

# Health and Life Skills

## **Part II: Annotated Bibliography (listed alphabetically by title)**

**March 2006**

## Part II: Annotated Bibliography (alphabetical listing)




LRC Order No.: Est. Price:

### Abstinence First: Teen Birth Control Decisions (Version B)

Authorized Teaching Resource Grades 8, 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20899 01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓	✓	✓	✓			



This 29-minute video and teacher's guide gives viewers information on current methods of birth control, stressing that the only 100 percent effective method is abstinence. Implications of becoming sexually active are addressed. The video is narrated by several teenagers and a medical doctor.

**Comments:**

- This resource is directed at the teenaged audience and involves them over the 29-minute viewing.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.




©2003

### Abstinence: Pick and Choose Activities for Grades 7-12

455883

\$38.30

Authorized Teaching Resource Grades 7, 8, 9

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓	✓	✓				



This resource is designed to provide teachers with classroom activities they can use to promote sexual abstinence. The activities focus on the areas of self-esteem, interpersonal relationships, decision-making skills and life planning.

**Comments:**

- Numerous activity sheets are included.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.

©1996 Author(s): Young, M.; Young, T.




**You, Me & the Kids: The Teen Years****Accidents Happen**

Support Resource Grades 8, 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-49



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						

This 24-minute program addresses some of the challenges a teen has when facing a disability.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*




**Act Now... The Best You Can Be! Creative Wellness Solutions Program: School Resource Kit**

620759

\$326.15

Authorized Teaching Resource Grades 6, 7, 8



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓			✓

School Resource Kit - This Canadian-produced resource consists of a video and binder with materials of use to health teachers. Lesson plans and class activities allow teachers to present a program that focuses on healthy activity, air, appetite and attitude for middle school grades.

Healthy Living in Action! - This personal wellness guide focuses on three key messages: healthy activity, healthy appetite and healthy attitude. It includes tips, information, quizzes and suggestions that will help lead to healthier choices. The guide uses Canadian Olympic athletes as motivators.

Act Now: The Best You Can Be! Schools Resource Kit Quick Reference Booklet - This teacher booklet is a companion to the Act Now Schools Resource Binder but could be used on its own. It contains lesson plans that relate to the three main topics of healthy activity, appetite and air. Lessons include stated purposes, time allotment, materials used and step-by-step instructions. A section for advisory and/or homeroom groups is also included.

**Comments:**

- The kit teams the school with Canadian Olympic athletes for motivation and could be used by homeroom teachers as well as health teachers.

©2003 Author(s): Corrigan-Elliott, B.

LRC Order No.: Est. Price:  
**Pending**

## Act Now... The Best You Can Be! Teacher Resource Kit (©2004)

Authorized Teaching Resource Grades 6, 7, 8



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓			✓

The 2004 revision consists of a teacher resource binder that contains lesson plans and student activities as well as a DVD that focuses on nutrition and includes a challenge activity about foods that would appeal to young people.

**Comments:**

- The binder contains much of the information and activities featured in the 2003 version but makes reference to the “Amazing Trek Web Site”, which has not been reviewed or authorized by Alberta Education.

©2004 Author(s): Corrigan-Elliott, B.

## Action: Alcohol, Cannabis and Tobacco Health Promotion Project for Youth School Kit

Authorized Teaching Resource Grades 7, 8, 9

**Vendor Direct**



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓					✓	✓		

This two-part action kit provides a teacher resource and interactive student CD-ROM that explore the topics of smoking, drugs and alcohol. The Action Teacher Kit is designed for a wide audience, including youth, school, parents and community. It seeks to inform and give strategies for alcohol, cannabis and tobacco health promotion. The student CD-ROM contains factual information, presented in short vignettes, a maze game and a decision-making model designed to help students make good decisions in a variety of contexts. The CD-ROM also investigates media messages and influences upon youth.

©1996

Ontario Physical and Health Education Association (OPHEA); Suite 501–1185 Eglinton Avenue East, TORONTO, ON M3C 3C6

Telephone: 416–426-7120

LRC Order No.: Est. Price:  
**440462 \$52.60**

## The Adventures of Dowzer (Fire and Burn Prevention Program)

Authorized Teaching Resource Grades 2, 3, 4



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						

The Dowzer Program is a fire and burn prevention program. It has two main components: “The Adventures of Dowzer” storybook and “The Adventures of Dowzer” series consisting of eight case study storybooks. Titles of the case study storybooks are: Smoke Alarms; Escape Plans; Calling the Fire Department; Cool the Burn; Water Burns; A Hazardous Situation; Put a Lid On It!; and So What? Each booklet concludes with a final review report, action checklist and a follow-up activity. The program also contains a CD which is an audio recording of “The Adventures of Dowzer” storybook. It is printed and produced in Edmonton, Alberta.

**Comments:**

- Gender and racial diversity.

**Sensitive Issues:**

- Teachers should be aware that some students may identify with Dowzer the dog, and see rushing into a burning building to save another person as a heroic act.

© 1999

## The Alberta Framework of Essential Competencies for Working, Learning and Living

• **Alberta Framework of Essential Competencies for Working Learning and Living: Action Planner**      **461799 \$10.00**  
**and Framework**

Authorized Teaching Resource Grades 7, 8, 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓		✓	✓	✓	✓	✓




The Action Planner is a teacher resource guide of student activities for essential competencies. It accompanies the Essential Competencies Framework, a resource to assist teachers in the assessment and identification of essential competencies for being successful in learning, work, and everyday living environments. The framework performance indicators are a series of individual portfolios detailing individual competencies. Each competency has bands of five levels of performance indicators. The framework is a series of individual portfolios detailing individual competencies.

©(2001)

**Alberta Learning Information Service Web Site (ALIS ) (<http://www.alis.gov.ab.ca>)**

Support Resource Grades 7, 8, 9

Internet

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
						✓	✓	

This Web site provides current information about career, learning and employment services in Alberta and Canada as well as Alberta occupational profiles and labour market data. It features a section on Alberta post-secondary education and training and provides information about student finances; e.g., scholarships, bursaries. Transfer and assessment facts are also outlined.

**Sensitive Issues:**

- This web resource contains links that have not been reviewed or authorized by Alberta Education. Teachers, for their own protection, should review the current status of the web sites identified in these links, including documents in these web sites, to ensure that the sites contain accurate and appropriate information.

©2003 **Author(s):** Alberta Learning and Alberta Human Resources and Employment

People, Skills and Workplace Resources, Alberta Human Resources and Employment (AHRE)

12th floor Seventh Street Plaza, 10030 - 107 Street, EDMONTON AB T5J 3E4


Telephone: 800-232-7215; 780-415-0733




**Alcohol: It's Not for Me**

Support Resource Grade 3

ACCESS—The Education Station / Regional Resource and Urban Media Centres

BPN 20347-01



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 10-minute video conveys information on alcohol use and abuse. Young children are placed in a decision-making role regarding alcohol offered by older children. The program outlines the physiological effects of drinking, especially on children or youth. Significant adults are identified as a potential source of help if a problem develops.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©1998

LRC Order No.: Est. Price:

• **Appropriate Actions**

**468688      \$58.40**

• **Taking Appropriate Actions Video Package** (includes “Appropriate Actions” & “Unsuitable Actions”)

**468703      \$114.50**

Authorized Teaching Resource    Grade 7



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓						

This 23-minute video is intended as a springboard for teachers and staff to begin discussing and developing policies and practices regarding harassment in school. It defines harassment and sexism, addresses the impact on students, identifies legal implications for all educational stakeholders and outlines teacher strategies to deal with this issue. Some excellent questions are raised and discussed. Video clips and legal advice are from a Canadian perspective. Types of harassment discussed include homophobia, gender and race harassment. The video gives a practical plan of action for the school and specific practices for classroom teachers. This topic needs to be addressed because it involves and influences school climate.

**Comments:**

- Could be used at a staff meeting, or professional development day.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- The topic of homophobia is briefly discussed.

© 1998


LRC Order No.: Est. Price:




**Perspectives on Relationships**

**Assertiveness: “How Can I Say What I Mean?”**

**438300 \$23.30**

Support Resource Grades 7, 8



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				

This book looks at relating to others from the perspective that assertiveness can be considered one of the qualities that helps young people become mature, responsible adults. It explores related topics and offers opportunities for personal reflection and strategies in dealing with pertinent issues. A glossary is included.

**Comments:**

- Gender balance and ethnic diversity are present.
- The images and scenarios reflect middle-income values and attitudes only.
- There is a lack of interaction between teens and other age groups.

**Sensitive Issues:**



- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.




©2000 Author(s): Havelin, K.

**Barb Tarbox: A Life Cut Short by Tobacco (Video, Print, Poster)**

Authorized Teaching Resource Grades 6, 7, 8, 9

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						

This 16-minute video features Barb Tarbox, a woman with terminal lung cancer who speaks to students about the dangers of smoking. The video captures the spirit of her presentations and includes interviews with Barb. The video guide includes discussion questions and a newspaper insert. This video is part of the youth prevention component of the Alberta Tobacco Reduction Strategy.

**Sensitive Issues:**

- The video includes emotional speeches and interviews that may be disturbing for some students.
- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2003

AADAC Resource Development and Marketing; 2nd Floor—10909 Jasper Avenue NW, EDMONTON AB T5J 3M9

Telephone: 780-422-2794

**Be Cool, Play it Safe: A Children's Safety Video**

Support Resource Grades 1, 2, 3

**Vendor Direct**

♥ General Outcome 1			🔗 General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						

This engaging 43-minute video contains a series of safety vignettes suitable for the primary level; e.g. bus, pedestrian, bicycle, fire and water safety.

**Comments:**

- A gender balance is portrayed.
- A racial/ethnic balance also exists.

**Sensitive Issues:**

- Contains short segments on drug abuse prevention and gun safety; however, the content is not controversial.

© 1999

Canadian Video Services (CVS) Inc.; 18 Banigan Drive, Toronto, ON M4H 1E9

Telephone: 800-263-1258; 416-925-5857

**The Be Real Game: Facilitator's Kit: High School Edition Grades 9/10****441155****\$344.85**

Authorized Teaching Resource Grade 9



♥ General Outcome 1			🔗 General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
							✓	✓

This resource, presented in a game format, deals with career and life choices. The flexible program consists of varied learning and teaching tools organized as activity-oriented themed sessions. The kit includes colourful overheads, role situation cards, discussion topics and blackline masters.

**Comments:**

- There are opportunities for curriculum integration.
- A high school version, directed at Grades 11 and 12, will be available in the near future.

**Sensitive Issues:**




- This resource supports human sexuality outcomes.

© 1998 Author(s): Barry, B.

**Be Safe Around Food**

Support Resource Grades K, 1

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								



This 12-minute video effectively demonstrates positive health habits regarding hand washing, and food preparation and consumption.

**Comments:**

- Demonstrates visual examples of healthy food preparation practices.

©2000




Marlin Motion Pictures Ltd.; 211 Watline Avenue, MISSISSAUGA, ON L4Z 1P3

Telephone: 888-260-2232 ; 905-890-1500 E-mail: pamela@marlineducation.com

**Birth Control Methods: Facts and Figures**

Authorized Teaching Resource Grades 8, 9

**Out-of-print**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓						



This locally-developed manual provides teachers with current information about birth control, STDs and human sexuality. Information is divided into four sections: contraception; statistics about teenage pregnancy, live birth and abortion rates; chlamydia and gonorrhea; teaching sheets addressing common questions and issues in sexual health.

**Sensitive Issues:**

- Falls within the guidelines of the curriculum; however, teachers must be sensitive to individual values.
- The inclusion of "how to" and the bias on natural methods may make this unsuitable for some schools; e.g. Catholic schools.
- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- This resource supports human sexuality outcomes.

©1998

**You, Me & the Kids: The Teen Years****Body Image**

Support Resource Grades 7, 8, 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-31



♥ General Outcome 1			♻️ General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 24-minute program deals with the struggle many teens have to look, act and feel cool.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*

**Body Image Resource Collection****Body Image Resource Collection (Kit) (Grades K - 3) (©2004)**

Authorized Teaching Resource Grades K, 1, 2, 3

Vendor Direct



♥ General Outcome 1			♻️ General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓			✓					

The revised kits, developed in 2004, are smaller and less cumbersome than the older kits. The interactive resource collection consists of varied components, such as puppets, games, story books and a videocassette, which, along with the teacher's guide, provide information about topics related to body image. The lesson plans, which focus on wellness, include background information, transparencies and student activities.

**Comments:**

- This resource series is also an authorized teaching resource for physical education.


©2004 Author(s): Ryeder, S. et. al.




body image works inc.; PO Box 34117 RPO, CALGARY AB T3C 3W2

Telephone: 403-243-5383

**Body Image Resource Collection****Body Image Resource Collection (Kit) (Grades 4 - 6) (©2004)**

Authorized Teaching Resource Grades 4, 5, 6

**Vendor Direct**


 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓			✓					

The revised kits, developed in 2004, are smaller and less cumbersome than the older kits. The interactive resource collection consists of varied components, such as puppets, games, story books and a videocassette, which, along with the teacher's guide, provide information about topics related to body image. The lesson plans, which focus on wellness, include background information, transparencies and student activities.

**Comments:**

- This resource series is also an authorized teaching resource for physical education.


©2004 Author(s): Ryeder, S. et. al.




body image works inc.; PO Box 34117 RPO, CALGARY AB T3C 3W2

Telephone: 403-243-5383

**Body Image Resource Collection****Body Image Resource Collection (Kit) (Grades 7 - 9) (©2004)**

Authorized Teaching Resource Grades 7, 8, 9

**Vendor Direct**


 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓			✓					

The revised kits, developed in 2004, are smaller and less cumbersome than the older kits. The interactive resource collection consists of varied components, such as puppets, games, story books and a videocassette, which, along with the teacher's guide, provide information about topics related to body image. The lesson plans, which focus on wellness, include background information, transparencies and student activities.

**Comments:**

- This resource series is also an authorized teaching resource for physical education.


©2004 Author(s): Ryeder, S. et. al.

body image works inc.; PO Box 34117 RPO, CALGARY AB T3C 3W2

Telephone: 403-243-5383

**Twenty-First Century Series****Buffed: The New Aesthetic**

Support Resource Grades 8, 9

**607765 \$105.15**


♥ General Outcome 1			⚙ General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								



This 20-minute video discusses the new buffed or body sculpted look and whether it is good for young girls. It uses teen idols, including Janet Jackson, Jennifer Lopez and Drew Barrymore, to promote the message of daily exercise. Young girls are interviewed and discuss their views on daily exercise and self-esteem.

©2001/2002

**Bugs for Breakfast: Food & Culture (includes Teacher's Guide)**

Support Resource Grade 7

ACCESS–The Education Station / Regional Resource and Urban Media Centres

**BPN 20323-01**




♥ General Outcome 1			⚙ General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 19-minute video provides a multicultural, historical perspective about why we eat the foods we do. The video covers topics, such as survival, tastes, culture, taboos, future foods and gender foods. An accompanying booklet contains a summary and video transcript highlights.

**Canada A.M. Series****Building Teen Self Esteem**

Support Resource Grades 6, 7

ACCESS–The Education Station / Regional Resource and Urban Media Centres

**BPN 2064801**


♥ General Outcome 1			⚙ General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓			✓		

A talk-show format, 28-minute video with Olympic athlete, Mark Tewksbury, and Olympic coach, Debbie Muir, shows five workshops in progress with teens. The main focus is on defining and working toward achieving goals.

©2001

LRC Order No.: Est. Price:

**The C.A.R.E. Kit (Challenge Abuse through Respect Education): A Personal Safety Program for Children Aged 5-9**

**511289 \$272.25**

Authorized Teaching Resource Grades K, 1

♥ General Outcome 1			⚙ General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓						



The C.A.R.E Kit, produced by the Red Cross, is a personal safety program designed for students aged 5-9, specifically addressing sexual abuse. The kit contains colourful posters, a puppet, discussion cards, a children's story book, bookmarks, teacher's resource guide and teacher helps. The teacher's guide includes a section on teaching students with special needs about sexual abuse. The Red Cross highly recommends training prior to the use of the kit and that training is available by contacting a RespectED Coordinator in either of the Edmonton or Calgary offices.

**Sensitive Issues:**

- This resource deals with sexual abuse. Alberta Education strongly recommends that teachers preview the resource before use in the classroom.
- Careful consideration should be given to the sensitivities of both the student audience and the community.
- Teacher training and/or the presence of a counsellor during presentations is recommended.

©2002

LRC Order No.: Est. Price:




**Career Explorations Series**

- Athletic Trainer
- Director: Film, TV, Radio, and Stage
- Graphic Designer
- Licensed Practical Nurse
- Marine Biologist
- Mechanical Drafter
- Pediatrician

439556      \$23.30  
 439564      \$23.30  
 Out-of-print  
 Out-of-print  
 Out-of-print  
 439548      \$23.30  
 Out-of-print

Support Resource    Grades 4, 5, 6



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
							✓	

This series provides students with a concise and informative description of several occupations. The information is carefully indexed and contains bright illustrations. A glossary of useful addresses and Internet sites provides the user with an opportunity to pursue further research in each occupation.

**Comments:**

- Both Canadian and American qualifications are given.
- These books may be placed in a center for information on careers.
- The additional information sources and Internet sites listed have not been reviewed by Alberta Education.

**Sensitive Issues:**

- No individuals with visible disabilities are depicted in the workforce. Teachers may obtain information about this topic from the “Employabilities” Agency in Edmonton.

©2000 Author(s): Voeller, E.




LRC Order No.: Est. Price:

**Career Plan-It**

• **Student Learning: Career Planner Information Booklet (Middle / Junior High School / Senior High School)** 437576 \$3.10

• **Student Learning: Career Planner (Middle/Junior High School)** 440503 \$13.60  
 Authorized Teaching Resource Grades 7, 8, 9 (Pkg. of 25)



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
							✓	

This information booklet is designed to assist secondary school educators in implementing the Student Learning: Career Planner. The booklet provides the background information needed to assist students in using the "Career Scan-It" personal folder as a foundation for developing and enhancing a personal career portfolio.

**Comments:**




- This resource was developed for Alberta schools.

©2000

**Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility** 438764 \$51.05

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓	✓		✓


This teacher's resource addresses issues of kindness, tolerance, respect, service to others, responsibility, self-control, and ethical decision making. It includes well-formatted lessons that state objectives, materials, activities and discussion questions.




©1996 Author(s): Williams, L. et al.

LRC Order No.: Est. Price:  
**438772 \$40.65**

**Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program**

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓	✓		✓

This guide places an emphasis on teaching responsibility and trustworthiness in students. Activities presented could be used with students in developing effective interpersonal skills and learning strategies. The format of the lessons identifies purpose, materials needed and activities to reinforce objectives or outcomes.

**Comments:**

- American content could be supplemented with Canadian material.


**Sensitive Issues:**




- Some American statistics may be disturbing to some families.

©2000 Author(s): Borba, M.

**Child Traffic Safety: Resource Guide for Educators, Parents and the Community (Includes: Traffic Safety Workbook - Book One (K-Grade 1); Traffic Safety Workbook - Book Two (Grade 2-3); A Traffic Safety Toolkit for Your Brain - Book Three (Grade 4-6))** Pending

Authorized Teaching Resource Grades 1, 2, 3



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						

This teacher's guide focuses on traffic, bus, bicycle and inline skating safety. The program uses a comprehensive school approach as well as family and community approaches.


©(2003)




## Choosing Your Friends

Support Resource Grades 7, 8

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20913 01



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓				

This 20-minute video features short vignettes about the early influence by peers on young teens. Students are asked to think and talk about numerous issues of interest to this age group.


©2001




## Clean Kids

Support Resource Grades K, 1

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20211-01



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 15-minute video has the “Clean Kids” club monitoring their neighborhood friends to avoid one personal hygiene crisis after another. Advice is given regarding positive hygiene and health care habits such as handwashing, dental care and bathing/showering. It includes a brief instructional guide with discussion questions and follow-up classroom activities.

**Comments:**

- Gender balance and ethnic diversity are depicted.

©1998

**You, Me & the Kids: The Teen Years****Cliques and Shunning**

Support Resource Grades 7, 8

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-01



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓	✓	✓

This 24-minute video features a discussion with teen groups who define clique behaviours and offer strategies for breaking the boundaries.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*

**Conflict Resolution Library**

- |   |               |                |
|---|---------------|----------------|
| • <b>Dealing with Anger (Grades 2, 3)</b>     | <b>440082</b> | <b>\$17.05</b> |
| • <b>Dealing with Bullying (Grade 2)</b>      | <b>440066</b> | <b>\$16.95</b> |
| • <b>Dealing with Fighting (Grade 3)</b>      | <b>440115</b> | <b>\$16.95</b> |
| • <b>Dealing with Hurt Feelings (Grade 2)</b> | <b>440074</b> | <b>\$16.95</b> |
| • <b>Dealing with Teasing (Grades 2, 3)</b>   | <b>440107</b> | <b>\$16.95</b> |

Support Resource



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓			

This series looks at how to deal with conflict resolution using varied strategies and techniques that focus on students working it out themselves, and/or calling on others (adults, friends) for assistance when needed.

**Comments:**

- The resource uses positive role models depicting racial diversity.
- A glossary of applicable words is included.




©1996 Author(s): Johnston, M.

**Conflict Resolution: A Winning Approach (Video with Teacher Notes)**

Support Resource Grade 9

ACCESS—The Education Station / Regional Resource and Urban Media Centres

BPN 20601-01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				



This Canadian-produced program examines conflict-resolution strategies. Skills covered are active listening, assertiveness, a “win-win” approach, and designing solutions. It dramatizes the story of a teenage boy having communication problems with his mother and a friend.

**Comments:**




- Situations shown in this video focus on high school students.
- The resource could be used as a lead-in to classroom role-plays.

©1997

**Cool? Identity Drugs & Fitting In (Video with Facilitator's Manual)**

Support Resource Grades 8, 9

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓			



This 23-minute AADAC video and facilitator's manual explore issues around "being cool" and examine how drug issues and identity-seeking behaviours can become intertwined. The video is filmed from a teen's point of view and encourages youth to reflect on and discuss issues related to personal identity, fitting in and substance use. The manual includes background information and six lesson plans.

©2002 (manual); 2003




AADAC Resource Development and Marketing; 2nd Floor—10909 Jasper Avenue NW, EDMONTON AB T5J 3M9

Telephone: 780-422-2794

## Coping with Stress

Support Resource Grades 7, 8, 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres  
BPN 20348-01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓		✓	✓	✓			

This 15-minute video addresses the value of living a balanced healthy lifestyle. It deals with stress in the following parts: what stress is; the consequences of stress; common stresses of young people, and coping strategies. It discusses topics such as substance abuse, violence, time management, stress and suicide, and demonstrates positive ways of coping with stressful situations.

**Comments:**

- Gender balance and ethnic diversity are depicted.

**Sensitive Issues:**




- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- The topics of suicide and human sexuality are discussed in this resource.
- This resource supports human sexuality outcomes.
- A counsellor may need to be available for any student who is distressed by this video.

© 1999

## Courtesy Counts

Support Resource Grade 1

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓			

This 14-minute video focuses on the teaching of manners and etiquette in positive interactions with people of all ages. It includes manners such as taking turns, respecting differences, and being a helper.

**Comments:**

- Gender balance and ethnic diversity are portrayed.
- A Teacher's Guide is included.

© 1999

Magic Lantern Communications Ltd.; 3–8755 Ash Street, VANCOUVER, BC V6P 6T3





Telephone: 800–263–1818; 604–324–2600 E-mail: nkirkwood@magiclantern.ca

**Courtesy Counts a Lot**

Support Resource Grade K

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20349-01

  General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				

This 10-minute video shows a group of children viewing a cartoon on good manners. The cartoon has several brief vignettes covering greetings, asking for things, and using please and thank you. A brief study guide outlining the program content and discussion questions is included.

**Comments:**

- Ethnic diversity is represented, as is gender balance.





©1998

**Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities**

472572

\$42.40

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

  General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓					

This resource centers on the involvement of stakeholders in creating a healthy school climate. A video and teacher's guide focus on the four basic issues of nutrition, physical activity, self-esteem and tobacco. The framework exists for the pursuit of many other issues, depending on the needs of the community or school.

**Comments:**




- Whole community approach.
- Produced in Alberta, focusing on Alberta and Canadian health facts.
- Tools for assessment and collaboration between stakeholders are included in this approach.

©2000

**Real Life Teen Series****The Dark Side of Dating**

Support Resource Grades 8, 9

**565335****\$93.50**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓		




This is a series of three videos for the grades 8 to 12 audience on the topics of stress, depression and dating. Each 20-minute video delves into the topic through teen interviews and discussions. Positive, helpful sources of support are recommended. This American-produced series is very transferable to a Canadian teen audience.

©2002

**The Dating Bill of Rights**

Support Resource Grades 8, 9

**ACCESS–The Education Station / Regional Resource and Urban Media Centres****BPN 2065101**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓			✓				

This 26-minute video is useful as an introduction to dating relationships. Skits, dialogue and quizzes engage the audience and present sensitive material in an involving format.

**Comments:**

- The content of the video includes guidelines regarding respect, sexual stereotypes, preventing violence and how to break up a relationship.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2001


LRC Order No.: Est. Price:




**Dental Health Series**

- **Brushing Well**
- **Food for Healthy Teeth**
- **Going to the Dentist**
- **Your Teeth**

**440058      \$14.70**  
**440032      \$14.70**  
**Out-of-print**  
**Out-of-print**

Support Resource    Grades K, 1



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						

This series of four books outlines four steps relating to dental health: Going to the Dentist; Food for Healthy Teeth; Your Teeth; and Brushing Well. The books are colourful and include age appropriate pictures and relevant vocabulary.

**Comments:**

- Cultural diversity is depicted throughout.
- Additional listed resources are American only.


©1999    Author(s): Frost, H.




**In the Mix**

**Depression: On the Edge**

Support Resource    Grade 8

**Vendor Direct**



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓					

This 30-minute video focuses on teen issues around depression and suicide in a rural small town. Both male and female perspectives—caucasian and Aboriginal—are represented. Strategies and resources are given to students in a practical but professional format, from a child psychologist's perspective. The video covers specific outcome R8.1 very well.

**Sensitive Issues:**

- The topic of suicide is a focus of the video but is covered sensitively and explained by a professional.


©1998




Canadian Video Services (CVS) Inc.; 116 Geary Avenue, Unit 206, TORONTO, ON M6H 4H1

Telephone: 800-263-1258; 416-751-8016

**Destination 2020: Build Your Work Skills (Youth Edition)**

Support Resource Grades 8, 9

**Vendor Direct**


 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
						✓	✓	


A student career support document which could assist students in the assessment and examination of skills, values, and personal characteristics, as they relate to occupational choices. A large variety of occupational profiles are included.




©(2000)

Canada Career Consortium; Suite 1204–66 Slater Street, OTTAWA, ON K1P 5H1

**Destination 2020: Occupation Profiles (includes Teacher's Guide and Occupational Profiles for: 473588 \$175.35**  
**People Occupation Profiles; Information Occupation Profiles; Things Occupation Profiles)**

Support Resource Grades 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
							✓	

This binder / folder box has a good variety of occupational information. It includes a visually-appealing teacher's guide with lesson plans in binder format, posters and overheads. The folder box contains three separate information booklets.

LRC Order No.: Est. Price:

**Discover Health**

- **Discover Health (Student Text)**
  - **Discover Health: Teacher’s Edition**
  - **Discover Health: Teacher’s Resource Library (CD-ROM) (Macintosh / Windows Version)**
- Support Resource Grades 7, 8, 9

**441220 \$77.65**  
**441171 \$116.90**  
**Out-of-print**



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓			

A colourful, easy to read, high interest and comprehensive health text. The layout and design are conducive to active learning and aid ease of application. Clear learning strategies are provided in the introduction. The resource includes numerous comprehension, critical thinking and vocabulary activities, questions and exercises. Overall, this resource reinforces individualism and promotes self-esteem in a positive manner.

**Comments:**

- The Consumer Health chapter has a strong American slant.
- Career general objectives are weakly integrated throughout the text and are not covered in their entirety.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.

©1999

**Divorce: A Survival Guide for Kids**

**612665 \$133.60**

Support Resource Grades 7, 8, 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓					

This 15-minute video examines divorce and its impact on children. Teens, parents and psychologists offer their viewpoints. The video discusses the emotional stages one goes through as part of coping with a divorce and focuses on the need for support systems to help work through each stage, including friends, family and programs, such as Rainbows.

©2002




**You, Me & the Kids: The Teen Years****Drugs: Coming to a Neighbourhood Near You**

Support Resource Grade 7

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-17



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

The teens featured in this 24-minute program find out how easy it is to get drugs. Many drugs, manufactured in the suburbs, are given away free in order to get kids hooked. Health experts discuss the pressures and realities associated with drugs.

**Comments:**




- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*

LRC Order No.: Est. Price:

**Everything You Need to Know About... Series**

- **The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community** 442434 \$24.95
- **Creating Your Own Support System** 442426 \$24.95
- **The Dangers of Tattooing and Body Piercing** Out-of-Print
- **Drug Abuse** 442492 \$24.95
- **Effective Communication at School and at Work** 442400 \$28.40
- **Grieving** Out-of-Print
- **Having an Addictive Personality** 442418 \$28.40
- **Sports Injuries** Out-of-Print
- **Stress** Out-of-Print
- **Teen Suicide** 442442 \$24.75

Support Resource Grades 7, 8, 9

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓	✓	✓

This series relates to all three general outcomes of the Alberta Health and Life Skills Curriculum. The format of each book is consistent and thus makes it easy to find information. Scenarios dispersed throughout each book represent situations in students' everyday lives at home, school, community and workplace.

**Comments:**

- These scenarios would be useful for discussion starters.
- A glossary, a "Where to Go for Help" section (both American and Canadian), and Web sites are included in each book, but these have not been authorized by Alberta Education.
- Some of the information and a few of the photographs are dated.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- Some sections of some books support human sexuality outcomes.
- Emphasis should be placed on the fact that in terms of abusive relationships, both genders could be victims and/or abusers.

©2000 Author(s): Cefrey, H.

**Exploring Your Horizons: Career and Personal Planning**• **Exploring Your Horizons: Career and Personal Planning (Student Book)**

440917 \$37.70

• **Exploring Your Horizons: Career and Personal Planning: Teacher's Resource**

440925 \$88.00

Support Resource Grades 8, 9



♥ General Outcome 1			🔍 General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓					✓	✓	✓	✓

This resource contains current Canadian information on career planning. Students can work through a variety of self-assessment activities, consider different education and career pathways, learn how to set up a resource network, find out about experiencing the community as a workplace, and begin to establish a career route. The resource includes colourful cartoons and illustrations, case studies, individual profiles, and a variety of student activities such role-playing, goal setting and reflective questions. There are suggestions and activities throughout the text to help students build their personal portfolios.

**Comments:**

- Gender and ethnic balances are depicted.

**Sensitive Issues:**

- Some concerns with Freedom of Information and Protection of Privacy legislation may result from a number of suggested activities.

©1998 Author(s): Misener, J.; Butler, S.

**Faces of Reality: Youth and Substance Use: The Making of a Commercial**

Support Resource Grades 8, 9

**Vendor Direct (Available Free of Charge)**

♥ General Outcome 1			🔍 General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓		✓				

This 23-minute video features four teens, from various backgrounds, giving their personal stories about how they developed drug and/or alcohol dependencies.

**Comments:**

- The focus is on how dependencies developed, and on how they have given up the use of the substances.
- Information on substance abuse, relationships, suicide, and support services is included.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2000

AADAC Resource Development and Marketing; Suite 200–Pacific Plaza, 10909 Jasper Avenue, EDMONTON AB T5J 3M9

Telephone: 780–422–2794

## Feelings and Faces

Support Resource Grades K, 1

Vendor Direct



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				

This animated 29-minute video focuses on feelings: how to recognize them, their effects upon us, and how to deal with them. The program presents 16 children's faces, each expressing a feeling or particular emotion, a multiple choice test that asks students to name the feeling, and a repetition of the earlier segment with a counselor's explanation of each feeling.

**Sensitive Issues:**

- Sensitivity to a display of emotions exists in some cultures.

© 1999

Omega Films Limited; Unit 23–585 Middlefield Road, SCARBOROUGH, ON M1V 4Y5

Telephone: 800–663–4238; 416–291–4733 E-mail: omega@baloo.com

## 50 Activities for Teaching Emotional Intelligence

### 50 Activities for Teaching Emotional Intelligence: Level I: Elementary

438805

\$39.60

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓	✓		

From the framework of Emotional Intelligence, this teacher resource focuses on self-awareness, managing feelings, decision-making, managing stress, self-concept, personal responsibility, empathy, communication, group dynamics and conflict resolution. A variety of student activities provide opportunities for both personal reflection and group development skills.

**Comments:**

- Fifty activities are presented for each level.
- There are three different books, one for each of elementary, middle school and high school.


**Sensitive Issues:**




- Visualization and meditation techniques are discussed, but could easily be omitted by the classroom teacher if problematic for a community.

© 1996 Author(s): Shilling, D.

**50 Activities for Teaching Emotional Intelligence****50 Activities for Teaching Emotional Intelligence: Level II: Middle School****441163****\$33.35**

Authorized Teaching Resource Grades 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓	✓		

From the framework of Emotional Intelligence, this teacher resource focuses on self-awareness, managing feelings, decision-making, managing stress, self-concept, personal responsibility, empathy, communication, group dynamics and conflict resolution. A variety of student activities provide opportunities for both personal reflection and group development skills.

**Comments:**

- Fifty activities are presented for each level.
- There are three different books, one for each of elementary, middle school and high school.


**Sensitive Issues:**




- Visualization and meditation techniques are discussed, but could easily be omitted by the classroom teacher if problematic for a community.

© 1996 Author(s): Shilling, D.

**Look and Learn****A First Book about Bodies****438946****\$18.85**

Support Resource Grade 1



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓							

This book is an introduction to the human body. It identifies and discusses basic body parts. A large font, elementary vocabulary and age-appropriate graphics are used.

**Comments:**

- A variety of ethnic groups and a gender balance are depicted.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.

© 1999 Author(s): Tuxworth, N.

LRC Order No.: Est. Price:  
Out-of-print

## F.I.T.: Fostering Independent Thinking: A Substance Abuse Prevention Resource for Teachers Grades 4–8

Authorized Teaching Resource Grades 5, 6, 7, 8



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓		✓		

This teacher resource provides background information and activities which cover several specific outcomes in General Outcomes 1, 2 and 3. The relevant topics include self-image, assertiveness, friendship, drugs and decision-making. Teachers will have to choose activities suitable for specific outcomes at their grade level.

**Comments:**

- This resource would be more durable if it had a hard or laminated cover.

©2000 Author(s): Lane, K.

## Flipping the World: Drugs Through a Blue Lens

455114 \$57.90

Support Resource Grade 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓			✓					

This 30-minute video realistically portrays the lives of four drug addicts through interviews and video clips of the addicts. The format consists of two Vancouver police officers discussing the impact of addiction with a group of teenagers of diverse ethnic backgrounds. There is an overall message of hope as the video encourages students to thoughtfully and responsibly make positive lifestyle choices.

**Comments:**

- Gender balance presented.

**Sensitive Issues:**




- Some of the realistic scenes may be disturbing to some individuals, families and communities.
- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2000

**Full Mouse, Empty Mouse (2nd Ed.) (Reader with Companion Piece)****Pending**

Authorized Teaching Resource Grades K, 1, 2



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓			✓					

This resource was written with the purpose of filling the gap that exists between eating disorder prevention and obesity prevention. It includes a story about a mouse family facing daily stresses. In the story, the two mouse children deal with stress by overeating or undereating. Discussion points and questions could be used by the teacher and/or parents.

**Sensitive Issues:**




- Alberta Education strongly recommends that teachers preview these resources. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2004 Author(s): Zeckhausen, D.

**You, Me & the Kids: The Teen Years****Gender Blues**

Support Resource Grade 7

**ACCESS—The Education Station / Regional Resource and Urban Media Centres****BPN 20306-04**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 24-minute video is a sensitive and insightful portrayal of gender equality with a fresh perspective on respect for others and their differences. A variety of life skills and interests are explored; e.g. girls playing hockey, boys in ballet, girls excelling in electronics, and boys in babysitting roles.

**Comments:**

- Both male and female examples of various roles are provided.
- This program is inclusive of Aboriginal peoples.
- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*


©1999

**You, Me & the Kids: The Teen Years****Getting Dumped**

Support Resource Grade 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-33



♥ General Outcome 1			⚙ General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓				

This 24-minute program addresses some of the struggles teens have with keeping and breaking relationships.


**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*

**Getting to School Safely is Your Job**

Support Resource Grades K, 1, 2

Vendor Direct



♥ General Outcome 1			⚙ General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						

This 13-minute video, suited to primary grades, models the do's and don'ts of being safe when traveling to school. The video covers safety procedures for walking, bussing, bike riding, or riding in a private vehicle to school. A portion of the video also deals with stranger safety. Students are encouraged by a police officer to take ownership for their own safety.

©1998

Marlin Motion Pictures Ltd.; 211 Watline Avenue, MISSISSAUGA, ON L4Z 1P3


Telephone: 888-260-2232 ; 905-890-1500 E-mail: pamela@marlineducation.com




**You, Me & the Kids: The Teen Years****Giving Back**

Support Resource Grades 7, 8

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-15



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓					

This 24-minute video attempts to teach teens to broaden their perspective and to become community minded. Experts, parents and teens discuss the pressures and realities of today.

**Comments:**


- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*




**Real People****Gossiping, Taunting, Bullying: It's All Harassment (Video and Teacher's Guide)**

Authorized Teaching Resource Grades 7, 8

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 2055601



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓			



This program effectively addresses the topic of harassment: gossiping, taunting and bullying. The teacher's guide includes questions for discussion, activity suggestions, handouts and a script. The video lends itself to describing situations, addressing problems, and discussing strategies for dealing with these real life school situations.




©2001

## Growing Up! For Boys

Support Resource Grades 4, 5, 6

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20516-01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓							



This informative 15-minute video, designed for boys, outlines changes boys experience during puberty, the parts and functions of the male reproductive system, and the emotional issues associated with puberty. This video includes a teaching guide with a written script, vocabulary list, discussion questions and classroom activities.

**Comments:**

- Includes simple drawings of the male and female reproductive systems.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.




© 1995

## Growing Up! For Girls

Support Resource Grades 4, 5, 6

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20517-01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓		✓					



This informative 15-minute video, designed for girls, outlines changes girls experience during puberty, the parts and functions of the female reproductive system, and the emotional issues associated with puberty, and overall health and hygiene. The video includes a teaching guide with a written script, vocabulary list, discussion questions and classroom activities.

**Comments:**

- Includes simple drawings of the female reproductive system and discusses sanitary products, including pads and tampons.

**Sensitive Issues:**

- Some professionals may object that tampons are discussed but not the risks of Toxic Shock Syndrome.
- This resource supports human sexuality outcomes.

© 1995

LRC Order No.: Est. Price:

**Health Issues 7**

**Health Issues 7 (Student Book)**




**505521 \$19.50**

**Health Issues 7: Teacher's Resource (includes Blackline Masters on CD-ROM)**

**505539 \$99.40**

Basic / Authorized Teaching Resource Grade 7



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓	✓	✓

The Health Issues series is a literature-based approach for the teaching of health and life skills. The student text, “Health Issues 7,” contains a literary selection of short stories, nonfiction, essays, poems, fables, articles, monologues and a novel excerpt – organized in three sections “Wellness,” “Relationships,” and “Life Learning.” These selections present real people and characters who deal with many health issues in their lives and through their stories. The accompanying “Health Issues 7, Teacher’s Resource Guide” makes the connection between the literary selections and the outcomes of the grade 7 Health and Life Skills program of studies. The majority of program outcomes are addressed in the guide. The guide includes overview information (about the author, background, links, key terms/concepts relating to Health and Life Skills, key terms/concepts relating to Language Arts), pre-reading, reading, and post-reading activities, and assessment activities. Blackline masters for teaching information, student information and assessment activities are also included. Similar student literary collections and accompanying teacher guides are available for “Health Issues 8” and “Health Issues 9.”

©2002 Author(s): Leitenberg, G. et al.

LRC Order No.: Est. Price:

**Health Issues 8**

**Health Issues 8 (Student Book)**

**505555 \$19.50**

**Health Issues 8: Teacher's Resource (includes Blackline Masters on CD-ROM)**

**505563 \$99.40**

Basic / Authorized Teaching Resource Grade 8



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓	✓	✓

The Health Issues series is a literature-based approach for the teaching of health and life skills. The student text, "Health Issues 8," contains a literary selection of short stories, nonfiction, essays, poems, anecdote, and a chart – organized in three sections, "Wellness," "Relationships," and "Life Learning." These selections present real people and characters who deal with many health issues in their lives and through their stories. The accompanying "Health Issues 8: Teacher's Resource Guide" makes the connection between the literary selections and the outcomes of the grade 8 Health and Life skills program of studies. The majority of program outcomes are addressed in the guide. The guide includes overview information (about the author, background, links, key terms/concepts relating to Health and Life Skills, key terms/concepts relating to Language Arts), pre-reading, reading, and post-reading activities, and assessment activities. Blackline masters for teacher information, student information and assessment activities are also included. Similar literary collections and accompanying teacher resource guide are available for "Health Issues 7" and "Health Issues 9."

©2002 Author(s): Leitenberg, G. et al.

**Health Issues 9**

**Health Issues 9 (Student Book)**

**505589 \$19.50**

**Health Issues 9: Teacher's Resource (includes Blackline Masters on CD-ROM)**

**505597 \$99.40**

Basic / Authorized Teaching Resource Grade 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓	✓	✓

The Health Issues series is a literature-based approach for teaching health and life skills. The student text, Health Issues 9, contains a literary selection of short stories, nonfiction, essays, poems and an article – grouped by wellness, relationships and life learning. These selections present real people and characters dealing with health issues. The accompanying Health Issues 9: Teacher's Resource Guide makes the connection between the literary selections and the outcomes of the Grade 9 Health and Life Skills Program of Studies. The majority of program outcomes are addressed in the guide. The guide includes overview information about the author, background, links, key terms/concepts relating to health and life skills and key terms/concepts relating to language arts; pre-reading, reading and post-reading activities; and assessment activities. Blackline masters for teacher information, student information and assessment activities are also included. Similar literary collections and the accompanying teacher's resource guide are available for Health Issues 7 and Health Issues 8.

LRC Order No.: Est. Price:

- **Health for Life 1 (Student Book)**
- **Health for Life 1: Teacher's Resource (with CD-ROM)**

**537409      \$27.95**

**537417      \$74.95**

Basic Resource    Grade 7



♥ General Outcome 1			🌀 General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓	✓	✓

This current, locally-developed resource is well organized, colourful and addresses each of the specific outcomes for Grade 7. The book contains background information, a glossary and related student activities, including activities designated for portfolio development.

**Comments:**

- Human sexuality outcomes are not addressed in this resource; they are addressed in the teacher's resource.
- The design of the resource lends itself well to the youth audience.

©2004    Author(s): Campbell, J.

- **Health for Life 2 (Student Text)**
- **Health for Life 2: Teacher's Resource**

**587090      \$27.95**

**587107      \$74.95**

Basic Resource    Grade 8



♥ General Outcome 1			🌀 General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓

This colourful, well-organized Canadian resource presents lifestyle balance, stress, safety, abuse, volunteering, making choices and considering consequences in a manner that gains and maintains the interest of a young teenage audience. Each chapter includes background information, activities, tips, a physical activity section and portfolio development information.




©2005    Author(s): Campbell, J.; Antayá-Moore, D.

LRC Order No.: Est. Price:  
**444521 \$6.80**

## Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers

Authorized Teaching Resource Grades 2, 3, 4, 5, 6, 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This manual, from the Alberta Cancer Board, contains information on healthy lifestyle choices for cancer prevention. The topics covered include tobacco use, healthy eating, sun sense, and cervical cancer prevention. The resource suggests a variety of teaching strategies and activities which would help teachers prepare cancer prevention programs that fit the curriculum.

**Comments:**

- Teachers can pick and choose relevant activities for their classes.
- Suggested videos and web sites are listed as part of each section.

**Sensitive Issues:**

- References are made to specific web sites that are not approved by Alberta Education. Teachers, for their own protection, should review the current status of the web sites, including documents identified in the links, to ensure that the sites contain accurate and appropriate information.




©2000

## Healthy Living with Sunshine / Vivre en santé sous le soleil (Windows / Macintosh Version)

Out-of-print

Support Resource Grade 4



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This resource contains clearly outlined information about the impact of environmental factors on personal health; e.g. sunshine. The animation used would be appropriate for the Grade 4 student.




©1996

**Helpers in Our Community Series**

- **We Need Doctors**
- **We Need Fire Fighters**
- **We Need Nurses**
- **We Need Police Officers**

Support Resource Grade K



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓		✓			✓	

This set includes four books that are colourful and easy to use, and introduce careers, community services, workers and caregivers. The one-sentence descriptors are well suited to beginning readers and effectively match the corresponding pictures. Extension activities are provided by the inclusion of an introductory glossary and recommended Internet sites for further research.

**Comments:**

- Ethnic diversity and non-traditional roles are present in this resource.

**Sensitive Issues:**




- The resource is American and some American symbols are present on a few pages but not enough to detract from the usefulness of the resource.
- References are made to specific web sites that are not approved by Alberta Education. Teachers, for their own protection, should review the current status of the web sites, including documents identified in the links, to ensure that the sites contain accurate and appropriate information.

©2000 Author(s): Schaefer, L.

## Helping Children Learn about Healthy Relationships: A Teacher's Guide to Addressing Children's Concerns (Video and Teacher's Guide)

Authorized Teaching Resource Grades 4, 5

Publisher / Distributor (By Inservice Only)

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓			✓	✓				

This is a locally-produced (Calgary Police Services) video kit. The teacher's guide includes outcomes for each lesson, along with worksheets and student activities. The kit uses a short video comprised of child testimonies. The topics covered include abuse, healthy and unhealthy relationships, feeling and emotions, understanding anger and keeping safe.

**Comments:**

- The entire program becomes much broader in terms of feelings and relationships and goes beyond the boundaries of the family.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2002

Calgary Police Services Interpretative Center; 133 6th Avenue SE, CALGARY AB T2G 4Z1




Telephone: (403) 268-4565 or (403) 268-4566

## Helping Kids Manage Grief, Fear and Anger

440305

\$36.45

Authorized Teaching Resource Grades 4, 7, 8, 9

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓					

This resource deals with three emotions: grief, fear and anger. It is a collection of activities designed to help students explore, understand and express their feelings in safe and acceptable ways.

**Comments:**

- A number of activities promote personal reflection.

**Sensitive Issues:**

- Some of the suggested activities may be controversial.
- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2000 Author(s): Akin, T. et al.

LRC Order No.: Est. Price:  
**513326 \$70.10**

## HIV and AIDS: Staying Safe

Support Resource Grade 6



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓						

This 15-minute claymation program accurately and clearly describes HIV/AIDS. Associated risk factors, such as tattooing, needle drug use, unprotected sex, body piercing and blood transmission, are also addressed. The video format uses factual information and the personal testimonial of a child with HIV. It clearly meets the outcomes at the Grade 6 level.

**Comments:**

- The children in this video are quite young.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.

## How to Handle Stress (Video)

Support Resource Grades 4, 5, 6

**Vendor Direct**



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓					

This 9-minute video covers the subject of stress, reasons for it, signs of stress and ways of coping with stress. It also covers the physiological and psychological effects of stress.

**Comments:**

- Comprehensive program covering Kindergarten to Grade 6, but the language is geared toward Grades 4 to 6.

© 1999

Marlin Motion Pictures Ltd.; 211 Watline Avenue, MISSISSAUGA, ON L4Z 1P3

Telephone: 888-260-2232 ; 905-890-1500 E-mail: pamela@marlineducation.com


**Real People**




**How Not to Be a Victim: Violence Prevention**

Authorized Teaching Resource Grades 7, 8

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20888 01



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓		✓				



This 26-minute video addresses home, school and Internet safety. Specifically, street, bullying, sexual harrassment, fights, weapons, theft and online issues are discussed. Strategies for personal safety are addressed. The video promotes thoughtful class discussion.


©2003




**Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)**

399148

\$31.55

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
					✓	✓		

A teaching strategies CD-ROM designed for the classroom teacher at all grade levels. A number of “problem behaviors” are targeted and effective management techniques are presented with accompanying video segments role modelling effective interventions.

**Comments:**

- Albertan and Western Canadian classroom ethnic diversity are reflected in this resource.
- People with disabilities are included.

©1998 Author(s): Murphy, K.

LRC Order No.: Est. Price:




Out-of-print

**Improving the Odds**

- **Improving the Odds (Educator’s Resource)**
- **Improving the Odds: Interactive Tobacco Prevention Module**
- **Improving the Odds: Facilitator’s Guide**

Support Resource Grades 5, 6, 7, 8



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This program is an extensive tobacco use prevention resource. It includes background information about tobacco, detailed lesson plans, varied student activities and an interactive CD-ROM.

**Comments:**

- The emphasis is on prevention of smoking for young women.
- Some of the statistics presented are dated; e.g. 1980’s and early 1990’s.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- This resource contains a strong anti-smoking activist tone.
- This resource contains information which may be controversial. Often students who have low self-esteem, self-efficacy and academic achievement, and come from a low socio-economic background, smoke. Many Aboriginal students fit that profile. Teachers need to be sensitive to this issue; e.g. pages 11, 20, 48, 88.

© 1996




Health Canada Publications – Population and Public Health Branch; Alberta/NWT Region  
 Suite 815–9700 Jasper Avenue, EDMONTON, AB T5J 4C3 E-mail: info@www.hc-sc.gc.ca

**Just Around the Corner: For Boys**

Support Resource Grades 4, 5, 6

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20520-01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓							



This 15-minute video introduces the physical and emotional changes that occur in boys at puberty. The male reproductive system and physiological changes at puberty are discussed.

**Comments:**

- Proper hygiene and healthy habits are discussed.
- The program depicts a positive male role model explaining the subject matter.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.




©2000

**Just Around the Corner: For Girls**

Support Resource Grades 4, 5, 6

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20519-01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓							



This 15-minute video is narrated by a teenage girl who explains the physical and emotional changes that occur at puberty. It deals with the female reproductive system and menstruation as well as good hygiene and healthy habits.

**Comments:**

- The narrator is a positive role model and presents a positive attitude for younger girls approaching puberty. The video teaching guide recommends the program for Grades 3 to 5; however, it exclusively supports Grade 4 outcomes (W-4-3) in the Alberta Health and Life Skills program.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.
- Teacher discretion will determine whether to use for the whole class or just with girls.


©2000




**You, Me & the Kids: The Teen Years****Kids and Alcohol**

Support Resource Grade 7

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-10



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 24-minute video portrays the effect of peer pressure on teens and drinking. Attention is given to how teens can be somewhat prepared for this pressure.

**Comments:**


- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*




**You, Me & the Kids: The Teen Years****Kids Having Kids**

Support Resource Grade 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20306-18



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓						

This 24-minute program gives a realistic portrayal of teen parenthood. Through drama and interviews with teenage moms and dads, some of the joys and sacrifices of having a baby as a teen parent are discussed.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*

**Sensitive Issues:**

- This resource supports human sexuality outcomes.
- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and community.

LRC Order No.: Est. Price:  
**475964 \$26.85**

## Kindergarten to Grade 9 Health and Life Skills: Guide to Implementation

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓	✓	✓

This resource was developed to assist teachers with the implementation of the prescribed outcomes in the program of studies for K–9 Health and Life Skills, 2002. This guide is available for reviewing and downloading on the Alberta Education Web site at [www.education.gov.ab.ca/k\\_12/curriculum/bysubject/healthpls/healthgi.asp](http://www.education.gov.ab.ca/k_12/curriculum/bysubject/healthpls/healthgi.asp).

©2002

## Know Your Body Health Kit (Gr. 3) (Note: The five puppets were not authorized)

**445008 \$423.60**

Authorized Teaching Resource Grade 3



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓		

Included in this kit are a teacher's guide with health information, teaching strategies and student activities. Blackline masters and puppets are also included, and could assist in facilitating the activities.

**Comments:**

- Gender balance.
- A substantial amount of American content.
- Potential for subject integration.

**Sensitive Issues:**

- The issues of human sexuality, HIV and AIDS are addressed in a factual manner but may be problematic in some communities. These issues could easily be omitted as no specific outcomes address sexuality issues at this division.
- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.




©2000

LRC Order No.: Est. Price:  
**545098 \$34.80**

## Leaps and Bounds: Grade 4

Authorized Teaching Resource Grades 4, 5



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This print resource consists of eight lessons that encourage students to make healthy decisions regarding drug and alcohol use and gambling. Specific lessons include information to define drugs, identify why people take drugs, explore the effects of drugs, define addiction and gambling, identify why people gamble and examine how to make healthy lifestyle choices. Suggestions on how to be sensitive to family circumstances and a sample letter to parents are included.




©2003

## Leaps and Bounds: Grade 5

**605660 \$34.80**

Support Resource Grade 5



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓

This AADAC print resource provides a series of eight separate lessons for students in Grade 5 and Grade 6. Topics covered include definitions of drugs, why people use drugs, why people gamble, impact of the media, creating supportive relationships, refusal strategies and positive personal goal setting. Blackline masters and transparencies are included.

**Comments:**

- The resource includes a section on how to respond to a student who is concerned about a family member or friend.
- A sample letter to inform parents about the unit's goal to encourage children to make sound decisions about drug/alcohol use and gambling is included.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2003

**Leaps and Bounds: Grade 6**

Support Resource Grade 6



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓

This AADAC print resource provides a series of eight separate lessons for students in Grade 5 and Grade 6. Topics covered include definitions of drugs, why people use drugs, why people gamble, impact of the media, creating supportive relationships, refusal strategies and positive personal goal setting. Blackline masters and transparencies are included.

**Comments:**

- The resource includes a section on how to respond to a student who is concerned about a family member or friend.
- A sample letter to inform parents about the unit's goal to encourage children to make sound decisions about drug/alcohol use and gambling is included.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

©2003

**You, Me & the Kids: The Teen Years**

**Let's Party**

Support Resource Grade 9

**ACCESS—The Education Station / Regional Resource and Urban Media Centres  
 BPN 20306-28**



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓			✓			

This 24-minute program demonstrates the need for teens to take precautions when hosting house parties.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, More Than the Blues, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*

**Sensitive Issues:**

- This resource supports human sexuality outcomes.


LRC Order No.: Est. Price:




**Let's Talk Library**

- **Let's Talk about Being a Good Friend (Grade 1)**
- **Let's Talk about Good Manners (Grades K, 1)**
- **Let's Talk about Head Lice (Grades K, 1, 2, 3)**
- **Let's Talk about Living in a Blended Family (Grade 1)**

**440123      \$18.20**  
**Out-of-print**  
**440157      \$18.40**  
**Out-of-print**

Support Resource



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓			✓	✓	✓			

This set of four child-centred books deals with varied topics concerning health and social issues, including living in a blended family, being a good friend, good manners, and head lice. This resource has a large font, appropriate text and modern pictures. A glossary is included.

**Comments:**

- Gender equity and ethnic representation are demonstrated.


©2000 Author(s): Kent, S.




**The Library of Healthy Living Series**

- **Staying Healthy: Dental Care (Grades K, 1, 2)**
- **Staying Healthy: Eating Right (Grade 2)**
- **Staying Healthy: Personal Safety (Grades 1, 2)**

**440420      \$18.20**  
**440280      \$18.20**  
**440446      \$18.20**

Support Resource



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This series provides children with an insight on personal health and safety. Vocabulary is introduced sequentially and efficiently, and messages are accompanied by photographs depicting racial and ethnic diversity.

**Sensitive Issues:**

- The "Personal Safety" book contains references to drugs, alcohol and cigarettes which may need some explanation by teachers.


©1997 Author(s): McGinty, A.




LRC Order No.: Est. Price:

**Life Begins: A Journey Into Life: The World of the Unborn (Windows / Macintosh Version 1.0)**

**465238 \$113.20**

Support Resource Grades 4, 5, 6, 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓							



This CD-ROM provides thorough coverage of most of the human sexuality topics for Grades 4 to 9, grouped under the headings: The Human Body; Man; Woman; Pregnancy, Labor and Birth; and Life Choices. All are dealt with in the context of healthy relationships and positive decision-making skills. Contains some very explicit material, although a “lockout” feature allows teachers to restrict access; e.g. live birth sequence.

**Comments:**

- The controversial topics are dealt with in a very sensitive manner.
- Suitable for public and separate schools.
- Teachers are advised that this CD-ROM features topics appropriate for several grades and it is therefore recommended that only a direct curriculum fit be used at a particular grade.

**Sensitive Issues:**


- Teachers are cautioned to preview the entire CD-ROM and choose to lock out any of the graphic and explicit content that may not be developmentally appropriate for students.
- This resource supports human sexuality outcomes.




© 1998

**Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem**

**458142 \$40.95**

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓					

This resource focuses on body image education, making it appropriate for both physical education and health education programs. The interactive student activities and handouts attempt to help individual students improve their body image in order to prevent the development of an eating disorder. The manual contains a rationale, expected outcomes, background information, handouts and activities for the following topics: introduction to body image, the physical self, the personal self, self-esteem/body image, self-care, and perfection versus excellence. The appendix includes information about eating disorders.

**Comments:**

- This resource is also an authorized teaching resource for Physical Education Grades 4 to 9.

©2001 Author(s): Hare, S.; Drummond, D.

LRC Order No.: Est. Price:




**Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes**

**458150**

**\$9.80**

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓					

This resource focuses on body image education, making it appropriate for both physical education and health education programs. This workbook-type resource provides parents with numerous activities they can work through with their children to promote positive body image. Topics such as attitudes about weight and shape, influences on body image, and ways to improve our body image are included for information, discussion and action.


**Comments:**




- This resource is also an authorized teaching resource for Physical Education Grades 4 to 9.

©2001 Author(s): Hare, S.; Drummond, D.

**Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility**

Authorized Teaching Resource Grades 7, 8, 9

**Publisher / Distributor (By Inservice Only)**


 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓		✓	✓

This resource is the primary student resource in the Lions-Quest Skills for Action program, and can be used in conjunction with the Curriculum Manual or on its own. The Skills Bank covers 26 essential skills that parallel the key competencies identified in both Canada's Prosperity Initiative document, Learning Well...Living Well, and the Conference Board of Canada's Employability Skills Profile. These skills are grouped together under the following themes: Cultural Awareness, Interpersonal Communication, Personal Management and Responsibility, and Study and Writing Skills. Each skill includes a rationale and guidelines for teachers, as well as several application options for teaching, reinforcing and enriching the skills. Sample assignments, a variety of case studies, and practical role-plays are provided.

**Comments:**

- Skills Bank is provided to all Skills in Action workshop participants but can also be purchased separately without training. The resource acts as reinforcement for teachers familiar with the program, and as a detailed, user-friendly support resource for new teachers.
- Lessons need to be coordinated to specific grade levels to avoid overlap.
- Some activities are geared to smaller class sizes.

**Sensitive Issues:**

- Page 8, Option 1: Re-word "People with speech problems are retarded" to "People with speech problems may be slow learners." This example is included in a lesson regarding stereotyping and labelling.

©1999




Lions-Quest Canada; Unit 7-515 Dotzert Court, WATERLOO, ON N2L 6A7

Telephone: 800-265-2680; 519-725-1170 E-mail: bruce@lions-quest.ca

**Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility: Curriculum Manual**

Authorized Teaching Resource Grades 7, 8, 9

**Publisher / Distributor (By Inservice Only)**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
					✓	✓	✓	✓

The Curriculum Manual is the primary teacher resource to implement the Lions-Quest Skills for Action program. The Manual is composed of four main parts: Building a Learning Community, Exploring Personal and Social Responsibility, Taking Action through Service-Learning, and Evaluating and Sharing Service Experiences. The Manual includes step-by-step instructions for conducting program sessions and includes teacher resource sheets, student handouts, and assessment tools for each session.

**Comments:**

- This resource supports the volunteerism component of both the K-9 Health and Life Skills program and the CALM program.
- Teachers are required to attend a one-day training workshop to obtain these curriculum materials.

©2000




Lions-Quest Canada; Unit 7–515 Dotzert Court, WATERLOO, ON N2L 6A7

Telephone: 800–265–2680; 519–725–1170 E-mail: bruce@lions-quest.ca

**Lions-Quest: Skills for Growing****Lions-Quest: Skills for Growing: K (2nd Ed.)**

Authorized Teaching Resource Grade K

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓

This comprehensive kit includes background information for teachers, parents, school climate committees and students. The instructional units include material on responsibility, good judgement, self-discipline, respect for others and healthy bodies.

**Comments:**

- This program requires teachers to complete specific training prior to classroom use.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.


©1998




Lions-Quest Canada; Unit 7–515 Dotzert Court, WATERLOO, ON N2L 6A7

Telephone: 800–265–2680; 519–725–1170 E-mail: bruce@lions-quest.ca

**Lions-Quest: Skills for Growing****Lions-Quest: Skills for Growing: 1 (2nd Ed.)**

Authorized Teaching Resource Grade 1

**Vendor Direct**


 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓

This comprehensive kit includes background information for teachers, parents, school climate committees and students. The instructional units include material on responsibility, good judgement, self-discipline, respect for others and healthy bodies.

**Comments:**

- This program requires teachers to complete specific training prior to classroom use.
- This resource is well suited to a whole school program rather than one which is grade specific.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.


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Telephone: 800–265–2680; 519–725–1170 E-mail: bruce@lions-quest.ca

**Lions-Quest: Skills for Growing****Lions-Quest: Skills for Growing: 2 (2nd Ed.)**

Authorized Teaching Resource Grade 2

**Vendor Direct**


 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓

This comprehensive kit includes background information for teachers, parents, school climate committees and students. The instructional units include material on responsibility, good judgement, self-discipline, respect for others and healthy bodies.

**Comments:**

- This program requires teachers to complete specific training prior to classroom use.
- This resource is well suited to a whole school program rather than one which is grade specific.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

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Telephone: 800–265–2680; 519–725–1170 E-mail: bruce@lions-quest.ca

**Lions-Quest: Skills for Growing****Lions-Quest: Skills for Growing: 3 (2nd Ed.)**

Authorized Teaching Resource Grade 3

Vendor Direct



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓

This comprehensive kit includes background information for teachers, parents, school climate committees and students. The instructional units include material on responsibility, good judgement, self-discipline, respect for others and healthy bodies.

**Comments:**

- This program requires teachers to complete specific training prior to classroom use.
- This resource is well suited to a whole school program rather than one which is grade specific.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.


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Telephone: 800–265–2680; 519–725–1170 E-mail: [bruce@lions-quest.ca](mailto:bruce@lions-quest.ca)**Lions-Quest: Skills for Growing****Lions-Quest: Skills for Growing: 4 (2nd Ed.)**

Authorized Teaching Resource Grade 4

Vendor Direct



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓

This comprehensive resource includes background information for teachers, parents, school climate committees and students. The instructional units include material on responsibility, good judgement, self-discipline, respect for others and healthy bodies.

**Comments:**

- This program requires teachers to complete specific training prior to classroom use.
- This resource is well suited to a whole school program rather than one which is grade specific.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

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Lions-Quest Canada; Unit 7–515 Dotzert Court, WATERLOO, ON N2L 6A7

Telephone: 800–265–2680; 519–725–1170 E-mail: [bruce@lions-quest.ca](mailto:bruce@lions-quest.ca)




**Lions-Quest: Skills for Growing**

**Lions-Quest: Skills for Growing: 5 (2nd Ed.)**

Authorized Teaching Resource Grade 5

**Vendor Direct**



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓			✓

This program covers the areas of responsibilities, good judgement, self-discipline, and respect for others. The resource includes a drug information guide, a skills for growing guide and a guide for family involvement. Unit outlines, lesson plans and student activities are provided.

**Comments:**

- Lions Quest requires that teachers complete specific training prior to classroom use.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.

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Lions-Quest Canada; Unit 7–515 Dotzert Court, WATERLOO, ON N2L 6A7

Telephone: 800–265–2680; 519–725–1170 E-mail: [bruce@lions-quest.ca](mailto:bruce@lions-quest.ca)

**Lions-Quest: Skills for Growing****Skills for Adolescence: A Positive Youth Development Program for Middle and Junior High Schools (4th. Ed.)**

Authorized Teaching Resource Grades 6, 7, 8, 9

Publisher / Distributor (By Inservice Only)



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓			✓	✓		✓		✓

This resource is part of a program of 102 sequential skill-building lessons. The program can be adapted to a variety of settings and forms and consists of eight units: The Journey of Adolescence, Building Self Confidence and Communication Skills, Managing Emotions in Positive Ways, Improving Peer Relationships, Strengthening Family Relationships, Making Healthy Choices, Setting Goals/Developing Your Potential, and Service-Learning/Volunteerism. This resource package is comprised of teacher manuals, student activity manuals and manuals to facilitate family involvement.

**Comments:**

- This program requires teachers to complete specific training prior to classroom use.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.

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Lions-Quest Canada; Unit 7–515 Dotzert Court, WATERLOO, ON N2L 6A7

Telephone: 800–265–2680; 519–725–1170 E-mail: bruce@lions-quest.ca

**Lions-Quest: Healthy Bodies****Lions-Quest: Healthy Bodies: Grade 1**

444274

\$17.55

Authorized Teaching Resource Grade 1



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓				✓		

Healthy Bodies is a series of five books (Grades 1–5) consisting of lessons about body parts, body systems, body care, nutrition, appearance, fitness, safety and disease. These books are useful as a supplement to older versions of the Lions-Quest program that do not contain the “Healthy Bodies” component. These books are not suitable as stand alone resources.

**Comments:**

- No special teacher training is required to use the Healthy Bodies series.
- Could be integrated with other subject areas.

©1999

LRC Order No.: Est. Price:


**Lions-Quest: Healthy Bodies**




**Lions-Quest: Healthy Bodies: Grade 2**

**444282**

**\$17.55**

Authorized Teaching Resource Grade 2



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓				✓		

Healthy Bodies is a series of five books (Grades 1–5) consisting of lessons about body parts, body systems, body care, nutrition, appearance, fitness, safety and disease. These books are useful as a supplement to older versions of the Lions-Quest program that do not contain the “Healthy Bodies” component. These books are not suitable as stand alone resources.

**Comments:**

- No special teacher training is required to use the Healthy Bodies series.
- Could be integrated with other subject areas.


© 1999




**Living with Sunshine: A Primary Teaching Resource on Sun Protection for Grades 1, 2 and 3**

**511271**

**\$3.90**

Authorized Teaching Resource Grade 2



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This primary teaching resource focuses on sun protection for primary students. The teacher’s resource provides background information, lesson plans, student activities, take-home projects, and sheet music. It is a proactive, age-appropriate approach to sun safety.

© 2002




**Mad Me**

Support Resource Grade 3

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20351-01



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				

This 14-minute video uses an animated format to let students know that it is okay to be angry. Students are provided an opportunity to learn to identify reactions to anger, and a number of strategies to cope with angry feelings. A question and answer conclusion allows for discussion.

**Comments:**

- Gender balance and ethnic diversity are depicted.
- Age appropriate portrayals are presented.
- Two presentations are given, one with, and one without counsellor's comments.




©1999

**The Make It Real Game: Facilitator's Kit: Elementary School Edition**

442179 \$344.85

Authorized Teaching Resource Grades 5, 6



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓	✓	✓	✓	

This resource, presented in a game format, deals with career and life choices. Twelve activities link student lives with work roles and personal career aspirations as students create a simulated society. Lesson plans, posters, transparencies, game materials, reproducible masters, assessment strategies and other components are included.

**Comments:**

- Canadian model.
- References are made to specific web sites that are not approved by Alberta Education. Teachers, for their own protection, should review the current status of the web sites, including documents identified in the links, to ensure that the sites contain accurate and appropriate information.

©1999

LRC Order No.: Est. Price:

**Make School Work for You**

• **Make School Work for You: Student Resource for Grades 7 - 12**

**461426 \$6.40**

• **Make School Work for You: Teacher Implementation Guide**

**461434 \$7.70**

Support Resource Grades 7, 8, 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓	✓	✓		

This handbook provides suggestions to help students develop skills in organization, studying, test-taking, writing and classroom survival. It also includes information on knowing yourself, getting along with others and staying motivated. The appendices contain blackline masters for learning inventories and goal-setting, and graphic organizers for note-taking and writing tasks. This resource would be appropriate for junior and senior high school students with learning disabilities.

**Comments:**

- This resource is also available on audio CD.

©2001

**Making Decisions and Being Assertive: Knowing Your Mind, Speaking Your Mind**

**453762 \$98.20**

Support Resource Grade 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
						✓		

This 20-minute video shows how self-awareness is a prerequisite to making good decisions and being assertive. A young host comments on the skills used by reviewing the steps of the decision-making process. The second part of the program examines the differences between passive, aggressive and assertive behaviour.

**Comments:**

- The program is a useful tool for leading classroom discussions about personal development.

©2000




LRC Order No.: Est. Price:

***Making Healthy Decisions***

- **Making Healthy Decisions: Alcohol, Tobacco, and Other Drugs: Unit 1 (Student Book)** 444315 \$16.20
- **Making Healthy Decisions: Alcohol, Tobacco, and Other Drugs: Unit 1: Teacher’s Guide** 444323 \$40.45

Support Resource Grade 7



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓					✓			

This is an interactive, hands-on resource. The teacher’s guide includes lesson plans with the following components: advance preparation, background information, related skills, and discussion sections. Lessons could be taught as an entire unit or as an individual class. The resource incorporates critical thinking skills and provides for curricular integration.

**Comments:**

- The title is misleading as the content does not relate to alcohol and other drugs but relates largely to tobacco use.
- A list of additional resources has not been reviewed or authorized by Alberta Education.

©2000

LRC Order No.: Est. Price:

**Making Healthy Decisions**

- **Making Healthy Decisions: Family Life 1 (Student Book)**
- **Making Healthy Decisions: Family Life 1: Teacher’s Guide**

**453960 \$16.20**  
**453978 \$40.45**

Support Resource Grades 5, 6, 7, 8



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓		✓		

This resource consists of a teacher’s guide and a student book of ten lessons dealing with relationships, family and human reproduction systems and STDs. Each lesson includes background information, outcomes and teaching strategies.

**Comments:**

- Includes involving family members as an extension to classroom lessons.
- Promotes abstinence.
- Statistics presented in the Teacher’s Guide represent an American perspective.
- Page 67 in the student book states “You can only get HIV by having sex or by sharing needles with someone who has the virus.” This is inconsistent with medical research as well as with other statements in the student book.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- This resource supports human sexuality outcomes.
- Gender orientation is an issue presented in this resource.
- Supporting materials listed in “Going Further” sections have not been approved by Alberta Education.

©2000

**Manners Matter**

**444894 \$127.45**

Support Resource Grades 4, 5, 6



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				

This 15-minute video focuses on good manners. The humorous format depicts a middle school setting with adults displaying bad manners and students setting the positive example. The role reversal would be interesting and appealing to students at the grade 4–6 levels.

**Comments:**

- Close captioned.

©1999

LRC Order No.: Est. Price:  
**453770 \$57.90**

**A Mind of Your Own**  
 Support Resource Grade 7



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓			✓		

This 38-minute video addresses the issue of learning disabilities. It focuses on building self-esteem in this particular group. This resource would be useful for inservicing teachers who work with students who have learning disabilities. This resource could be shown to students who are in special education classes or receiving extra assistance. There are suggested activities and questions that can be used before and after viewing.

©1999

**You, Me & the Kids: The Teen Years**  
**More Than the Blues**

Support Resource Grade 8

**ACCESS—The Education Station / Regional Resource and Urban Media Centres**  
**BPN 20306-20**



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓					

This 24-minute program discusses depression—the symptoms and coping strategies. Diverse teens describe their experiences with depression and how they dealt with it. Health experts and parents also discuss depression.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, Rumours and Gossip, Sexual Harassment, Smoking, and Youth and Crime.*

LRC Order No.: Est. Price:

**My World  
My Breakfast**

**439481      \$15.60**

Support Resource    Grade 2



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This book includes text and pictures regarding a young boy preparing a nutritious breakfast. The resource also includes a word count.

**Comments:**

- The resource focuses on one individual only.
- A “Cherrios” box appears in almost every photo.

©2000    Author(s): Feldman, H.

**Nutrition Basics: Grade 4–5–6**

Authorized Teaching Resource    Grades 4, 5, 6

**Vendor Direct**



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓							

This resource is an Alberta curriculum resource designed to give background information, teaching tools, student activities and assessments on the topics of nutrition, physical activity, body image, eating behaviours, caffeine, alcohol, tobacco and physical growth. The resource is based on specific objectives from the grades 4 to 6 health and life skills program. The combination of teacher background information, classroom teaching tools and student activities make this a valuable resource for health teachers.

©2002


Mistahia Regional Health Authority; 2nd Floor, Provincial Building, 2101, 10320 – 99 Street, GRANDE PRAIRIE AB T8V 6J4




Telephone: 780–513–7525

LRC Order No.: Est. Price:  
Out-of-print

## Nutrition File™ for Teens: Building Better Bones through Good Nutrition

Authorized Teaching Resource Grades 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This resource, published by the Dairy Nutrition Council of Alberta, focuses on the role of nutrition in building strong bones during the teen years. It discusses the calcium content in milk and other foods, and lets students assess their bone health using interactive activities. The kit includes five lessons with background information, a set of reproducible masters, three colour overheads, and a class set of the *Calcium Calculator™* brochure.

**Comments:**


- The content has a strong link to the Foods strand of the Career and Technology Studies curriculum.




©2000

## Nutrition P.I.: Primary Ideas for Active Learning (2002 Revised Ed.)

Authorized Teaching Resource Grades K, 1, 2, 3

Vendor Direct



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This resource includes a variety of information and tools to facilitate active learning about nutrition. In addition to the teaching guides, colourful posters, food cards and blackline masters are included.

**Comments:**

- Teachers are required to attend an in-service to obtain information.

©2002

Alberta Milk; 14904 121A Avenue, EDMONTON AB T5V 1A3




Telephone: 800-252-7530; 780-453-5942

## Nutrition Resource Kits: Kindergarten to Grade 9 (Web site)

(<http://www.dthr.ab.ca/resources/nutrition/>)

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6, 7, 8, 9

Internet

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						

The comprehensive Web site contains graded curriculum-based lesson plans, guided practice activities and blackline masters designed for Kindergarten to Grade 9. Food safety information, parent handouts and teacher background information sheets are also included in the nutrition kit.

### Comments:

- This kit, made in Alberta, is available online, free of charge, from the David Thompson Health Region.
- The topic of body image is addressed.
- A print copy of the kit is available only to educators in the David Thompson Health Region.
- This web resource contains links that have not been reviewed or authorized by Alberta Education. Teachers, for their own protection, should review the current status of the web sites identified in these links, including documents in these web sites, to ensure that the sites contain accurate and appropriate information.




©[2006]

## Nutrition: The Way We Eat: What Food Means

Support Resource Grades 7, 8, 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 2065001

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 19-minute video provides factual information on historical post-World War II food production and its relation to society's changing views on food preparation and consumption. It encourages consumer awareness and the need for accurate nutritional information.

### Comments:

- This video was produced in the United States but is appropriate for a Canadian audience. Teachers should replace American statistics and product information with Canadian data.




©2001

## Own Your Zone: Strong, Smart and Addiction-Free: Lesson Plans + Quick Facts About Alcohol, Other Drugs, and Problem Gambling (9th Ed.)

Authorized Teaching Resource Grade 7

Vendor Direct



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓		✓		

This 10-lesson program from AADAC focuses on the desire to empower young people to make healthy lifestyle choices about drugs and gambling. The lessons are interactive and include discussion, question and answer, role-plays and masters for student handouts. Preparation information for teachers, including teaching strategies and assessment materials, is included. Community resources are highlighted.

### Comments:

- This resource addresses outcomes from various programs of study, including health, language arts, social studies and drama.

AADAC Resource Development and Marketing; 2nd Floor—10909 Jasper Avenue NW, EDMONTON AB T5J 3M9

Telephone: 780-422-2794

### Kids Who Care




## Patrick & Sara Volunteer and Learn About Homeless Families

524331

\$9.75

Support Resource Grades K, 1, 2



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
					✓			✓

This storybook format features two children who help their aunt and grandparents provide food to homeless people by volunteering at a community centre. Additional ideas for volunteering within local communities are included.

©2002 Author(s): Morcom, L.

LRC Order No.: Est. Price:

**Perspectives on Mental Health Series**

- **Depression**
- **Stress Management**

**438293      \$23.30**  
**438285      \$23.30**

Authorized Teaching Resource    Grades 8, 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓	✓	✓	✓			

These resources provide a definition of depression and stress management, how they are diagnosed, treatment procedures and ways to get help. Case studies and a glossary are also included.

**Comments:**

- The book may be given to students, under the guidance of a teacher, due to several sensitive issues.
- Web sites suggested as additional resources have not been reviewed by Alberta Education.
- Gender balance and ethnic diversity is depicted.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- This resource supports human sexuality outcomes.
- Reference to sexual orientation is included in this resource.

©2000    Author(s): Peacock, J.

**Planning for Post-Secondary Studies: Grade Nine Student Guide**

**586399      Free of Charge**

Support Resource    Grade 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
						✓	✓	

These resources provide student material for Grade 9 and Grade 12. They are current and local, and focus on critical thinking and respect for self and others. The topics addressed in the booklets include knowing your strengths, being successful at school, exploring career options and formulating a career plan.

**Comments:**

- These resources contain information from across ministries.
- Several Web sites are listed as additional resources, some of which have not been authorized by Alberta Education.

©2004


LRC Order No.: Est. Price:




**Real Game Series**

**The Play Real Game: Facilitator's Kit: Grades 3/4**

**491506 \$344.85**

Authorized Teaching Resource Grades 3, 4



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
					✓	✓	✓	✓

This Canadian resource is comprehensive and very effectively designed to have students create a simulated society, by focusing on interdependence and collaborative decision making. Students are assigned to one of five different neighbourhoods and take on simulated adult work roles, create a town with services and businesses, and create a presentation to a fictional company willing to locate in the town. Specific outcomes are covered. Suggestions are also provided to include parents and community members in the program.


©2001 Author(s): Barry, B.




**Think & Drive**

**Point.Pause.Proceed. Pedestrian Safety**

Support Resource Grades 1, 2, 3, 4

**Vendor Direct (Available Free of Charge)**



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						


This video thoroughly covers pedestrian safety, crosswalk safety, safety patrols and Halloween safety in an urban setting. The resource uses role-play and “catchy” music to capture the interest of the audience. The setting is a typical Alberta city or town.




Traffic Safety Initiative, Alberta Transportation; Main Floor, Twin Atria, 4999 98 Avenue, EDMONTON AB T6B 2X3

Telephone: 780-422-8839

**Project Apex: Action Program on Eating and Exercise (2004 Revised Ed.): Grades 4 to 6**

Authorized Teaching Resource Grades 3, 4, 5, 6

**Vendor Direct**


 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

A Canadian kit on healthy eating and exercise. The guide includes nine well-developed lessons. The two posters are large and colourful, and reproducibles for handouts are also enclosed.



©2004




Alberta Milk; 14904 121A Avenue, EDMONTON AB T5V 1A3

Telephone: 800-252-7530; 780-453-5942

**Puberty for Boys: Amazing Changes Inside & Out (Video and Teacher's Guide)**

Support / Authorized Teaching Resource Grades 7, 8

**ACCESS—The Education Station / Regional Resource and Urban Media Centres****BPN 2058101**



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓		✓	✓	✓			

This 21-minute close-captioned video presents information and addresses issues pertinent to male adolescent development. In video format, male teens, a physician and a psychiatrist interact and discuss the physical and developmental changes teens can expect. Topics include personal hygiene, sexual development, diet and exercise, social changes, developmental changes during puberty, emotional changes, relationships, and how to deal with these changes. The video is accompanied by a teacher guide, pre- and post-viewing activities, handouts, script and assessment activities.


**Sensitive Issues:**




- This resource supports human sexuality outcomes.

LRC Order No.: Est. Price:  
**510893 \$70.10**

**Puberty for Girls: Amazing Changes Inside & Out (Video and Teacher's Guide)**

Support / Authorized Teaching Resource Grades 7, 8



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓			



This 25-minute close-captioned video presents information and addresses issues pertinent to female adolescent development. In this video format, female teens, physicians and other professionals interact and discuss physical and developmental changes in teens. Topics include personal hygiene, sexual developmental changes during puberty, emotional changes, relationships and how to deal with these changes. The video is accompanied by a teacher's guide, activities, handout, script and assessment activities.

**Sensitive Issues:**


- This resource supports human sexuality outcomes.




©2001

**Put Yourself In Someone Else's Shoes: Building Character Grades 2-4**

**480153 \$151.95**

Authorized Teaching Resource Grade 4



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓		✓			

This 15-minute video explores the meaning of empathy and the importance of trying to imagine how someone else feels in a difficult situation. This video also discusses distinguishing between appropriate and inappropriate ways of trying to console an unhappy friend, the hurtful effects of teasing, and using empathy. A comprehensive teacher's guide with objectives, worksheets, and discussion questions is also included.




**Comments:**

- The material is appropriate for curriculum integration.

**Reaching Out: The Importance of Early Treatment (includes Video, Teacher's Guide, Lesson Plans)**

Authorized Teaching Resource Grades 7, 8, 9

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				



This resource package includes a teacher's guide, complementary videotape and an information booklet. The teacher's guide contains lesson plans designed to be used over two periods. Lesson plans use group work, role-play and discussion to clarify misunderstandings about schizophrenia, to introduce the five major understandings, and to encourage reflection on this complex disease and the myths and fears surrounding mental illness. The guide also includes resources and suggestions for extending learning, discusses the important role of friends and family in providing support, and encourages students to seek help responsibly through school services. The 22-minute video is one component of the lesson plans and features a short dramatization, with five people with schizophrenia talking about their experience with the illness. The booklet, Basic Facts About Schizophrenia, introduces basic facts about schizophrenia, using information from other books, articles and people's personal experiences.

**Comments:**

- This resource is also available in French.
- This resource may be ordered, free of charge, from the Schizophrenia Society of Alberta ([www.schizophrenia.ab.ca](http://www.schizophrenia.ab.ca)) or the Schizophrenia Society of Canada ([www.schizophrenia.ca](http://www.schizophrenia.ca)).

**Sensitive Issues:**

- Viewing the video may cause anxiety in students who have observed symptoms in themselves or others. It may also cause students to try and diagnose themselves or others.

©2003

The Schizophrenia Society of Canada; 50 Acadia Avenue – Suite 205, MARKHAM ON L3R 0B3

Telephone: 888-772-4673; 905-415-2007


LRC Order No.: Est. Price:




**Real Game Series**

**The Real Game (Junior High / Middle School Edition) (Revised): Facilitator's Kit**

**Out-of-print**

Authorized Teaching Resource Grades 7, 8



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓		✓	✓	

This resource, presented in a game format, is a process-oriented approach to career exploration. It provides many opportunities and activities for students to investigate their options and experience the consequences of their choices. Career development is presented as a series of choices and changes, with change being presented in a positive manner. Lesson plans, reproducible masters and extensive appendices are included.

**Comments:**


- Canadian model.
- Web site links have not been reviewed by Alberta Education.
- References are made to specific web sites that are not approved by Alberta Education. Teachers, for their own protection, should review the current status of the web sites, including documents identified in the links, to ensure that the sites contain accurate and appropriate information.




©1999 Author(s): Barry, B.

**Real People: Suicide and Depression**

**613142 \$189.35**

Authorized Teaching Resource Grades 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓					



This 26-minute video, which dramatizes a teen's suicide, alternates discussion of teen suicide and depression with expert commentary from a psychologist. The video shows warning signs of suicide, counters myths with facts and makes students aware that suicide is preventable. The teaching guide includes objectives, program summary, discussion questions, suggested activities and fact sheets.




©2002

**The Right Choices: Skills for Life (includes Teacher's Guide)**

Support Resource Grades 6, 7

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 2064701

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓	✓	✓	✓			



This 17-minute video deals with various social/safety issues that pre-teens and teens encounter in everyday life. Each situation is stopped before resolution and encourages, with text prompts, the teacher and students to empathize with the characters and to try and come up with possible solutions to the dilemmas presented.

**Sensitive Issues:**




- The threat of violence is depicted in scenario two. Sensitivity to individuals and families is recommended regarding this issue.

© 1999

**Risk Watch**

**Risk Watch: Safety Program for Grades Pre K and K (includes Risk Watch Teacher Video; fold out lesson plans; poster; pamphlets)** 453895 \$121.20

Authorized Teaching Resource Grade K

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						



Risk Watch is an injury-prevention program for children. It deals with motor vehicle safety, fire and burn prevention, poisoning prevention, firearms injury prevention, falls prevention, bike and pedestrian safety, and water safety.

**Comments:**

- This resource covers a small range of specific outcomes. Teachers of various grades should work together to ensure non-replication.
- The accompanying video provides teachers with an overview of the program.

**Sensitive Issues:**

- Firearms and ammunition safety is covered.

© 1998




**Risk Watch**

• **Risk Watch: Safety Program for Grades 5 and 6 (includes Risk Watch Teacher Video; fold out lesson plans; poster; pamphlets)**

**453887 \$121.20**

Authorized Teaching Resource Grades 5, 6



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						

Risk Watch is an injury-prevention program for children. It deals with motor vehicle safety, fire and burn prevention, poisoning prevention, firearms injury prevention, falls prevention, bike and pedestrian safety, and water safety.

**Comments:**

- This resource covers a small range of specific outcomes. Teachers of various grades should work together to ensure non-replication.
- The accompanying video provides teachers with an overview of the program.

**Sensitive Issues:**

- Firearms and ammunition safety is covered.

© 1998




**You, Me & the Kids: The Teen Years****Rumours and Gossip**

Support Resource Grade 8

**ACCESS—The Education Station / Regional Resource and Urban Media Centres**

**BPN 20306-45**



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓				

In this 24-minute video, teens and their parents discuss the sometimes lasting and devastating effects of gossip.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Sexual Harassment, Smoking, and Youth and Crime.*

LRC Order No.: Est. Price:




**Safe and Sound Series**

- **Clean and Healthy**
- **A Healthy Body**
- **Safety First**

**439499      \$22.15**  
**439506      \$22.15**  
**439514      \$22.15**

Support Resource    Grades 1, 2



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						

This set of three books focuses on three aspects of personal health—cleanliness, exercise and safety. A large font, appropriate text and modern pictures are used. A glossary is included.

**Comments:**

- A variety of ethnic groups and a gender balance are depicted.

**Sensitive Issues:**

- Teachers may wish to preview these books and/or discuss them with students, as an occasional scenario may be misinterpreted.

©2000    Author(s): Royston, A.




**Safety First Series**

- **Safety Around Fire (Grades K, 1, 2)**
- **Safety Around Strangers (Grades K, 1, 2, 3)**
- **Safety at Home (Grades K, 1, 2)**
- **Safety on the Internet (Grade 3)**
- **Safety on the Playground (Grades K, 1, 2)**
- **Safety on the School Bus (Grades K, 1)**
- **Safety at the Swimming Pool (Grades K, 1, 2, 3)**
- **Safety on Your Bicycle (Grades K, 1, 2)**

**Out-of-print**  
**Out-of-print**  
**439217      \$18.40**  
**439233      \$18.40**  
**Out-of-print**  
**Out-of-print**  
**439100      \$18.40**  
**439142      \$18.40**

Support Resource



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						


This series provides reference to safety factors for home, school and play. Each book includes risk factors, causes, comments and safety sense information.




©1999    Author(s): Raatma, L.

## Saying Goodbye

Support Resource Grade 4

ACCESS–The Education Station / Regional Resource and Urban Media Centres  
BPN 20353-01



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓				

This 14-minute video answers commonly asked questions about death and grieving in a straight-forward manner using a cartoon format. A video discussion guide with a variety of classroom activities, transcript and background teacher information is included.

**Comments:**

- The “Grief and Bereavement Small Group Program” has not been reviewed by Alberta Education, nor has the student book.

**Sensitive Issues:**



- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- As this program does not cover any aspect of death from a spirituality perspective, it may not be suitable for use in some communities.




©1998

## Science, Tobacco and YOU! / La science, le tabac et VOUS

Authorized Teaching Resource Grade 4

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This interactive CD-ROM and teacher's guide produced by Health Canada is available in both French and English. The CD-ROM has two components. A Virtual Body Lab focuses on the circulatory, nervous and respiratory body systems. The second component consists of A Virtual Community Lab that focuses on addictions and the environmental issues of smoking.

**Comments:**

- The CD-ROM could be used for student research projects.

©2002




Canadian Association for School Health; 16629 62A Avenue, SURREY BC V3S 9L5

Telephone: 604-575-3199

**Second Step: A Violence Prevention Curriculum (3rd Ed.): Grade 4**

Authorized Teaching Resource Grade 4

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓	✓	✓	✓			

The Second Step program addresses the issues of violence against school-aged children, by focusing on empathy training, impulse control and anger management. The program consists of a series of lesson cards with one side depicting a photo and the other a detailed lesson plan. It thoroughly covers expressing emotions and feelings, relationships and group roles and processes in the Grade 4 and Grade 5 curriculum. The resource kit includes laminated pictures with guided discussion ideas on the back, a filmstrip video, classroom posters, teacher's guide, take home letters and a parent video. The program encourages follow-through activities for both school and home. This new edition includes the following changes: Administrator's Guide and Unit Cards have been added; kits are divided by grade, instead of being combined; video lessons have been reorganized; teacher's guide has been rewritten to make it easier to use.

©2002




Committee for Children; 568 First Avenue South, Suite 600, SEATTLE WA 98134-2804 USA

Telephone: 800-634-4449; 206-343-1223

**Second Step: A Violence Prevention Curriculum (3rd Ed.): Grade 5**

Authorized Teaching Resource Grade 5

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓	✓	✓	✓			

The Second Step program addresses the issues of violence against school-aged children, by focusing on empathy training, impulse control and anger management. The program consists of a series of lesson cards with one side depicting a photo and the other a detailed lesson plan. It thoroughly covers expressing emotions and feelings, relationships and group roles and processes in the Grade 4 and Grade 5 curriculum. The resource kit includes laminated pictures with guided discussion ideas on the back, a filmstrip video, classroom posters, teacher's guide, take home letters and a parent video. The program encourages follow-through activities for both school and home. This new edition includes the following changes: Administrator's Guide and Unit Cards have been added; kits are divided by grade, instead of being combined; video lessons have been reorganized; teacher's guide has been rewritten to make it easier to use.

©2002




Committee for Children; 568 First Avenue South, Suite 600, SEATTLE WA 98134-2804 USA

Telephone: 800-634-4449; 206-343-1223

LRC Order No.: Est. Price:  
**607591 \$220.95**

## Secondhand Smoke

Support Resource Grade 7

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						



This resource consists of a video and teacher's guide. The video presents information about the dangers of second-hand smoke. Interviews are conducted with teens and medical experts about the dangers and strategies for dealing with second-hand smoke. The teacher's guide includes a program summary, fact sheets and learning activities.

**Comments:**

- American statistics are used; teachers are advised to substitute or supplement statistics with Canadian equivalents.




©2003 Author(s): Petre, W; Navarro, D. (Teacher's Guide)

## You, Me & the Kids: The Teen Years

### Sexual Harassment

Support Resource Grades 7, 8

**ACCESS—The Education Station / Regional Resource and Urban Media Centres**  
**BPN 20306-12**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓		✓					



Sexual harassment, a topic not fully understood nor taken seriously by many teens, is explained in this 24-minute video. Several examples are examined by teens and experts. Ways of dealing with sexual harassment are discussed and depicted.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Smoking, and Youth and Crime.*

**Sensitive Issues:**

- This resource supports human sexuality outcomes.

LRC Order No.: Est. Price:

**Sexual Harassment in School: Your Rights and Responsibilities**

- **Sexual Harassment in School: Your Rights and Responsibilities (Student Book)** 455156 \$9.80
  - **Sexual Harassment in School: Your Rights and Responsibilities: Teacher’s Manual** 455164 \$17.55
- Support Resource Grades 7, 8, 9



♥ General Outcome 1			? General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓		✓				

This locally-developed resource, consisting of a student manual and a teacher’s manual, is intended to provide information and activities about sexual harassment.

**Comments:**

- The additional resources listed in the manual have not been reviewed or authorized by Alberta Education.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- This resource supports human sexuality outcomes.

©1997

**Smart Options: You’re Smarter Than You Think You Are!**

- **Smart Options: You’re Smarter Than You Think You Are! Facilitator’s Guide** 464777 \$10.80
- **Smart Options: You’re Smarter Than You Think You Are! (Poster)** 464769 \$3.80
- **Smart Options: You’re Smarter Than You Think You Are! Student’s Resource Book** 464751 \$3.80

Authorized Teaching Resource Grades 7, 8, 9



♥ General Outcome 1			? General Outcome 2			🔑 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
							✓	

A Canadian resource including a facilitator’s guide and student booklet, to assist students in the examination of talents, skills, and abilities from a multiple intelligences perspective. These competencies are linked to career planning.

**Comments:**

- Check copyright regulations in the facilitator’s guide.





©2000 Author(s): Baran, D.; Cranston-Baron, P.

**Smokin' Somebody Stop Me!**

- The Dangers of Smoking
- Why Kids Smoke

Support Resource Grades 4, 5, 6

**Vendor Direct**

  General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								



This 23-minute video focuses on tobacco use, and consists of a video and accompanying Teacher Guide. The video has high entertainment value for teens, as it employs a variety of formats: teen interviews, animation, and music.

© 1999





Jeflyn Media Consultants; PO Box 220, MOUNT ALBERT, ON L0G 1M0

Telephone: 888-453-3596; 905-642-6142 E-mail: jeflynmedia@sympatico.ca

**You, Me & the Kids: The Teen Years****Smoking**

Support Resource Grades 6, 7

**ACCESS–The Education Station / Regional Resource and Urban Media Centres****BPN 20306-34**

  General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

In this 24-minute video, teens discuss what/who influenced them to smoke and how difficult it is to quit. Health experts discuss the pressures and realities associated with smoking.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, and Youth and Crime.*




LRC Order No.: Est. Price:

**Teen Files**

**Smoking: Truth or Dare?**

**455875 \$151.90**

Support Resource Grades 8, 9

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								



This 29-minute video is a graphic presentation of smoking and its consequences. The information is pertinent and realistic, and is supported by personal and medical perspectives.

**Comments:**

- The presentation of consequences is very thorough; e.g. computer aging, discussions with people suffering from cancer, emphysema, contrast between twins, trip to a morgue.
- Portions could be used at various times; e.g. diseases from smoking used with the section of hospital autopsy.
- The teacher's guide has some typographical errors.

**Sensitive Issues:**




- Delivery is graphic, but not sensational.

© 1998

**Snacks: A Consumer's Guide**

**607731 \$147.25**

Support Resource Grades 7, 8

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								



Topics covered for snack choices include ice cream, popcorn, cookies, pies, pastries, bars, muffins, fat-free and salty snacks. The emphasis is to read labels as well as to focus on serving sizes when making snack choices. This video is accompanied by a guide that uses a variety of activities to get students involved in analyzing snacks.

© 1997

## Spare Time, Spare Cash

Support Resource Grade 9

Vendor Direct (Available Free of Charge)



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

A 23-minute video that examines the issue of gambling from a teenage perspective. It examines consequences, but does not address possible solutions. It consists of three modules: Betting (7 minutes); Motives, Winning/Losing (8 minutes); and Consequences (8 minutes).

**Comments:**

- Issues regarding gambling should be considered for discussion in conjunction with this video.
- This resource does not present a variety of races or ethnic diversity; however, it avoids cultural stereotypes and could be a catalyst for discussion.

© 1996

AADAC Resource Development and Marketing; Suite 200–Pacific Plaza, 10909 Jasper Avenue, EDMONTON AB T5J 3M9

Telephone: 780–422–2794

## Sports, Drugs and You

Support Resource Grade 8

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20354-01



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						

This 13-minute video provides an informative look at how drug use affects athletic performance. Drugs dealt with include tobacco products, alcohol, marijuana, steroids and other performance enhancing drugs.

**Comments:**




- This resource is also an authorized teaching resource for Physical Education Grades 8 and 9.

© 1999

**STD: Taking Care of Yourself and Others**

Support Resource Grade 8

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓						

This pamphlet provides current information about STDs, including how to prevent them and how to deal with them. In addition to information about STDs in general, the resource also gives more detailed information on specific types of STDs.

**Comments:**

- Additional resources (print, audio and visual, and Web sites) are listed in this resource, but these have not been authorized by Alberta Education.
- This resource was created by Alberta Health and Wellness. The pamphlet would be best used in conjunction with STD: Teaching Outline and Resource Guide, also published by Alberta Health and Wellness.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.

©2000




Alberta Health - Disease Control and Prevention; 9th Floor, 10025 Jasper Avenue, EDMONTON, AB T5J 2N3

Telephone: 780-427-5237

**STD: Teaching Outline and Resource Guide**

Authorized Teaching Resource Grade 8

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓						

This booklet is a comprehensive teaching resource on STDs. It contains clear and concise medical information, student learning activities, transparency masters, resource lists, and a glossary.

**Comments:**

- This resource was developed in 2000 by Alberta Health and Wellness. It would be best used in conjunction with "STD: Taking Care of Yourself and Others," also published by Alberta Health and Wellness.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.

©2000

Alberta Health - Disease Control and Prevention; 9th Floor, 10025 Jasper Avenue, EDMONTON, AB T5J 2N3




Telephone: 780-427-5237

## Straight Goods for Girls on Drugs and Alcohol

Support Resource Grades 5, 6, 7, 8

Vendor Direct



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						

This colourful poster explains and illustrates the negative effects of drugs and alcohol on adolescent girls. Concise descriptions and eye-catching illustrations make the poster suitable for classroom display or as a discussion starter.

**Sensitive Issues:**

- Targeted only at female youth, by design.

© 1999

AADAC Resource Development and Marketing; Suite 200–Pacific Plaza, 10909 Jasper Avenue, EDMONTON, AB T5J 3M9

Telephone: 780–422–2794 E-mail: rdm@aadac.gov.ab.ca

## Straight Talk Series




### Straight Talk about Mental Health: Image and Identity

Support Resource Grades 7, 8, 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 2064501



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓						

This two-video package discusses image, identity and sexual health. Topics include resisting peer and commercial pressures, healthy relationships, hormonal changes during puberty, values and decision making, pregnancy, sexually transmitted diseases and abstinence.

**Sensitive Issues:**

- This resource supports human sexuality outcomes.


© 2001




**Straight Talk Series****Straight Talk about Sexual Health: Choices and Consequences**

Support Resource Grades 7, 8, 9

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 2064901



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓	✓				✓	✓	

This two-video package discusses image, identity and sexual health. Topics include resisting peer and commercial pressures, healthy relationships, hormonal changes during puberty, values and decision making, pregnancy, sexually transmitted diseases and abstinence.

**Sensitive Issues:**


- This resource supports human sexuality outcomes.




©2001

**Street Cents: A Guide to Funding Your Education**

Support Resource Grades 8, 9

Vendor Direct (Available Free of Charge)



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
						✓	✓	

This video consists of a host talking with students at various stages in their education, from junior high to university. The students and host offer advice on financial planning, including lessons learned, information on government student loans and scholarships, and tips on saving money for post-secondary studies. The video stresses the importance of starting to save for post-secondary education early on.

**Comments:**

- University and college courses/programs are stressed. There is no mention of trade or technical institutes.
- The video is also available online at «<http://www.alis.gov.ab.ca/studentsfinance/prepare.asp/>»

Alberta Learning, Learner Assistance; 9th Floor, Sterling Place, 9940–106 Street, EDMONTON AB T5K 2V1

Telephone: 780–427–9697

LRC Order No.: Est. Price:


**Everything You Need to Know About...**




**Stress**

**522690**

**\$24.75**

Support Resource Grades 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓	✓	✓

This 64-page resource focuses on prevention, signs and symptoms, management and methods to reduce stress. Numerous situations are discussed. The book is colourfully illustrated and contains a glossary of terms.

©2001 Author(s): Ayer, E.



**Real Life Teen Series**




**Stress**

**565343**

**\$93.50**

Support Resource Grades 8, 9

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓		

This is a series of three videos for the grades 8 to 12 audience on the topics of stress, depression and dating. Each 20-minute video delves into the topic through teen interviews and discussions. Positive, helpful sources of support are recommended. This American-produced series is very transferable to a Canadian teen audience.



©2002




**Student Workshop: All About Responsibility**

**614827**

**\$147.25**

Support Resource Grade 5

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓		✓	✓			

This 15-minute video consists of four segments that focus on developing student responsibility at home, school, in the community and with friends. Each segment has supporting student worksheets and teaching suggestions.




©2002

**Student Workshop: Building Healthy Relationships**

Support Resource Grades 3, 4, 5

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20887 01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				






This 24-minute video consists of three parts: Looking at Relationships, Standing Up for Yourself, and Working It Out. Each part provides strategies to recognize and develop healthy relationships. The teacher's guide consists of a script, blackline masters and several classroom activities to support each part of the program.

©2002

**Student Workshop: Get a Grip! Self-Management Skills**

Support Resource Grades 5, 6

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
						✓		



An interactive program, complete with a 19-minute video and binder, with activity sheets. Appropriate for Grades 5 and 6 Life-learning general outcomes.

**Comments:**

- An effective program which deals with organizing homework, organizing space and property, planning a project, prioritizing and using time effectively.
- The program demonstrates positive role-modelling by older students.

©2000


Sunburst Technology/Knowledge Adventure; 6th Floor, 6060 Centre Drive, LOS ANGELES CA 90045 USA




Telephone: 310-649-8152 E-mail: [service@nysunburst.com](mailto:service@nysunburst.com)

LRC Order No.: Est. Price:  
**613275 \$147.25**

### Student Workshop: How Not to Fight

Support Resource Grades K, 1, 2



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓			




This 15-minute video consists of three parts: Stop and Think, Talk and Listen, and Solve the Problem. Each part provides students with strategies to avoid fighting and to develop conflict resolution procedures. The teacher's guide consists of several classroom activities that support the video.




©2000

### Student Workshop: I Can Follow Rules (Video and Guide)

**483967 \$163.60**

Authorized Teaching Resource Grades K, 1, 2



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓			✓			






This resource focuses on obeying rules, having self-control and following directions for K–2 students. A friendly mouse hosts the 16-minute video and, using everyday school situations, explains to students the importance of rules, safety and self-control. The guide contains lesson overviews, discussion questions, video script, a storybook resource list, and student activities.

**Student Workshop: Learning to Care: Grades K-2**

Authorized Teaching Resource Grades K, 1, 2

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				



This 15-minute video and teacher guide focus on assisting students in developing a concern for the feelings of others and how this is a component of a warm and compassionate personality. The kit outlines a series of exercises including video viewing, role-playing, games and discussions. The materials are both attractive and durable.

**Comments:**




- User friendly.
- There are inviting pre- and post-viewing activities.
- A valuable teaching tool for reinforcing feelings.

© 1999

Sunburst Technology/Knowledge Adventure; 6th Floor, 6060 Centre Drive, LOS ANGELES CA 90045 USA

Telephone: 310-649-8152 E-mail: [service@nysunburst.com](mailto:service@nysunburst.com)**Student Workshop: Learning Relationship Skills: Grades 5-9****476285 \$233.75**

Authorized Teaching Resource Grades 8, 9

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓	✓			






This resource consists of a 37-minute video and support print materials for student activities. The focus of the resource is on learning the basic skills necessary to build, nurture, and sustain healthy relationships. This is a skill-building program designed to teach adolescents the techniques for maintaining positive relationships with their peers, sibling, parents, and authority figures. The video is divided into segments looking at relationships, assertiveness skills, communication skills, and conflict resolution skills. A very comprehensive teacher's manual is included. This manual includes objectives, student handouts and a full script.

© 1999

LRC Order No.: Est. Price:  
**614801 \$147.25**

### Student Workshop: Respecting Differences

Support Resource Grades K, 1, 2

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓	✓		✓	






This 18-minute video consists of three parts: Different Abilities, We Can Be Different and the Same, and Cultural Differences. Each part focuses on students developing respect for all, despite physical differences, gender preferences or cultural differences. The teacher's guide consists of a script, blackline masters and several activities that support the video. The issues of gender stereotyping and cultural differences are handled openly, honestly and respectfully. The video is narrated by a teacher in a wheelchair who explains her disability and stresses the importance of respect for all individuals.

©2000

### Student Workshop: Stop Picking on Me!

Support Resource Grades 2, 3

ACCESS–The Education Station / Regional Resource and Urban Media Centres  
**BPN 20698-01**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓	✓			






This 16-minute video consists of four topics. Ignore and Walk Away, Use your Words, Work as a Group, and Ask for Help provide students with strategies to address bullying. The teacher's guide provides a script, blackline masters and classroom activities.

©2002

### Student Workshop: Stress: I Can Handle It! Grades 3–5

Support Resource Grades 4, 5, 6

**466632 \$150.60**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				






This 18-minute video focuses on the topic of stress. It uses “real-life” situations to highlight sources of stress and coping strategies. A teacher's guide and student worksheets accompany the video.

## Student Workshop: You Can Succeed in School

Support Resource Grades 3, 4, 5

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
						✓		



This interactive program includes a 24-minute video and a binder with student activity sheets. Students teach students about effective learning strategies, organizing time, learning in different ways, and studying for tests.

**Comments:**

- A program suitable for Grades 3, 4 and 5.
- Curriculum fit with specific outcomes LL 3.1, 4.1, 4.2, 5.1, 5.2.

©1997




Sunburst Technology/Knowledge Adventure; 6th Floor, 6060 Centre Drive, LOS ANGELES CA 90045 USA

Telephone: 310-649-8152 E-mail: service@nysunburst.com

## Sun Sense

Support Resource Grade 4

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								



This 10-minute video provides information on a number of topics related to sun safety. Issues such as the dangers of too much sun, ways to guard against sun damage, and checking for early signs of skin cancer are addressed. Suggested activities and discussion points are included.

**Comments:**

- Ethnic diversity is presented.

**Sensitive Issues:**

- There is one scene of a teenage girl in a low-cut bathing suit which may be considered unsuitable.

©1997


Magic Lantern Communications Ltd.; 3-8755 Ash Street, VANCOUVER, BC V6P 6T3




Telephone: 800-263-1818; 604-324-2600 E-mail: nkirkwood@magiclantern.ca

LRC Order No.: Est. Price:  
**483735 \$8.90**

**Supporting the Social Dimension: A Resource Guide for Teachers - Grades 7-12**

Authorized Teaching Resource Grades 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓	✓	✓	✓	✓		


This resource provides guidelines, objectives and strategies designed to assist secondary school teachers with enhancing the social competency skills of students in five focus areas: personal growth and goal setting, health and well-being, appearance and manner, ethical behaviour and accountability. The objectives and strategies included in this resource may be used across grades, subjects and student populations. The practical suggestions may be readily implemented by most classroom teachers and students.




©2002

**Talking About  
 Talking about Bullying**

Support Resource Grades K, 1

**Out-of-print**



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
				✓	✓			

This book discusses and demonstrates appropriate strategies for dealing with bullying. Positive intervention techniques are depicted.

**Comments:**

- There is gender balance as to people who are bullies and people who are victims.
- Ethnic diversity is depicted.

©2000 Author(s): Powell, J.

LRC Order No.: Est. Price:


**HealthSmart Connection Series**




**Teach & Talk: The Subject Is Sex**

**454059**

**\$32.30**

Authorized Teaching Resource Grades 4, 5, 6



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
	✓		✓	✓				

This teaching resource offers practical, engaging and enjoyable ways to develop a classroom environment conducive to teaching sexuality education. While it does not contain lesson plans for specific outcomes, it does give “warm-up” and lesson ideas which could help the teacher who has never taught this topic.

**Comments:**

- This resource promotes various discussions about gender issues and involves students, parents, and teachers in positive teaching/learning activities.
- It presents “sexuality” as more than sexual function and helps students understand that sexuality is about who we are as men and women.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- This resource supports human sexuality outcomes.


©2001 Author(s): Wilson, P.; Quackenbush, M.; Kane, W.




**Teaching for the Prevention of Fetal Alcohol Spectrum Disorder (FASD): Grades 1–12: A Resource for Teachers of Health and Life Skills, and Career and Life Management**

**467747**

**\$11.00**

Authorized Teaching Resource Grades 1, 2, 3, 4, 5, 6, 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						




This resource attempts to raise awareness of the effects and characteristics of Fetal Alcohol Spectrum Disorder (FASD) through learning activities that teachers can incorporate into the Health and Life Skills and Career and Life Management programs. It provides strategies, activities and student information sheets focusing on the prevention of alcohol use and abuse during pregnancy. A handout for community resource people offers tips for working with students, and outlines the specific goals and learning outcomes for the health program.

©2002 Author(s): Alberta Learning

## Teaming Up for Tobacco Free Kids: Teacher's Resource Kit

Authorized Teaching Resource Grades 4, 5, 6

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓		✓	✓		

This teacher resource kit, produced by AADAC, contains lesson plans for grades 4 to 6. Each grade level has three lesson plans and accompanying up-to-date fact sheets, student activities and transparency masters. Topics addressed include tobacco, alcohol/drug substance abuse, wellness, decision making and peer media influence. The resource is very well laid out and teacher-friendly. Statistics are Albertan/Canadian.

**Sensitive Issues:**

- The issue of Aboriginal traditional uses of tobacco is addressed.
- Teachers need to be sensitive to students who have smokers in their family.

©2003

AADAC Resource Development and Marketing; 2nd Floor—10909 Jasper Avenue NW, EDMONTON AB T5J 3M9




Telephone: 780-422-2794

## Un Bear Able

### Teaming Up for Tobacco-Free Kids: Teacher's Resource Kit

Authorized Teaching Resource Grades 4, 5, 6

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This resource is local (AADAC) and current. The emphasis is on the prevention of tobacco use. The focus is on positive role models who demonstrate ways to make healthy choices. Lesson plans and varied student activities are included.

**Comments:**

- Additional resources have not been reviewed or authorized by Alberta Education.

©2000

AADAC Resource Development and Marketing; Suite 200—Pacific Plaza, 10909 Jasper Avenue, EDMONTON, AB T5J 3M9

Telephone: 780-422-2794 E-mail: rdm@aadac.gov.ab.ca

LRC Order No.: Est. Price:  
**440173 \$99.60**

## Teasing and Bullying: Unacceptable Behaviour: The TAB Program

Authorized Teaching Resource Grades 3, 4, 5



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓			

This kit, including a video and print resources, is divided into units dealing with understanding bullying behaviour, feelings of victims and onlookers, strategies for working it out, conflict management and building self-esteem, and understanding differences. A variety of teaching strategies including discussion, role play and print activities are provided. The video models strategies and reviews concepts.

**Comments:**

- References are made to specific web sites that are not approved by Alberta Education. Teachers, for their own protection, should review the current status of the web sites, including documents identified in the links, to ensure that the sites contain accurate and appropriate information.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- This resource make appropriate references to a group of students who stutter and should include sensitive treatment of their issues.
- Activities which involve name calling must be carefully considered before using in class.

©2000 Author(s): Langevin, M.

### Real Life Teen Series

## Teen Depression

**565351 \$93.50**

Support Resource Grades 8, 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓		

This is a series of three videos for the grades 8 to 12 audience on the topics of stress, depression and dating. Each 20-minute video delves into the topic through teen interviews and discussions. Positive, helpful sources of support are recommended. This American-produced series is very transferable to a Canadian teen audience.

©2002


LRC Order No.: Est. Price:




**Teens at Risk**

**Teen Depression: You Are Not Alone**

**468729      \$58.40**

Authorized Teaching Resource    Grades 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓					

This 20-minute video reassures teens that they are not alone regarding feelings of depression and that they can learn to handle them. Clinical experts discuss a checklist of symptoms of depression and strategies for coping in order to minimize negative impact.

**Comments:**

- American statistics are cited, but similarities exist in Canada.

©2000


**Teen Health: Course 3**




• **Student Text**

**Out-of-print**

• **Teacher's Wraparound Edition**

Support Resource    Grades 7, 8, 9



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓	✓	✓	✓	✓	✓		✓

This resource focuses on four main themes: personal health, the health of others, growth and development, and consumer health. Background information and student activities are tied to these themes.

**Comments:**

- A glossary is included.
- Gender balance and ethnic diversity is included.
- American Health Standards are presented but this does not detract from the information provided.
- CD-ROM and transparencies have not been included with this resource.

**Sensitive Issues:**




- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- This resource supports human sexuality outcomes.
- Violence is a topic for inclusion in unit 2 of this resource.

©1999    Author(s): Merki, M.

## Teen Tobacco Reduction Project (Grande Prairie, Peace River, Slave Lake, Athabasca) (Video and print Project Report)

Support Resource Grades 5, 6, 7, 8

Vendor Direct

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This Alberta-produced program consists of four 60-second made-for-television commercials, whose theme is “It’s Cool Not to Use Tobacco.” It was produced in 1997-1998 by Northern Alberta teens as part of the Teen Tobacco Reduction Project.

**Comments:**

- Shows gender equity, cultural diversity and First Nations People.
- To be effective, this program would have to be used with other tobacco-related resources as the print component details the process of this particular project.
- Age appropriate portrayals.

Alberta Tobacco Reduction Alliance (ATRA); 3rd floor, Aberhart Centre, 11402 University Avenue, EDMONTON, AB T6G 2J3

Telephone: 780-407-7500 E-mail: rlebert@atra.ab.ca


LRC Order No.: Est. Price:




**Thoughts and Feelings Series**

- **Afraid**
- **Frustrated**
- **Glad**
- **Help**
- **I'm Sorry**
- **Please**
- **Sharing**
- **Success**
- **Thanks**

Out-of-print  
 Out-of-print  
**439027 \$23.55**  
**439043 \$23.55**  
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Support Resource Grades K, 1



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓		✓	✓	✓

This set of books is suitable for promoting positive interaction between people. The topics pertain to varied thoughts and feelings of young students.

**Comments:**

- References are made to specific web sites that are not approved by Alberta Education. Teachers, for their own protection, should review the current status of the web sites, including documents identified in the links, to ensure that the sites contain accurate and appropriate information.

**Sensitive Issues:**

- Racial and cultural diversity is very limited in this resource, as is portrayal of varied social and economic statuses.
- No reference is made to people with disabilities.


©2000 Author(s): Riley, S.




**Tobacco: Something to Chew On**

Support Resource Grade 7

**ACCESS–The Education Station / Regional Resource and Urban Media Centres**

**BPN 20355-01**



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 12-minute video presents factual information about smokeless tobacco use in an informative and humorous manner. The information is presented by both teens and medical experts. The 12-minute format lends itself to a one-class introduction, viewing, and class discussion format.




©1999

## Gateway Drugs Tobacco X-Files

Support Resource Grade 7

ACCESS–The Education Station / Regional Resource and Urban Media Centres  
BPN 20357-01



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓						

A 25-minute video that addresses tobacco use and abuse with a very clear message of “Don’t Start.” Using the theme of the X-Files, this video presents the risks of smoking and using chewing tobacco. The program includes interviews with cancer survivors and people with emphysema as well as young people who have recognized the risks of their own tobacco use.

**Comments:**

- American content.
- The program has different title sections which are natural breaks to accommodate class discussion.
- A teacher guide does not accompany the program, but would be useful; therefore, teacher preview is suggested.

**Sensitive Issues:**

- The program has some graphic presentation of tobacco-related illnesses.

© 1999




## Today’s Teen (6th Ed.)

- **Student Text**
- **Teacher’s Wraparound Edition**

Support Resource Grades 7, 8, 9

453720      \$63.05  
Out-of-print



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓	✓	✓		✓	✓	

A concise, well organized resource intended for Grades 7, 8 and 9. It covers a broad range of specific outcomes in the areas of Wellness Choices, Relationship Choices and Life-Learning Choices.

**Comments:**

- Hardcover, durable resources.
- Colourful, attractively illustrated.

© 2000 Author(s): Kelly-Plate, J.; Eubanks, E.

LRC Order No.: Est. Price:

**Today's Teen (7th Ed.)**

- **Today's Teen (7th Ed.) (Student Text)**
- **Today's Teen (7th Ed.): Teacher Wraparound Edition**  
Support Resource Grades 7, 8, 9

**541236     \$71.35**  
**541690     \$113.05**



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓	✓	✓		✓	✓	

The purpose of this resource is to encourage active learning. The colourful graphics and pictures capture student interest. The background information, tips, questions and activities help students review facts, apply concepts and develop thinking skills.

©2004 Author(s): Kelly-Plate, J.; Eubanks, E.

**Tooth Truth with Harv and Marv (3rd. Ed.)**

Support Resource Grades K, 1

**ACCESS—The Education Station / Regional Resource and Urban Media Centres**  
**BPN 20356-01**



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 13-minute video focuses on the basics of good dental hygiene. It includes strategies for brushing, flossing and swishing techniques. It suggests good nutritional foods for student consumption.

**Sensitive Issues:**




- This resource uses fantasy to promote dental care. The reference to the tooth fairy, even though a modernized depiction, may not be suitable for some families.

©1998

**Toward a Safe and Caring Curriculum: ATA Resources for Integration**

<b>Toward a Safe and Caring Curriculum: ATA Resources for Integration: Kindergarten</b>	<b>445446</b>	<b>\$49.00</b>
<b>Toward a Safe and Caring Curriculum: ATA Resources for Integration: Grade 1</b>	<b>445371</b>	<b>\$49.00</b>
<b>Toward a Safe and Caring Curriculum: ATA Resources for Integration: Grade 2</b>	<b>445389</b>	<b>\$49.00</b>
<b>Toward a Safe and Caring Curriculum: ATA Resources for Integration: Grade 3</b>	<b>445404</b>	<b>\$49.00</b>
<b>Toward a Safe and Caring Curriculum: ATA Resources for Integration: Grade 4</b>	<b>445412</b>	<b>\$49.00</b>
<b>Toward a Safe and Caring Curriculum: ATA Resources for Integration: Grade 5</b>	<b>445420</b>	<b>\$49.00</b>
<b>Toward a Safe and Caring Curriculum: ATA Resources for Integration: Grade 6</b>	<b>445438</b>	<b>\$49.00</b>

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓	✓	✓	✓	✓	✓	✓




“Toward a Safe and Caring Curriculum” is part of the Safe and Caring Schools Project and is based in part on the Lions Quest violence prevention program “Working It Out: Toward a Safe and Caring Curriculum.” The resource assists teachers in integrating pro-social and conflict-resolution skills into the subject areas and is organized into five literature-based topics at each grade level. A variety of motivational and assessment strategies are used. A curriculum correlation, bibliography and blackline masters are included.

©2001

**Think & Drive****Traffic Safety Resource Guide for Elementary Schools**

Authorized Teaching Resource Grades K, 1, 2, 3, 4, 5, 6

**Vendor Direct**

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						

This safety resource guide provides a comprehensive focus on pedestrian, bicycle, bus, seat belt and recreation safety. It is well organized with teacher background information, Division 1 and Division 2 activities and blackline masters. This resource would meet a variety of grade and safety and responsibility outcomes.

©2000

Traffic Safety Initiative, Alberta Transportation; Main Floor, Twin Atria, 4999 98 Avenue, EDMONTON AB T6B 2X3

Telephone: 780-422-8839

LRC Order No.: Est. Price:  
**468703 \$114.50**

**Unsuitable Actions** (Taking Appropriate Actions Video Package: includes “Appropriate Actions” & “Unsuitable Actions”)

Support Resource Grade 7



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓	✓	✓				

A 26-minute National Film Board resource on sexual harassment in school and outside school. A realistic scenario is portrayed and vignettes are interspersed with discussions with teens on the actions being taken. A discussion guide is included with appropriate activities suggested.

© 1997

**The Virtues Project™: Simple Ways to Create a Culture of Character: Educator’s Guide**

**438798 \$51.05**

Authorized Teaching Resource Grades 4, 5, 6, 7, 8, 9



General Outcome 1			General Outcome 2			General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓	✓	✓		✓

This teachers’ guide, which received a United Nations award as a model for families of all cultures, provides tools and strategies to assist in shaping character in students. The book includes activities and examples of desirable virtues for positive citizenship.




© 1998 Author(s): Popov, L.

**We're Growing Up!**

Support Resource Grades 4, 5, 6

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20518-01

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓	✓		✓					

This informative 12-minute video, hosted by a teen male and female, identifies the male and female reproductive systems, physical and emotional changes in puberty, and health and hygiene habits. It includes a teaching guide with a written script, vocabulary list, discussion questions and classroom activities.

**Comments:**

- Includes simple drawings of the male and female reproductive systems.

**Sensitive Issues:**




- This resource supports human sexuality outcomes.

© 1996

**Real Kids****What We Learned About Bullying: Grades 2–4**

472077 \$151.95

Authorized Teaching Resource Grades 3, 4

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓						


This a 16-minute, three-part video in which kids discuss their feelings about people who bully and those who are bullied. Topics covered include recognizing bullying behaviors, different kinds of bullies, motives behind a bully's actions and strategies to stop bullying. A teacher's guide, with objectives, discussion questions, worksheets, and a game, is included.




© 2000

**What's the Message? (Video)**

Support Resource Grade 7

Vendor Direct



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

The focus of this 16-minute video is how advertising companies often encourage unhealthy behaviours and attitudes. A group of teens are invited to give their initial reactions to the advertising campaign of new products, including beer and tobacco.

**Comments:**

- Volume needs to be turned up as some characters mumble.

**Sensitive Issues:**

- The video discourages the use of alcohol and tobacco, but much of the advertising promotes it.

© 1999

Marlin Motion Pictures Ltd.; 211 Watline Avenue, MISSISSAUGA, ON L4Z 1P3


Telephone: 888-260-2232 ; 905-890-1500 E-mail: pamel@marlineducation.com




**Whatsa Hygiene?**

Support Resource Grades 5, 6

ACCESS–The Education Station / Regional Resource and Urban Media Centres

BPN 20212-01



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓								

This 18-minute video involves students completing a health assignment on hygiene. The topics provide a review of taking care of themselves (bathing, handwashing, care of teeth, hair and nails, and clothing). The students choose to present their research information through music which would appeal to the upper elementary age group.

**Comments:**

- Cultural diversity is portrayed.





© 1999

**When Choices Collide**

- **When Choices Collide (Videocassette and Discussion Guide)**
- **When Choices Collide (Windows / Macintosh CD-ROM)**

Authorized Teaching Resource Grade 9

Vendor Direct (Available Free of Charge)

  General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
		✓			✓	✓		



This 33-minute docu-drama addresses the issue of drinking and driving. It demonstrates the seriousness of this issue, the decisions that young people need to make and the results of impaired driving. There are points throughout the program that call for discussion opportunities, and a discussion guide is provided. The CD-ROM is interactive and provides student assessment activities; it includes vignettes and a driving simulation that makes a connection to real life situations.

**Comments:**

- Gender balance.
- A locally produced resource.
- The discussion guide includes further information and varied interactive activities for students.
- The CD-ROM is an appropriate resource for individual instruction and reinforcement of concepts presented in the video.

**Sensitive Issues:**

- Alberta Education strongly recommends that teachers preview this resource. Careful consideration should be given to the sensitivities of both the student audience and the community.
- Realistic drinking and driving scenes are included in this resource.

© 1999


AADAC Resource Development and Marketing; Suite 200–Pacific Plaza, 10909 Jasper Avenue, EDMONTON, AB T5J 3M9




Telephone: 780–422–2794 E-mail: rdm@aadac.gov.ab.ca

LRC Order No.: Est. Price:  
**466658 \$128.55**

### When It's Hard to Be a Friend: Grades 3–5 (Video and Teacher's Guide)

Support Resource Grades 4, 5, 6



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
			✓	✓				



A 12-minute video demonstrating friendship challenges in pre-adolescent peer situations; e.g. when a friend gets angry, when friends pressure you, when friends change.

**Comments:**


- The video format engages students with its stop/start style, and questions at the end of segments allow for directed small group discussions.
- In-class activity suggestions are varied and clearly outlined in the teacher's guide.
- The teacher's guide also offers a list of resources for teachers, students and parents as an enhancement to learning. These resources have not been reviewed or authorized by Alberta Education.




©1999

### You Can Try, So Can I

**466640 \$163.60**

Support Resource Grades 1, 2



 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
						✓		



This 13-minute video includes three scenarios about new situations and the emotions of children who are faced with the prospect of taking part in a new activity. A teacher's guide offering numerous student activities is included.

**Comments:**




- The language contained within the program appears to be at a level higher than Grades 1 and 2.
- It is recommended that teachers supplement this material with examples of people with disabilities who are in a classroom setting or active in the community.

©2000

**Your Life Your Choice Web Site (<http://www.2Learn.ca/currlinks/Health/E/mainMenu/Index.html>)**

Support Resource Grades 7, 8, 9

Internet

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
✓		✓		✓				

The student section contains interactive web activities such as quizzes, ideas for class projects that may or may not involve the use of the web site, and other activities to help students learn about alcohol. The teacher section describes key learning outcomes, and ways to use the web site and classroom activities appropriately.

**Comments:**

- This resource contains alternate paper-based strategies when technical challenges or student learning styles or needs limit use.
- Parents may visit any of the parent, teacher or student sections to find materials specific to their needs.

**Sensitive Issues:**

- This web resource contains links that have not been reviewed or authorized by Alberta Education. Teachers, for their own protection, should review the current status of the web sites identified in these links, including documents in these web sites, to ensure that the sites contain accurate and appropriate information.

Roberts & Associates; 20 Prince Arthur Avenue, Suite 9G, TORONTO, ON M5R 1B1




Telephone: 416-929-6283 E-mail: judyrobe@istar.ca

**You, Me & the Kids: The Teen Years****Youth and Crime**

Support Resource Grade 7

ACCESS—The Education Station / Regional Resource and Urban Media Centres

BPN 20306-24

 General Outcome 1			 General Outcome 2			 General Outcome 3		
Personal Health	Human Sexuality	Safety and Responsibility	Understanding and Expressing Feelings	Interactions	Group Roles and Processes	Learning Strategies	Life Roles and Career Development	Volunteerism
					✓			

This 24-minute video provides a look at teens who fall victim to a life of crime, and some who can be, or are being, helped. The featured teens try to help a former gang member. Health experts, parents and teens discuss the associated pressures and realities of today.

**Comments:**

- Other titles in this series authorized for Health and Life Skills include: *Accidents Happen, Body Image, Cliques and Shunning, Drugs: Coming to a Neighbourhood Near You, Gender Blues, Getting Dumped, Giving Back, Kids and Alcohol, Kids Having Kids, Let's Party, More Than the Blues, Rumours and Gossip, Sexual Harassment, and Smoking.*

