

1/2" VHS, Syntex Laboratories, 1986, 12 minutes

After viewing this tape, patients will be in a better position to choose the contraceptive method that best suits her particular needs and lifestyle.

**Norplant System, Levonorgestrel Implants, Counseling: The Key to Patient Acceptance -- FPHS #47**

1/2" VHS, Wyeth-Ayerst Laboratories, 1992, 13 minutes

An overview of the implantable hormone method for women, including testimony of women who have successfully used it.

**Norplant System, Levonorgestrel Implants, Counseling: The Key to Patient Acceptance (Spanish Version) -- FPHS #46**

1/2" VHS, Wyeth-Ayerst Laboratories, 1992, 13 minutes

An overview of the implantable hormone method for women, including testimony of women who have successfully used it.

**Teen Contraception, 1996 -- FPHS #89**

1/2" VHS, Intermedia, 13 minutes

Narrated by teens, this current video offers an excellent overview of contraceptive options and how to use them correctly and consistently. Abstinence is strongly recommended as the only 100% option to avoid pregnancy and becoming infected with STDs. Excellent for high school students.

**FPHS: Contraceptive Choices -- FPHS #31**

1/2" VHS, Family Planning Health Services, Inc., 16 minutes, 33 seconds

**Tubal Sterilization -- FPHS #38**

1/2" VHS, Family Planning Health Services, Inc., 34 minutes

**Oral Contraceptives in Women 35 to 50 -- FPHS #102**

1/2" VHS, Parke-Davis, August 1989, 5 minutes, 10 seconds

**La Seleccin de un Metodo Para el Control de La Natalidad: Un Video para Pacientes (Choosing a Birth Control Method: A Video for Patients (Spanish Version)) -- FPHS #30**

1/2" VHS, Association of Reproductive Health Professionals, Inc., 1993, 15 minutes

**Birth Control: Myth and Methods 4<sup>th</sup> Edition FPHS # 156**

½ hour VHS Milner Fenwick. Provides young viewers with information about modern birth control options.

**Birth Control Myth and Methods 4<sup>th</sup> Edition FPHS # 158** (2<sup>nd</sup> copy)

**Birth Control Myth and Methods 4<sup>th</sup> Edition FPHS # 159** (3<sup>rd</sup> copy)

**It's Your Choice: Birth Control for Teens FPHS # 157**

30 minutes; VHS Center for Disease Control

**Decision Making/Human Growth and Development**

**Teens & Sex in Europe: A Story of Rights, Respect, & Responsibility – FPHS #150**

½” VHS, Advocates for Youth & Paradise Productions, 2000, 16:20 minutes

Tape provides a fascinating glimpse into sexual health attitudes of Dutch, German and French teens and their parents and into the attitudes of government officials, educators, and health care providers. European and U.S. teens speak their minds about protecting themselves within sexual relationships.

**The Power of One – FPHS #151**

½” VHS, Earth Communications Office, 1:43 minutes

Tape contains motivational footage promoting the difference that one person can make for people in the world and on the earth itself.

**The Joy of Life – FPHS #152**

½” VHS, Pyramid Home Video, 72 minutes total

The Joy of Life gently and frankly answers questions about human sexuality and family life on a child's level of understanding. Separated into 5 easily identifiable sections, The Joy of Life offers parents a simple and accurate resource they can use to help guide their children through the issues of human sexuality.

**Abstinence...It's the Right Choice -- FPHS #114**

1/2" VHS, 1995, 22 minutes

**Consequences: Sex, Wisconsin, & You – FPHS #146**

½” VHS, 1999, Parent version 17:29 minutes, Student version 14:02 minutes

Volunteers tell their real life experiences as they came in contact with Wisconsin's underage sexual assault laws. Designed to educate youth, parents, and community members about the consequences of underage sexual contact.

**The Miracle of Life, 1986 -- FPHS #116**

1/2" VHS, WGBH Educational Foundation, NOVA series on PBS, 60 minutes

Shows the egg as it is released by the ovary and follows the sperm from its early development through ejaculation and then on its journey toward the egg. With magnification of up to half a million times the actual size, you can see exactly what happens at the moment of conception. After the sperm fertilizes the egg, the camera follows the development of the single new cell into an embryo, then a fetus, until finally, a baby is born.

**Grounded For Life (Teenage Pregnancy - Afraid to Say NO!) -- FPHS #78**

1/2" VHS, Cambridge Educational, 40 minutes

Utilizing actual case studies and interviews with teenage mothers, Grounded for Life illustrates the

risk factors, motivations and thought processes associated with the rapidly growing teenage pregnancy problem.

**Kids Having Kids, Teenage Pregnancy, 1992 -- FPHS #97**

1/2" VHS, Cambridge Educational, 40 minutes

This documentary uses interviews with several teens, their boyfriends, parents, counselors, teachers and other professionals to examine one of the most critical issues facing society today- TEEN PREGNANCY.

**Kids Raising Kids, Teenage Parenthood, 1992 -- FPHS #98**

1/2" VHS, Cambridge Educational, 40 minutes

Once the decision is made to continue the pregnancy, expectant mothers need to be aware of the benefits and problems associated with the remaining options of marriage or single parenting. The program offers advice on adjusting to the baby, assuming parental responsibility, continuing education, finding assistance and managing finances. It also details the need for setting goals for the future and suggestions to help solve problems that arise.

**Kids to Kids, Talking About Puberty, 1991 -- FPHS #93, FPHS # 95, & FPHS #96**

1/2" VHS, Tambrands Inc., 25 minutes

Kids speak to the issues surrounding puberty, including physical, emotional, and social changes.

**Let's Talk About Sex, 1995 -- FPHS #100**

1/2" VHS, Public Television, 27:45 minutes

Hosted by Beverly Hills, 90210's Gabrielle Carteris, this video explores how teenagers really feel about sex. This program also examines the sensitive areas of masturbation, contraception and alcohol use, and introduces viewers to teenagers whose lives have changed dramatically because of sex.

**Postponing Sexual Involvement: An Educational Series for Parents of Young Teens, 1990 -- FPHS # 117 and FPHS #118**

1/2" VHS, JCS Entertainment, Inc. and Emory/Grady Adolescent Reproductive Health Center, Grady Health System, 16:28 minutes

Accompanied by a written curriculum, this series was designed to give parents the tools they need to help their teens avoid early sexual involvement, and to increase parents' awareness of the developmental, social, and peer pressures on young people to become sexually involved and, through group interaction, to determine ways in which parents can be helpful to young teens in postponing sexual involvement.

**Postponing Sexual Involvement: An Educational Series for Young Teens, 1990 -- FPHS# 119 and FPHS #120**

1/2" VHS, JCS Entertainment, Inc. and Emory/Grady Adolescent Reproductive Health Center, Grady Health System, 33:34

The goal of this series, which is accompanied by a written curriculum, is to present information regarding the general nature of relationships and sources of societal pressure influencing sexual behavior. Young teens are also given skills that enable them to say no in situations where they are asked to do something they do not wish to do.

**"Beyond the Butterfly" PBS special -- FPHS #133**

1/2" VHS, 1999 Teens and puberty.

**"Women's Health Series Menstruation: Understanding your Body" -- FPHS #143**

½" VHS, 1993

**Puberty For Boys, 1994 -- FPHS #72**

1/2" VHS, ETR Associates, 22 minutes

Plenty of live action and no-nonsense interviews highlight this engaging video in which a sensitive, thoughtful, culturally diverse group of students assure viewers that they shouldn't feel like they are "in a contest with anyone else...puberty is different for everyone." For adolescent and preadolescent viewers.

**Puberty For Girls, 1994 -- FPHS #99**

1/2" VHS, ETR Associates, 22 minutes

Focused, thoughtful interviews with female students who are at different stages of puberty illustrate a variety of common experiences that will inform, engage and prepare young viewers as they grow and mature.

**Sex, Teens and Public Schools, with Jane Pauley, 1995 -- FPHS #43**

1/2" VHS, Public Policy Productions, Inc., 50 minutes

A PBS television program hosted by Jane Pauley, explores the issue of sex education and its role in the public schools. Pauley talks with teachers and school board members in school districts that use an abstinence-only curriculum and those which provide information on methods of contraception. Students from both systems are also interviewed to get their reaction to the programs. Excellent program for community and parent groups - raises many questions, but allows viewers to answer for themselves.

**Sexuality Education for the 21st Century, 1995 -- FPHS #32**

1/2" VHS, Siecus, 16 minutes

Designed to assist school boards, community advisory boards, teachers, and parents in making decisions about the type of sexuality education to offer in schools. Includes discussions with doctors, researchers, teachers, and students about the need for accurate, effective sexuality education.

**Know How: A Video on Abstinence for Teens, 1989 --FPHS #84**

1/2" VHS, Intermedia, Inc., 22 minutes

Summary of the "kNOw HOW" Study Guide. Guide accompanies video. There are two sections: a Teachers Guide, and 8 Student Worksheets that can be copied and handed out. This gives young people a positive message about human sexuality.

**How Can I Tell If I'm Really In Love? -- FPHS #24**

1/2" VHS, Paramount Pictures Corp, 1986, 51 minutes

A straight talk discussion for teenagers about dating and intimacy. Hosted by Justine Bateman, featuring Jason Bateman and Ted Danson.

**The Party's Over -- FPHS # 44**

1/2" VHS, Word, Inc., 1987, 5 minutes

Music video that focuses on a decision between two teenagers, Johnny and Jeannie, before they completely understood all the potential consequences of their actions. Kenny Marks, America's root-rocker, takes a no-nonsense approach to the serious issue of teen parenthood.

**A Family Talks About Sex -- FPHS # 26**

1/2" VHS Family Planning Health Services, 51 minutes

Examples of sex education in a family setting from infancy to puberty. Parental discussion of how

to handle specific sexual issues and questions.

**Sex, Love, or Infatuation: How Can I Really Know? -- FPHS # 81**

1/2" VHS, Augsburg Publishing House, 1978, 45 minutes

This video is to help young people make important decisions affecting their own lives and the lives used by group leaders, adult or youth, or by of others--not to make the decisions for them.

Accompanied with a guide that is meant to be all the study group members.

**Sexual Responsibility: A Two Way Street -- FPHS # 91**

1/2" VHS, Human Relations Media, Inc., 1988, 30 minutes

This video helps students see a way to chart their own course through the important discoveries and decisions related to sexuality. Part one illustrates some of the common roadblocks to making responsible decisions; part two provides concrete tactics for dealing with these problems and making responsible sexual decisions - decisions that are responsible both to one's partner and to oneself.

**Teen Connection: Adolescent Pregnancy**

1/2" VHS, PBS (Green Bay), 1997

"Teen Connection" live, call-in show for teens and educators to discuss the issue of teen pregnancy in today's society. Features Stevens Point Area Senior High "Wait" Team members who promote abstinence, talk about contraception, and teach refusal skills to students.

**"Jessica's Story" One Life to Live by ABC -- FPHS # 121**

1/2" VHS, ABC, 1999 (2 copies)

"Jessica's Story" tells the story of one couple who need to face an unexpected teen pregnancy. The video is in the format of a soap opera, as the video has been compiled using clips of ABC's One Life to Live. Jessica's story is told in a condensed version of the soap operas story line. The video is approximately 10 minutes long.

## **Environment**

**Who's Counting - Population and Habitat in the New Millennium -- FPHS #123**

1/2" VHS, National Audubon Society, 24 minutes

Discusses worldwide population issues.

**Jam Packed -- FPHS #124 and 125**

1/2" VHS, The Video Project, 29 minutes

Discusses world population issues and addresses the challenges presented by overpopulation.

## **Gender Bias/Sexual Harassment**

**Sexual Harassment 101: Girls/Boys Parts 1 & 2 of the "Gender Jeopardy" Series, 1994 -- FPHS #76**

1/2" VHS, Select Media, 28 minutes

Covers the subjects of gender bias and sexual harassment among the teen population, and teaches young people the skills needed to confront and deal with such behaviors. Recommended for junior and senior high school students.

**Dating Violence, Assault & Abuse. Part 3 of the "Gender Jeopardy" Series, 1994 -- FPHS # 77**

1/2" VHS, Select Media, 14 minutes

Date violence and date rape have increased among teens in recent years. This video looks closely at this serious and frightening problem, and helps teens learn to make safer decisions and understand how to deal with some tough life situations. Appropriate for junior and senior high school students.

**In Love and in Danger, 1997 -- FPHS # 62**

1/2" VHS, Intermedia, 15 minutes

Video on dating violence; interviews with experts and dating violence survivors establish that the central issue of an abusive relationship is power over a victim, and that the most severe injuries and even death occur when the victim tries to end the relationship. Urges parents and other adults to let teens know what the dating world is about, that jealousy is not love, nor is hitting permissible. Asks parents to be prepared to hear what teens have to say, and listen in a non-judgmental way.

**Terrorism in the Home: Responding to the victim of Domestic Violence, 1995 – FPHS # 140**

½" VHS, Ortho-McNeil, 22 minutes

**Sexual Harassment, 1994 -- FPHS # 42**

1/2" VHS, Schlessinger Video Productions, 30 minutes

Using interviews with teens from different backgrounds as well as social and women's studies experts, this program paints a comprehensive portrait of the complex subject of sexual harassment - from "quid pro quo" to "hostile environment", from peer-to-peer to adult-to-teen - in plain, honest language that teens can relate to. It also discusses how to handle harassment when it happens and what to do about getting help if it has gone too far.

## **Hmong Language Videos**

**Chia Lor Breast Cancer Survivor – FPHS #153**

½" VHS, Center for Hmong Arts & Talent and Frogtown Media Productions

Chia Lor, a Hmong woman diagnosed with breast cancer in the U.S., shares her powerful story of survival throughout this video. Chia Lor and Dr. Phua Xiong also address cultural barriers and misconceptions about mammograms and mastectomies. Both send a strong message to Hmong women, encouraging them to obtain regular healthcare and mammograms.

**Contraceptive Information for Hmong Couples, 1992 -- FPHS #67**

1/2" VHS, University Of Minnesota, 22 minutes

Scenes from a classroom setting where male and female anatomy and physiology as well as descriptions of contraceptives are covered.

**Hmong Family Planning in America, 1992 -- FPHS #66**

1/2" VHS, University of Minnesota, 12 minutes

Identifies the benefits of family planning in America, including expanded educational and career opportunities and economic factors.

**Pregnancy in America: Prenatal Care for Hmong Women, 1989 – FPHS #69**

1/2" VHS, University of Minnesota, 24 minutes

Included is the importance of early evaluation by a physician, costs, recommended weight gain, routine laboratory procedures, prenatal vitamins, pelvic examinations, doctor selection, ultrasound and

going to the hospital.

**Choosing a Birth Control Method, 1993 (In Hmong Language) -- FPHS #64 and FPHS # 65**

1/2" VHS, Association of Reproductive Health Professionals, 15 minutes. English and Spanish  
Covers information on barrier methods, Norplant, oral contraceptives, IUDs and Depo Provera.

**Hmong Teens - Caught in the Middle -- FPHS #20**

1/2" VHS, CESA Broadcast of Hmong Teens discussing issues they face growing up in America -  
where at school they are not "American enough" and at home they are not "Hmong enough."

**Cancer - What You Should Know (In Hmong Language) -- FPHS #63**

1/2" VHS, American Cancer Society, Basic facts about body systems and cancer. Basic facts about  
tests and treatments. Resource information

**Sexually Transmitted Diseases FPHS # 160**

**Sexually Transmitted Diseases FPHS # 161**

VHS how to protect you and your family

Hmong language; contains visual images that may be inappropriate for minors

**Sexually Transmitted Diseases FPHS # 162**

DVD same as above

**Male Issues/Responsibilities**

**Considering Condoms, 1992 -- FPHS #111**

See Contraception

**What Every Man Should Know About His Prostate, 1993 -- FPHS #19**

1/2" VHS, Merck & Co., 10 minutes

Explains the role of the prostate and how the prostate changes as a man ages. It takes a look at some  
prostate-related conditions and what steps you can take to help catch prostate disease early.

**He's No Hero, 1988 -- FPHS # 74**

1/2" VHS, Intermedia, Inc., 18 1/2 minutes

Focuses on the stereotypes of men in American culture, the pressures from within and without to  
conform to stereotypes of males and the consequences of decisions made under pressure to conform.  
Grades 8-12.

**You're in the Picture, 1990 -- FPHS # 112**

1/2" VHS, Intermedia, Inc., 23 minutes

Focuses on the experience of young men who have become teenage fathers, highlighting the realities  
of pregnancy and parenthood for adolescents. Underlying the prevention message in this video is a  
belief that teen fathers are sometimes overlooked in adolescent pregnancies, but should not be  
forgotten.

**Vasectomy (and brochure) -- FPHS # 38**

1/2" VHS, Family Planning Health Services, Inc., 26 minutes

## Midlife Education

### **Menopause: Modern Expectations, 1993 -- FPHS #60**

1/2" VHS, Mead Johnson Laboratories, 37 minutes

Included in this program are discussions of menopausal symptoms, the role of hormone replacement therapy in the prevention of these symptoms, a discussion of the psychological impact of menopause, and ideas about good health care management.

### **Menopause: Woman to Woman, 1994 -- FPHS #49**

1/2" VHS, Ciba-Geigy Corporation, 10 minutes

Discover what women and their doctors are thinking and saying about menopause, its symptoms, and estrogen replacement therapy. Three women are interviewed, and then joined by Dr. Mary Beard, a leading authority on menopause from the University of Utah School of Medicine.

### **Menopause and the Time Before Menopause at Time of Diagnosis -- FPHS #130**

1/2" VHS, Time Life Medical, 30 minutes

Video is a step-by-step account of what happens during menopause. The video is presented in sections. Section one addresses the issue of understanding what is physiologically occurring as part of the process of menopause. Section two provides insights from various health professionals and looks at how day-to-day life may change. Section three explores options for treatment and management of the symptoms of menopause. Finally, section four answers questions that frequently arise regarding menopause.

### **Oral Contraception in the Transition Years, 1993 -- FPHS #29**

1/2" VHS, Parke-Davis, 10 minutes

This video addresses the uncertainty many women in their transition years experience concerning the need for contraception as they approach menopause. This program deals with issues specific to the perimenopausal woman, including the use of oral contraceptives.

### **Sexuality and the Fortysomething Woman -- FPHS #131**

1/2" VHS, Parke-Davis, A guide to developing perimenopause seminars for consumers.

### **Menopause -- FPHS #14**

1/2" VHS, Family Planning Health Services, Inc., 14 minutes, 54 seconds

### **A New Solution to an Uncomfortable Problem: A Video for Patients --FPHS #6**

1/2" VHS, Pharmacia and Upjohn, 1996, 10 minutes

Relief for localized vaginal and urinary symptoms associated with postmenopausal estrogen deficiency.

## Nutrition and Eating Disorders

### **Mirror Mirror, 1995 -- FPHS #82**

1/2" VHS, Intermedia, 14 minutes

Two women candidly share their personal stories about their struggle with anorexia and bulimia. Another woman shares her story about struggling to help her anorexic friend.

**Nutrition and Exercise for the 90's, 1989 -- FPHS #90**

1/2" VHS, Sunburst Communications, 35 minutes

Designed to give students the latest facts about nutrition and exercise. The program explains the components that make up a nutritionally adequate diet, and demonstrates the effect of exercise on energy requirements. The program asks them to complete and evaluate their own food and exercise diaries.

**Cathy Rigby On Eating Disorders, 1990 --FPHS #17**

1/2" VHS, College Health Enterprises, 30 minutes

By concentrating on the process of recovery, this video will help give those suffering from anorexia and bulimia the understanding and perspective they will need to help break the eating disorder cycle. Medical, health and fitness, educational and athletic professionals will find this program helpful.

**The Perfect Body, 1995 -- FPHS #83**

1/2" VHS, Intermedia, 14 minutes

Explores some of the current cultural messages and personal pressures that entice women to strive for this largely unattainable ideal. In it, four college women candidly share their struggles with body image and discuss the pressures they have felt from media, men, each other and our thin obsessed culture. Grades 9-12 and college level.

**Searching For Hope, 1995 --FPHS #107**

1/2" VHS, Intermedia, 22 minutes

This video is designed for college and high school students who want to explore the complex feelings and issues surrounding eating disorders and includes interviews that allow the audience to experience the complexities of these illnesses and the hope of recovery.

**Dietary Management of Fat and Cholesterol -- FPHS #31 & #85**

1/2" VHS, Family Planning Health Services, Inc., 12 minutes, 10 seconds

Viewers of this video learn American Heart Association based diet strategies for healthier foods. The video also explains how to read labels as well as how to prepare foods.

**Cholesterol --FPHS #12**

1/2" VHS, Family Planning Health Services, Inc.

**Folic Acid; Getting the Word Out FPHS # 163**

VHS 24 minutes covers information on neural tube defects and importance of folic acid in the diet.

## **Pregnancy**

**Becoming a Parent: Things to Think About – FPHS #154**

½" VHS, 1996, Wisconsin Association for Perinatal Care, 20:35 minutes

In this video couples share their experiences related to planning their pregnancy. The video also

utilizes couples that did not plan to talk about the consequences of an unplanned pregnancy. The video provides information and issues to think about related to pregnancy.

**Adolescent Pregnancy - Young People Speak -- FPHS #1**

1/2" VHS, 1997, 21 minutes

**Imagine: A Look at the Reality of Teen Pregnancy – FPHS #147**

1/2" VHS, The National Campaign to Prevent Teen Pregnancy

*Imagine* a video that movingly and compassionately tells the truth about teen pregnancy. *Imagine* a video in which teens themselves describe the realities of being a teen parent. *Imagine* a video that offers sobering statistics on the consequences of teen pregnancy. *Imagine* offers all this in under 5 minutes. The *Imagine* video is suitable for adults and teens alike and is perfect for providing an overview of the teen pregnancy problem to an audience unfamiliar with the topic.

**Your Pregnancy, Your Plan, 1991 --FPHS #70 and FPHS #71**

1/2" VHS, Vida Health Communications

Part I Your Pregnancy (22 minutes): focuses on prenatal care and general health during pregnancy, providing frank, detailed information on conception, the symptoms of pregnancy, prenatal exams, fetal development, nutrition, weight gain and the effects of substance abuse on the newborn.

Part II Your Plan (21 minutes): considers the emotional, social and practical life-issues surrounding pregnancy, stressing the role of the young father throughout. Addresses concerns about continuing education, family relationships, and finances. Reviews basic clothing and equipment needs of the newborn.

**It Only Takes Once, 1986 --FPHS #73**

1/2" VHS, Intermedia,

Combines humor with serious stories of teenagers who had to "grow up real fast." Helps pre-teens and teens understand the implications of teen pregnancy. Addresses myths and misconceptions that can lead to early sexual activity and teen pregnancy.

Central character is a black teenager who "knows what's happening." Saying "No" is Cabrini Green Jackson's (Danitra Vance) method of birth control. Abstinence as a very real and effective option is a theme promoted throughout the film by the many teenagers involved. Addresses the decisions teens need to make if they are going to be sexually active, and Cabrini gives basic information about birth control options.

**I Am Your Child: The First Years Last Forever -- FPHS #127**

1/2" VHS, The Reiner Foundation, Johnson&Johnson, 29 minutes

The video is presented in sections that effectively address the following topics as they relate to infants and parenting skills: bonding and attachment, communication, health and nutrition, discipline, self-esteem, childcare and self-awareness. The video is an excellent tool for use with all prospective or new parents.

**To Have a Child: Seeking Treatment for Infertility --FPHS #128**

1/2" VHS, Milner-Fenwick, 24 minutes

Addresses issues commonly faced by couples seeking treatment for infertility. Provides a comprehensive overview from the first exam through Assisted Reproductive Technology. Video discusses possible causes for infertility and reviews the workups involved for each partner. Possible solutions are discussed and the issue of joining a support group is discussed and encouraged.

**Too Much, Too Soon, Too Little: Adolescent Pregnancy and Parenting -- FPHS #106**

1/2" VHS, CESA #5 and Telecommunications Department, University of WI - Stevens Point, 15

minutes. This video is intended to look, to feel, and to hear the issues of teen pregnancy and teen parenting. No conclusions are presented for the viewers. A "trigger" for discussion about problem solving, decision making, and life planning.

**Four Pregnant Teenagers: Four Different Decisions -- FPHS #58**

1/2" VHS, Sunburst Communications, 52 minutes

This program is designed to help students realize the complexity of the issue of pregnancy, recognize that there are no easy solutions, identify certain mythologies about sex and pregnancy, recognize the individual's choice and role in these issues and the importance of considering all options, analyze feelings about choices for the parents and for the child, become aware of sociological data concerning pregnancy, and identify sources of help with decision-making about unwanted pregnancy. Four different scenarios are presented.

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**If These Walls Could Talk -- FPHS # 23**

1/2" VHS, HBO Movie Special, 1990?

Movie set in three different time eras, portraying three different women and their personal situations dealing with the issue of abortion and the struggles they go through.

## Reproductive Health

**The Gynecologic Exam, 1987 -- FPHS #115**

1/2" VHS, 15 minutes

This video provides a step-by-step description of the gynecologic exam, including breast examination, pap smear and pelvic exam.

**Composite Tape of Family Planning Health Services, Inc. Programs -- FPHS #108**

1/2" VHS, Family Planning Health Services, Inc., 1998, 32 minutes

## Sexually Transmitted Diseases

**It Takes Two, 1994 -- FPHS #52**

1/2" VHS, Ortho Pharmaceutical Corporation, 14 minutes

In this video, women talk frankly about the birth control methods they've chosen and what they've learned about protecting themselves from the epidemic of STDs.

**Sexually Transmitted Diseases, 1992 -- FPHS #87**

1/2" VHS, Milner-Fenwick, Inc., 12 1/2 minutes

An overview of the most common STDs, including chlamydia, gonorrhea, syphilis, HPV, herpes and HIV. Explains risks, symptoms and treatments. Although abstinence is recommended as the only 100% way of protecting against infection with an STD, the use of condoms with spermicide is suggested for people who choose to be sexually active.

**Sexually Transmitted Diseases, 2002—FPHS#155**

**(New Edition)**

1/2" VHS, Milner-Fenwick, Inc., 13 1/4 minutes

An overview of the most common STDs, including Chlamydia, gonorrhea, syphilis, herpes, HPV, and AIDS. Reviews symptoms. Explains how to use the male condom effectively and includes

information  
it states that

about the female condom and oral sex. While the video provides guidelines for safer sex,  
abstinence is the only way to be completely protected.

**Playing It Safe: What Every Woman Needs to Know -- FPHS #48**

1/2" VHS, Searle, 1992, 25 minutes

Hosted by Valerie Bertinelli, call-in radio show scenario portraying how women can communicate with their partner about the issue of sexually transmitted diseases with their partner and discuss the topic with their partner. Emphasis is on the importance of protecting yourself and others you care about against STD's and to practice safer sex.

**Living Life Well With Genital Herpes: A Physician's Counseling Guide -- FPHS #110**

1/2" VHS, Wellcome, 1994, 20 minutes

Hear what genital herpes is, how it's diagnosed and treated. See how people work with their physicians to control the condition and live life well with herpes. Find out what questions you should ask your doctor about treatment options and how to decide what's best for you. Learn how to move beyond the diagnosis and successfully deal with common concerns.

**STD's: Human Papilloma Virus -- FPHS #86**

1/2" VHS, Milner-Fenwick, 1998, 9 minutes, 10 seconds

Explains what HPV is and that it primarily manifests itself as genital warts. After discussing symptoms, the tape outlines three goals of treatment: detection of abnormal cell changes, removal of all visible warts and dysplasia, and minimization of recurrence. It shows how colposcopy is used to evaluate the lower genital tract and discusses topical treatments, cryosurgery, laser surgery, or other surgery.

**A Million Teenagers -- FPHS #88**

1/2" VHS, Milner-Fenwick, 1998, 27 minutes, 46 seconds

Two peer counselors lead an STD discussion group, providing teens with information about gonorrhea, chlamydia, herpes, syphilis, genital warts, HPV, HIV and AIDS. The symptoms and treatments for all of these diseases are discussed in depth. This program also encourages communication between sexual partners. Explaining the physiology of the diseases, the transmission and treatment, this program offers words of caution while appealing to the viewer's good sense.

**Sexually Transmitted Diseases-- FPHS #s 160, 161,162**

VHS (160 and 161)

DVD (162)

Information in Hmong language; visual images may not be suitable for minors

**Smoking Cessation**

**"Nicotine Reduction Therapy" -- FPHS #101**

1/2" VHS, Lakeside Pharmaceuticals, 12 minutes

**Smoking Cessation: Implementing the AHCPR Guideline in Clinical Practice -- FPHS # 135**

1/2" VHS, Medical Information Services, Inc. 1997

A video-plus-print program on smoking cessation.

**Alcohol & Drug Abuse**

**"Closer to Free": Teen Alcohol/Drug Prevention (2 videotapes available) -- FPHS #103 & #104**

1/2" VHS, Pamela J. Rucinski & Associates, 1996, 15 minutes, 30 seconds

Created by teens for teens, "Closer to Free" is a documentary style video featuring interviews with a teenage recovering addict, a mother whose son began using at an early age, emergency medical technicians, district attorney, sheriff, physician, social worker, AODA treatment therapist, emergency department nurse, and a school guidance counselor. Video was shot in north central Wisconsin.

**Professional Development/ETN satellite teleconferences**

**Something to Talk About – FPHS # 137**

GlaxoWellcome, 1997, 16 minutes

Treating depression as part of primary care.

**Emergency Contraception: What is it and How is it Provided? -- FPHS #18**

CDC, 1998

**Women and HIV -- FPHS #39**

CDC, 1998

**Adolescents with STDs – FPHS #144**

1997

**"60 Minutes - Hmong In Wausau" -- FPHS #21**

1/2" VHS, Family Planning Health Services, 1994

Segment of 60 Minutes featuring the Hmong in Wausau

**Providing Services With an Interpreter -- FPHS #45**

1/2" VHS, Family Planning Health Services,

Short (12 to 15 minutes) tape on providing services with an interpreter. Discusses appropriate use of interpreter/ how to communicate effectively using an interpreter.

**"The Act of Family Planning Comes of Age! Celebrating 21 Years of Family Planning Health Services", 1998 -- FPHS #27**

1/2" VHS, Client Advocacy Fund

**"It's Up to You" Universal Precautions/American Federation of Teachers- FPHS #53**

**Midlife & Menopause -- Mariamne Whatley 1997 -- FPHS #50**

**Books, Curricula and Other Written Materials**

**Sex & Sensibility: The Thinking Parent's Guide to Talking Sense About Sex, 2001**

Published by Perseus Publishing this book gives you everything you need to move forward in relation to talking about sex with your children. The author provides you the tools to shape a developmentally appropriate conversation, and the encouragement and confidence to put the book down and talk with your child right now! The book is 320 pages in length and is broken down into chapters.

**ACT SMART HIV/AIDS Education Curriculum for Three Age Groups, 1995**

Developed by The American Red Cross and Boys and Girls Clubs of America, this curriculum, designed for ages 6 to 17, incorporates age-appropriate participatory learning activities based on the rationale that HIV/AIDS prevention education is most effective when young people have the opportunity to develop functional knowledge about HIV/AIDS, consider choices that support healthy behavior related to HIV/AIDS and identify and practice skills that support those choices. The program provides young people with information on the benefits of postponing sexual intercourse and not using drugs along with opportunities to practice the skills needed to say "no" to risk taking behaviors. For young people who are engaging in sexual behaviors that place them at risk, Act Smart provides information on the role of latex condoms in HIV/AIDS prevention.

**Biology of Women, Ethel Sloane, Department of Biological Sciences, University of Wisconsin, 1993**

This edition provides a comprehensive look at the human female through out her entire life span, from menarche to menopause, and covering sexuality, birth control, infertility, pregnancy, sexually transmitted diseases, gynecological problems, breast cancer and controversies in treatment.

**Bright Futures-Guidelines for Health Supervision of Infants, Children, and Adolescents, Morris Green, M.D., Editor, 1994**

Published by the National Center for Education in Maternal and Child Health in Arlington, Virginia, this publication responds to the current and emerging preventive and health promotion needs of infants, children, and adolescents. The Bright Futures recommendations were developed as goals to be pursued in the interest of better child health, and should prove useful to those working toward a brighter future for our nation's children.

**Contraceptive Technology, Sixteenth Revised Edition, 1994. Robert A. Hatcher, MD, MPH, James Trussell, PHD, Felicia Stewart, MD, Gary K. Stewart, MD, MPH, Deborah Kowal, MA, PA, Felicia Guest MPH, CHES, Willard Cates, Jr., MD, MPH, and Michael S. Policar, MD, MPH.**

Current, comprehensive information on issues relating to human sexuality by the experts. Compiled annually. The authors of Contraceptive Technology present annual conferences based on updated information from this book.

**HIV/AIDS Facts Book, American Red Cross, 1995**

Provides the facts base for Red Cross educational efforts to prevent the spread of HIV, the virus that causes AIDS. Designed to be a "user-friendly" source of basic information about HIV and AIDS, this book presents the information in a question-and-answer format; the questions use words the lay public (rather than the experts) might use.

**Just for the HEALTH of It! Health Curriculum Activities Library, 1993, Patricia Rizzo Toner, M.Ed.**

Designed to offer educators new ways to present difficult-to-teach subjects and to spark students' interest in day-to-day health classes. Each unit provides 90 classroom-tested activities printed in full page format and ready to be copied as many times as needed for student use. Many of the activities are illustrated with cartoon figures to enliven the material and help inject a touch of humor into the health curriculum. The following units are available:

Relationships and Communication Activities explores topics such as family relationships, sibling rivalry, how to make friends, split-level communications, assertiveness and aggressiveness, dating, divorce and popularity.

Sex Education Activities teaches about the male and female reproductive systems, various methods of contraception ranging from abstinence to mechanical and chemical methods, sexually transmitted diseases, the immune system, pregnancy, fetal development, childbirth and more.

Stress-Management and Self-Esteem Activities examines the causes and signs of stress and teaches ways of coping with it. Along with these, the unit focuses on various elements of building self-esteem such as appearance, values, self-concept, success and confidence, personality and character traits.

**Postponing Sexual Involvement, An Educational Series for Parents of Young Teens by Marion Howard, Ph.D. and Marie E. Mitchell, R.N., 1990**

Designed to give parents the tools to help their young teens cope with the social and peer pressures that lead to early sexual involvement. It also helps parents articulate the reasons why they think young people become sexually involved and through group interaction determine ways in which parents can be helpful to young people in postponing sexual involvement.

**Postponing Sexual Involvement, An Educational Series for Young Teens, by Marion Howard, Ph.D. and Marie E. Mitchell, R.N., 1990**

Designed to involve youth in grades seven, eight and nine in thinking about, discussing and practicing use of information that will be helpful to them in resisting social and peer pressures to become sexually involved. The primary emphasis in the series is on skill building to carry out the general goal of saying "no". This, and the curriculum described above, have been successfully implemented in school settings and are accompanied by videocassettes.

**The Secret of Life, Redesigning the Living World, by Joseph Levine and David Suzuki, 1993**

Takes both the newly curious and the seasoned biology reader on a guided tour of this ongoing scientific revolution and its impact on our daily lives. The authors reveal how scientists' ability to crack and manipulate the genetic code learning which genes do what and how-is transforming medicine, especially the treatment of inherited diseases.

**Straight From The Heart, How To Talk To Your Teenagers About LOVE AND SEX, by Carol Cassell, Ph.D.,1987**

A unique and infinitely helpful guide to talking to your teenage son and daughter about love, sex, relationships and everything in between. Teaching teenagers to be sexually healthy, Cassell emphasizes both sexual ethics and mutual respect, making this book a must for parents and professionals alike.

**The What's Happening To My Body? Book for Boys, by Lynda Madaras with Dane Saavedra, 1984**

Written with wisdom, humor, and sensitivity, this book will help adults and boys understand the changes taking place in a boy's body during puberty and improve communication between generations about sensitive issues by making conversation more comfortable.

**Doctor, Am I A Virgin Again? , 1990**

Each of us has a stream of complex, almost unanswerable questions to ask as we grow up and try to become comfortable with our own sexuality. This book includes anecdotes of nearly 150 actual cases. The cases depict the unexpected moments, sexual triumphs, and sexual setbacks that sometimes occur when real people deal with their sexuality.

**Dr. Susan Love's Breast Book, 1991**

Provides information and insight into early identification techniques, breast self-exam, mammography and treatment options for women diagnosed with breast cancer.

**Understanding Human Sexuality, 1994**

This textbook provides insights into numerous topics related to human sexuality and reproduction.

**Do I Have A Daddy?, 1991**

Children often ask difficult questions. This storybook addresses a question that children may ask if they live in a single-parent household. The storybook is written for children and provides as catalyst for discussion between a parent and their child(ren).

**The Race is Run One Step at a Time, 1994**

Provides valuable information for women who have been diagnosed with breast cancer. This book plainly describes options available to women and depicts possible outcomes from surgery.

**How to Talk to Your Child About Sexuality, 1986**

Planned Parenthood of America guide for parent/child discussions about issues related to sexuality beginning with topics such as "How do I start?" and "What do I do?". The book also identifies what children want to know and the 7 most commonly asked questions. A chapter about values is included and offers information for help in special situations.

**The Fertility Question, 1982**

Many women become pregnant as soon as they decide to cease preventive measures. But many women do not become pregnant, and for them fertility questions abound. This book provides valuable information about the female reproductive cycle and its subtle signs and signals.

**Grounded for Life?! Stop Blowing Your Fuse and Start Communicating with Your Teenager, 1994**

Author Louise Felton Tracy, M.S., looks at the way we have been parenting our children and suggests a better way. She helps to distinguish what is truly important for teenagers' growth and gives us tools to influence these important issues.

**Kids Count Data Book, 2004****Kids Count Essay, 2004****Kids Count Pocket Guide, 2004**

A project of the Annie E. Casey Foundation, this is a national and state by state effort to track the status of children in the United States. Provides policymakers and citizens with benchmarks of child well being. Seeks to enrich local, state, and national discussions concerning ways to secure better futures for all children.

**Kids Count Special Reports**

**When Teens Have Sex;** issues and trends 3 copies

**Kids Count Pocket Guides**

**African American Children**

**Asian American Children**

**Latino Children**

**American Indian Children**

**It Takes A Nation, 1997**

Author Rebecca M. Blank, professor of economics at Northwestern University, demonstrates that Government aid has been far more effective in reducing poverty than most people think. The book argues that government assistance should go hand in hand with private efforts at community development and personal empowerment and change.

**Contraceptive Technology 18<sup>th</sup> Edition, Revised 2004**

Authors, Hatcher, Trussel, Stewart, Nelson, Cates, Guest, Kowal.  
The leading reference in reproductive health for 30 years.

**A Pocket Guide To Managing Comtraception, 1999- 2000**

Hatcher, Ziemann, Watt, Nelson, Darney, Pluhar  
Quick reference handbook

**Once Upon A Hopeful Night, 1999**

Risa Sacks Yaffe; Created as a tool that parents can use to break the news of cancer in a family member to their children.

**What Teens Want to Know About Love, Dating and Sex, 1989**

George B. Eager discusses the above.

**Clinical Evidence Concise, 2002**

United Health Foundation, a pocketbook designed to make the best available evidence published in *Clinical Evidence* easily accessible to a wide range of health professionals.

**Sacred Choices, 2001**

Daniel C. Maguire; advances the religious conversation about contraception and abortion, highlighting the creative insights of each tradition and rescuing the debate from the traditionalists and modernists alike.

**Beyond the Big Talk, 2002**

Debra W. Haffner, MPH Parents guide to raising sexually healthy teens from middle school to high school and beyond. For parents of children ages 2 to 21.

**Reality Check, 2004**

Various authors from the get real about teen pregnancy campaign. Takes a look at teen pregnancy prevention efforts and offers insights to effective solutions, many of them proven to be the most effective.

**Asian American Women, 2002**

Ford Foundation: issues, concerns, and responsive human and civil rights advocacy.

