



# Family Studies/Home Economics

## Fall 2010 NEW RELEASES DVD CATALOGUE



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## Generation Cyberbullying: Bullying Without Borders

Grades 7-12 2010 CC 41 min Learning Seed

*FOR STUDENTS - 27 min.*

What is cyberbullying and how is it different than regular bullying? What should students do if it happens to them, or someone they know? Learn why bullies do what they do, and hear a social media expert discuss the effects of cyberbullying.

*FOR EDUCATORS - 14 min.*

In this supplementary program we describe specific forms of cyberbullying and how to detect warning signs. Educators learn how to handle an attack once it has been reported and to establish a course of action to deal with and prevent cyberbullying.

#200279DV-E1 \$165.95: DVD

Includes Printable Handout for Parents

## I Was Cyberbullied

Grades 7-College 20 min 2010 Human Relations Media

This program presents three stories from teens who were targets of cyberbullying attacks and offers viewers practical suggestions for how to avoid being victimized by this new, rapidly-spreading type of bullying. Renowned "bully coach" Joel Haber leads a discussion on how serious and damaging cyberbullying can be, and touches upon recent cases of children committing suicide after being cyberbullied. *Consultant: Joel Haber PhD, "The Bully Coach"*

#600549DV-E1 \$189.: DVD, Teacher's Resource Guide,

Students Handouts.

## Bully Bystanders: You Can Make a Difference

Grades 7-College 20 mins 2010 Human Relations Media

Most teens don't like to see their peers bullied but are not sure whether or how to respond. This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. Viewers learn that respecting others and taking a united stand against all sorts of harassment is not only possible, but it can make a dramatic difference in the lives of many young people. Bystanders can make a resounding contribution by setting the tone for their peers and refusing to accept hostile behaviors.

*Consultant: Tara L. Kuther, Ph.D.*

#600539DV-E1 \$189: DVD, Teacher's Resource Guide, Student Handouts.

## Digital Footprint

Grade 8-Adult 2010 CC 20 min LearningZoneXpress

Your digital footprint is the data trace left by your activity in a digital environment, whether on the Internet, buying something with a credit card, or using a mobile phone. Like everything on the web, digital data cannot be washed away -- it remains forever, a permanent footprint. Discover how the things you do in a digital environment can ultimately impact your life, including:

- Your Digital Identity – A Permanent Step
- Sharing and Scaring – The Dangers of Sexting
- Social Networking – Safe Steps
- Cleaning Up – Putting Your Best Digital Foot Forward

#430144DV-E1 \$99.95: DVD

## Dangers of Sexting: What Teens Need to Know

Grades 7-12 2010 CC 20 min Human Relations Media

**"Highly Recommended" -**

**Educational Media Reviews Online**



In a recent survey, one in five teens admitted to sending nude or semi-nude photos or videos and more than half said it was common for explicit photos and text messages to be passed around among friends. Using a peer-to-peer approach, teens talk about the importance of resisting pressures to engage in sexting. They emphasize

that you can't assume that anything you send or post is going to remain private; that you can't change your mind once something is out there in cyberspace; and that what you may think is a harmless joke may be interpreted very differently by someone else.

#600531DV-E1 \$189: DVD, Teacher's Resource Guide, Student Handouts.

## The Realities of Sexting: You Can't Unsend

Grades 7-12 2010 CC 41 min Learning Seed

*FOR STUDENTS - 24 min.*

This program teaches students what actions are defined as "sexting" and the real consequences. Learn the motivations for sexting and practical alternatives.

*FOR EDUCATORS - 14 min.*

Do you know what to do if a student shows you a sext they received? This feature video looks at sexting from an educator's point of view. How do you deal with students who are sexting? What policy and legal issues much you know and address?

#200281DV-E1 \$165.95: DVD

Includes Printable Handout for Parents

## Deadly Driving Distractions:

### Texting, Cell Phones, and Other Killers

Grades 10-Adult 2010 25 min A Meridian Production

This program helps students steer clear of the dangers resulting from driving while texting, talking on cell phones, eating, smoking, and other distractions. The program uses conversations with teens and college students who share their thoughts on the subject while driving instructors and other educators explore safe driving methods.

#393865DV-E1 \$119.95: DVD

## Danger Behind the Wheel: The Facts about Distracted Driving

Grades 7-College 20 min 2010 Human Relations Media

This powerful program emphasizes the dangers of driving distractions—applying makeup, eating, changing radio channels but most of all, talking or texting via cell phone while driving. Viewers hear from ordinary people whose lives have been forever changed because of distracted driving. The program's unforgettable stories and statistics make it clear that no cell phone call is worth losing a life.

#600543DV-E1 \$189: DVD, Teacher's Resource Guide, Student Handouts.

## Sexual Harassment at School: Hostile Environments



Grades 7-12 2010 CC 41 min  
 Learning Seed  
 FOR STUDENTS - 25 min.  
 Do students really understand what sexual harassment is? This program helps identify when actions may constitute harassment and how to differentiate them from flirting. Learn why harassers do it and how it usually occurs at school.  
 FOR EDUCATORS – 12 min.

This feature video provides crucial information to help educators define their role in preventing and responding to sexual harassment. Viewers learn a method of reporting harassment, and ways to prevent it at school.  
 #200283DV-E1 \$165.95: DVD  
 Includes Printable Handout for Parents

## Hazing and Harassment: Understanding It, Preventing It

Grades 7-12 2010 CC 20 min Human Relations Media  
 Hazing commonly involves physically abusive, emotionally degrading and/or sexually violating acts that are used as a way to initiate a person into a group. This program examines the growing surge of hazing incidents at high schools around the country, and distinguishes between different types of hazing practiced by girls and boys alike—brutal social humiliations, tortuous physical endurance ceremonies, online cyberbullying and more. Viewers hear from nationally-prominent authors on the topic as well as real-life victims who share their harrowing stories. Teens may not realize that hazing is not a harmless “rite of passage” but instead is a degrading, damaging and illegal assault. The program discusses the code of silence that often keeps witnesses and participants from coming forth to stop the abuse. Interviews offer words of support for hazing victims and those who may be drawn into participating.  
 #600548DV-E1 \$189: DVD, Teacher’s Resource Guide, Student Handouts.

## Breaking the Cycle of Abuse: Primetime



College/Univ 2009  
 39 min  
 Films for the Humanities  
 According to child behaviour experts, one in three people abused as a child will also use physical force on her or his own children. This edition of *Primetime* spotlights three

primary caregivers of one or more young children—a 63-year-old grandmother, a 36-year-old mother, and a 29-year-old father—who are hoping to beat those odds by taking part in a mentoring program for at-risk caregivers called Parent Aide. The people in this video are filmed at their worst—and also at their best as they begin to apply the new behavior-modification techniques to the children’s actions as well as their own.  
 #393924DV-E1 \$189.95: DVD

## Teen Romantic Relationships: As They See It



Grades 7-College 2010  
 CC 20 min  
 Human Relations Media  
 Hooking up, dating, crushes, love, sex—chances are, every teen spends a good part of every day wondering and worrying about these topics. Developing

romantic relationships is a natural part of growing up, but dating comes with a new set of challenges for high school students. This engaging documentary provides an intimate look at what teens really think about the ups and downs of the dating world. Follow real-world couples and single teens as they talk frankly about what makes a healthy relationship, the importance of communication and trust, dealing with disagreements and jealousy, setting smart sexual boundaries, overcoming a breakup, and more. Through personal video diaries and teen-led discussions, students learn hard-won lessons about relationships in today’s world from the ones who know it best—their peers.  
 #600551DV-E1 \$189.: DVD, Teacher’s Resource Guide, Student Handouts.

## Flirting or Hurting: When is it OK, When is it Harassment?



Grades 8-12 CC 20 min 2010 Human Relations Media  
 Even for adults, it can be challenging to figure out what actions and words constitute flirting and what behaviors cross the boundaries into sexual harassment. For middle schoolers, who are just making their entry into a more complex social world, these distinctions are often beyond their grasp. This program uses a blend of realistic dramatic scenarios, on-screen narrators and a round table discussion featuring real students to show young viewers the difference between real flirting (welcome, wanted, respectful and fun) and hurting (unwelcome, unwanted, one-sided, makes you feel bad). Viewers learn what it means to cross the line—whether in person, through texting or on-line—and are reminded of the serious consequences for both the target and the harasser. Helpful “flirting” tips are offered by an expert as well as advice on how to react to behaviors that are not appropriate or welcome.  
 #600546DV-E1 \$189: DVD, Teacher’s Resource Guide, Student Handouts.

**Coming Out in School: What Does it Mean?**

Grades 8-College 2010 CC 20 min Human Relations Media  
According to a recent national poll, approximately 5% of high school students identify themselves as lesbian or gay. “Coming



out”, or announcing one’s sexual preference and identity as lesbian, gay, bisexual or transgender (LGBT), can be an uncomfortable process for everyone—faculty, straight students and of course for the LGBT students themselves. This sensitive, informative

video offers revealing portraits of real LGBT kids who have come out in schools across the country, as well as their straight allies and their teachers who have dealt with this issue. The program focuses on the psychological and legal issues of bullying and sexual harassment and stresses the importance of creating a safe, tolerant environment for all students, regardless of one’s own personal beliefs or feelings.

#600540DV-31 \$189: DVD, Teacher’s Resource Guide, Student Handouts.

**Becoming Me: The Gender Within**

College/Univ 2009 40 min Films for the Humanities

**2009 Telly Award, Education**

**2009 Telly Award, Social Issues**

What ultimately determines a person’s gender? Is it chromosomes, hormones, genitals, or an innate sense of self?



In this Telly Award-winning program, five transgendered individuals between the ages of 20 and 50 speak openly about what it has meant to them to be transgendered—their first experiences of gender confusion, life after coming out, family responses, and more. Advice for others

who may be questioning their own gender is provided, and the process of sexual reassignment surgery is addressed. Contains clinically explicit language. An expanded version of *Becoming Me: The Gender Within* with graphic operating room footage of male-to-female and female-to-male SRS performed by Dr. Marci Bowers included on the DVD. A viewable/printable instructor’s guide is available online.

#393893DV-E1 \$189.95: DVD, web guide

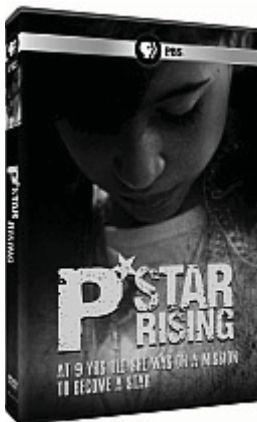
**The Difference Makers with Rick Hansen**

All Ages approx 40 min 2010 CTV

Rick Hansen hosts this inspiring 17-part CTV series, profiling Canadian Olympic and Paralympic athletes. “The Difference Makers” pays tribute to the extraordinary coaches, teachers, parents, siblings and even rivals who have helped Canada’s Olympians and Paralympians overcome their greatest personal and athletic challenges.

PPR/School Version:

#VAN300DV-E1 \$149.95: DVD

**P-Star Rising**

Grades 9-Adult 2010 CC 90 min PBS

9 year old Priscilla, tries to fulfill her father’s dream of being a rapper and succeeding in the music business. But in the efforts to make him proud, she struggles to remain a child. Priscilla’s father, a rapper finds his own voice and self-respect as her manager, and is caught between wanting to protect her innocence and exploiting her raw talent to fulfill his deferred dream. All they know is that the ride has just begun.

#041295DV-E1 \$82.95: DVD

**World of Weddings**

2010 25 min CTV

This new series from Canada AM shines a spotlight on wedding customs and traditions from around the world, as well as wedding fashions, gifts, etiquette and foods. Special guest Alison McGill, Editor-in-Chief, Weddingbells joins CANADA AM for the series. CTV478DV-E1 \$99.95: DVD

## Coping with Disruptive Life Changes

Grades 7-College 2010 CC 20 min Human Relations Media  
This program showcases the stories of several teens who coped



with major disruptions in their lives. One teen describes how her parents' divorce caused her to rebel in school until, with the help of a school counselor, she rejected her gang-related friends and got her life back on track despite being pregnant. Another young woman shares how

she dealt with the tumult of her mother's relapse into addiction after her family lost their business and house to bankruptcy. Her involvement with a theater group and the support of good friends helped her eventually conquer her depression. A boy whose mother was diagnosed with breast cancer speaks about how he dealt with his bottled-up fear and anxiety by opening up to his grandmother. The program emphasizes the importance of being patient, having realistic expectations and seeking out people who can provide help and support. On-screen experts provide creative tips for adapting, coping and growing.  
#600542DV-E1 \$189: DVD, Teacher's Resource Guide, Student Handouts.

## Blow Ups and Rages: Learning to Manage Your Anger

Grades 7-College 2010 CC 20 min Human Relations Media  
Anger is a natural response to many of life's most troubling



situations, but all too often explosions of teen anger can be harmful and hurtful. Hostility and anger can devastate a teen's life, destroy relationships, cloud effective thinking, impact school performance, affect physical health and ruin future career plans. This

program uses dramatic, thought-provoking interviews with real teenagers to demonstrate that, although it is easy to lose emotional control in school, at home and with friends, there are ways to resist exploding in anger or defiance. An adolescent psychologist offers viewers a wealth of common sense tips and advice that will help them more confidently cope with their emotional or angry responses to daily stresses.

#600538DV-E1 \$189: DVD, teacher's Resource Guide, Student Handouts.

## A Girl's Life with Rachel Simmons

Grades 7-Adult 2009 60 min PBS

Researcher and author Rachel Simmons examines the challenges facing young women as they surf the waves of 21st century adolescence. She also talks with four very special girls who tell their own deeply personal tales of dealing with issues like cyber bullying, body image, and violence.

#041190DV-E1 \$82.95: DVD

## Who Needs Therapy? Treating Psychological Disorders

Grades 7-College 2010 CC 20 min Human Relations Media

This video answers many common questions that teens may have about mental health treatment. What is therapy? What kinds of therapy are available? How do I know if I need therapy? In the video, several therapists address these and other questions as the camera observes various teens with common disorders interacting with their therapists. Provides viewers with guidelines for recognizing if they need intervention—signs like persistent negative feelings, realizing that your life is off track, experiencing a traumatic event such as the death of a loved one and repeated worries that you might have a disorder. The program also explores how to choose a therapist, what kind of therapist to choose and the costs involved. The video's message is clear: seeking therapy is not a sign of weakness, but a sign of bravery and courage for those who choose to address issues that may be holding them back.

#600554DV-E1 \$189: DVD, Teacher's Resource Guide, Student Handouts.

## Common Psychological Disorders of Adolescence

Grades 7-College 2010 CC 20 min Human Relations Media



This reassuring video focuses on several teens who are struggling with some of the most common psychological problems that occur in adolescence: anxiety disorders, depression, eating disorders, attention deficit hyperactivity disorder (ADHD) and substance abuse disorder. Are these disorders hereditary? How do they develop, and why? How common are they among teens?

What can a person do to cope with them? This eye-opening program answers these questions and many others. The main points emphasized are that although psychological disorders can interfere with having a productive life, with persistence and guidance from a mental health professional, they can be overcome. The teens featured in the program share their personal struggles and ultimately affirm that young people can successfully manage their psychological disorders.

#600541DV-E1 \$189: DVD, Teacher's Resource Guide, Student Handouts.

## Men's Health Special: Canada AM

Adult 2010 CC 35 mins CTV



In this must-see program, Canada AM explores serious topics that men seldomly discuss openly. In the opening segment, Michael Landsberg, host of 'Off the Record' discusses his battle with depression. Part 2 examines erectile dysfunction with Dr. John Aquino. The third segment takes a look at Father Support Groups, while Part 4 examines the three most common health risks men face.

#CTV475DV-E1 \$129.95: DVD



### **Moral Development in Children: Theories, Stages, Impact**

Grades 9-Adult 2010 CC 31 min Learning Seed

How do people develop morals? What helps children distinguish right from wrong? Explore the topic of moral development and how it impacts children's behavior. Examine the approaches of development theorists and learn about Theory of Mind. Hear children's reactions to situations that challenge their morals. Expert interviews help explain how and why children develop as they do as well as stress why fostering moral development is crucial.

#200284DV-E1 \$125.95: DVD

### **Guiding Behavior in Early Childhood: A Positive Plan for Discipline & Caregiving**

Grades 9-Adult 2010 CC 30 min Learning Seed

Despite their best moments, toddlers and preschoolers often behave in ways that frustrate their parents and caregivers, and even endanger their own safety. They are not intentionally being "bad," but how can we guide them in a positive way? Learn why misbehavior occurs, common reactions by caregivers, ways to stop it, and how to create and enforce a plan to bring about desired behavior.

#200285DV-E1 \$125.95: DVD

### **Toddlers (Overview Program)**

Grades 9-Adult 2010 CC 36 min Learning Seed

Once a child takes their first steps, toddlerhood isn't far behind. As coordination improves, they excitedly explore just about everything. Using video of toddlers at home and in childcare centers, this program offers a look at the physical, cognitive and social and emotional development of one- and two-year-olds. Watch as language changes occur and they start to connect and communicate with others while managing their feelings. Parents and caregivers can learn pertinent vocabulary and practical guidance to foster development in the toddler years.

#200286DV-E1 \$145.95: DVD

### **Fathering: What It Means to Be a Dad**

Grades 9-Adult 2009 CC 20 min LearningZoneXpress

Being a father is a lifetime commitment that requires a lot of love, time, and energy. An interview with fathering expert Steve Onell is painted with interviews of young fathers to explain the impact and importance of a father in a child's life.

#430106DV-E1 \$99.95: DVD, web guide

### **Child Development Theorists:**

#### **Freud to Erikson to Spock....And Beyond**

Grades 9-Adult 2009 CC 21 min LearningZoneXpress

Beginning with Sigmund Freud, modern child development theories have changed the way that parents raise their children and the way that teachers teach those children. This video is an entertaining and enlightening view of the major child development theories, how the theories differ, and how more than one approach can be beneficial. Historical footage and photos are combined with candid documentary footage from day care centres.

#430101DV-E1 \$99.95: DVD, web guide

### **The Brain: Developing Memory in Developing Brains -**

#### **Birth to Five Years**

Grades 9-12 2009 CC 20 min

LearningZoneXpress

The human brain is fascinating – every movement we make, everything conscious or unconscious stems from our brains. The most critical time for brain development is from birth to age five. What can parents and caregivers of children do to help give those developing brains the best chance for success? Discover how the basic workings of the brain influence our memory and how we learn and what can be done to encourage healthy brain development in children.

#430125DV-E1 \$69.95: DVD, web guide.

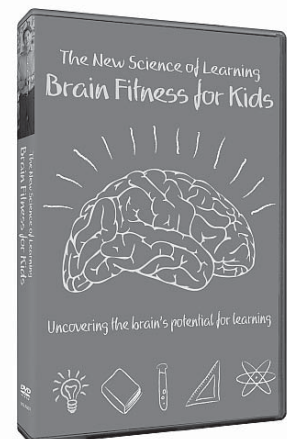
### **The New Science of Learning: Brain Fitness for Kids**

Grades 11-Adult 2009 CC

60 min PBS

A child's brain is an amazing structure, the more we discover about the brain, the more we are able to affect how children use their brains, and thus improve their potential for the future. The latest neuroscience has shown how plastic the brain actually is. We can train this amazing structure to help children become more fit and ready for lifelong learning, and the earlier in life we start with such exercise, the better.

#041203DV-E1 \$82.95: DVD



**A complete examination of pregnancy, labour, and parenting.**



## **Baby on Board Series: Birthing, Child Development, and Parenting**

Grades 10-Adult 2008 25 min each Films for the Humanities

**SPECIAL SERIES PRICE - ONLY \$789.95 - SAVE \$70 - Order #393783DV-UO**

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*"Very well done, with clear, direct explanations of the major issues. The families are genuine and likeable, and Ms Ryan is an engaging host.... good addition to public libraries with parenting collections. Recommended." —Educational Media Reviews Online*

Because every child and every family is different, choosing the right birthing or childrearing method is a case-by-case matter. This seven-part series offers a wealth of case studies exploring pregnancy, labor, and the many hurdles that form an initiation

into parenting. Each episode focuses on a specific issue and shows how the household or households in question face their unique challenges. Coping strategies from nurse and midwife Gráinne Ryan take into account medical conditions, sibling dynamics, job circumstances, single-parent situations, and other factors.

### **Birth: A Baby on Board Case Study**

From packing for the hospital to readying for emergencies, the entry into parenthood, whether for first-timers or veterans requires careful preparation. This program features a family focused on the impending arrival of its newest member and all the concerns that typically accompany a baby's birth.  
#393779DV-E1 \$119.95: DVD

### **Home Birth and Alternative Medicine: Two Baby on Board Case Studies**

Will the use of alternative birthing and pregnancy therapies one day become the norm? No one can say for sure, but more and more young mothers are attracted to birthing methods that avoid medication and traditional procedures. This program focuses on a couple that are about to have their fifth child and third home birth.  
#393782DV-E1 \$119.95: DVD

### **Infants with Disabilities: A Baby on Board Case Study**

Although children with birth disorders face special hurdles as they grow, today's parents of challenged or disabled children should be able to benefit from a variety of resources and support systems. This program depicts the difficulties and uncertainties of a couple whose first child was born with Down syndrome.  
#393780DV-E1 \$119.95: DVD

### **Behavior and Development: Two Baby on Board Case Studies**

Only the most naive parent expects constant domestic bliss, but when kids get out of control, frustration, anger, and, most of all, pleas for help are completely natural. This program deals with behaviour and development problems faced by two different families of young children.  
#393781DV-E1 \$119.95: DVD

### **Newborns: Two Baby on Board Case Studies**

There's no more daunting or more beautiful event in a family's life than the arrival of a newborn. This program accompanies two families as they strive for order and peace of mind while adjusting to new members.  
#393778DV-E1 \$119.95: DVD

### **Sleep: Two Baby on Board Case Studies**

All new parents face sleep-related issues, some mild, some extreme. This program profiles two families suffering from sleep deprivation and in great need of help as they establish bedtime routines.  
#393776DV-E1 \$119.95: DVD

### **Nutrition and Diet: A Baby on Board Case Study**

When it comes to kids and food, almost no one gets it right from the beginning. This program follows a family with three children, each facing different dietary concerns.  
#393777DV-E1 \$119.95: DVD

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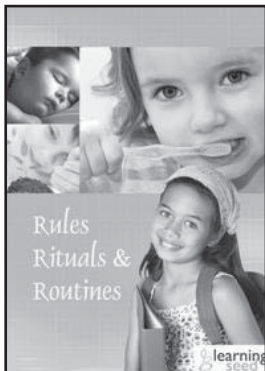
 **New Canadian program for your Parenting classes!**

**Poisoned Minds**

Grades 11-Adult 2009 CC 20 min CTV

The world of divorce is scary for any child. Even when spouses split amicably, children can be forced to balance their love and time between two parents. But when a divorce becomes especially toxic, children can become the target of an unrelenting crusade by one parent to destroy the child's relationship with the other. Experts call it parental alienation, a persistent campaign by one parent to poison a child's relationship with the other parent.

#CTV450DV-E1 \$99.95: DVD



**Rules, Rituals & Routines (Extended Version)**

Grades 11-Adult 2010 CC 55 min Learning Seed

**Telly Award Winner**

Enhanced by over 30 minutes of additional commentary from nationally recognized parenting expert Dr. Thomas Knestrict. This extended edition of Rules, Rituals, Routines features in-depth discussion of approaches that can lead to fewer behavioral problems in children. Dr

Knestrict discusses how predictable rules, family rituals, and consistent routines are important to help parents consciously structure their family life.

#200253DV-E1 \$235.95: DVD, web guide



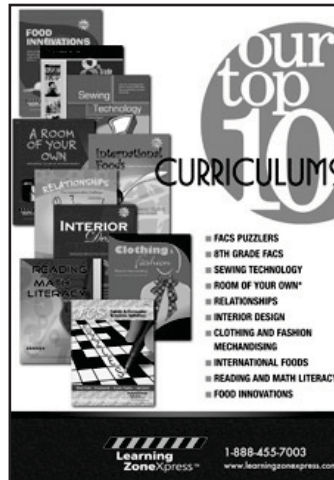
**Just Add Spice: Parenting for Healthy, Happy Kids**

Grades 11-Adult 2010 CC 90 min PBS

This learning resource of video and print materials follows four families as they attempt to instill healthy habits in their kids by using a set of proven positive parenting skills represented by the acronym SPICE (Structure, Praise, Inspire, Consistency, and Enjoy.)

#041233DV-E1 \$67.95: DVD

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**Family and Consumer Science Top Ten Curriculum**

Grades 7-12 2009 LearningZoneXpress

Our ten most popular curriculums all on one disc! Print PDF pages of our best-selling lessons directly from your computer.

*Curriculums on this disc include:*

**Sewing Technology** - Combines sewing and technology in more than 10 creative projects.

**Room of your Own** - Basic interior design concepts,

including psychology of design, floor plans, budgeting and more. **Relationships** - Covers listening, body language, and communication styles.

**Interior Design** - Explores many facets of interior design and the design process.

**Clothing and Fashion Merchandising** - Practical applications and questions on consumerism, clothing care, the fashion industry, and more.

**International Foods** - Increase students' awareness and cultures from around the globe through food.

**Reading and Math Literacy** - Incorporate math and literacy concepts into the classroom.

**Food Innovations** - Combines nutrition, marketing, trends, and technology for students to create a healthy new food product.

**Puzzlers** - Fun word finds, crosswords, cryptos and other puzzles.

**8th Grade Lesson plans** and support materials on budgeting, housing, nutrition, consumer decision-making, cooking, and textile skills.

#430127CD-E1 \$239.95: CD

**Streaming**



Many of our titles are available for streaming. Please call for pricing.

## Food Science Experiments

Grades 7-Adult 2010 50 min CC LearningZoneXpress  
Experience kitchen chemistry and the wonders of food science! Host Susan Turgeson and students demonstrate six fun and easy food science experiments and explain the science behind them. Experiments include:

- Sensory Evaluation
- Biochemistry of milk: mozzarella cheese
- Hand washing and food safety
- Scientific method: what makes popcorn pop?
- Emulsions: mayonnaise
- Fermentation: root beer

Video includes interview with a food science professor and tour of a sensory evaluation lab.

#430138DV-E1 : DVD, web guide.

## Kitchen Fundamentals

Grades 6-Adult 2010 40 min/2 segments CC  
LearningZoneXpress

What is the difference between mincing and dicing? How do you whip an ingredient? Chef Dave Christopherson demonstrates a variety of food preparation techniques. The first segment covers the fundamentals of preparation, including hand washing and knife cuts. The second segment reviews the basics of cooking, from measuring to broiling to steaming and more.

#430002DV : DVD, web guide.

## Happy Mealtimes & Healthy Kids

Grade 11 - Adult 2010 LearningZoneXpress  
Comprehensive video for parents and caregivers, narrated by Katja Rowell, MD, family doctor and childhood feeding specialist. Viewers will learn that parents and children have separate roles to play in regard to eating: the parent decides what, when, and where food is served; the child decides whether or not to eat and if so, how much to eat. Dr. Rowell presents a practical, “no fuss, no fight” approach to feeding that can help end food battles between parents and children. Short vignettes featuring a mother and son in entertaining role reversals demonstrate the right and wrong ways to tackling common feeding mistakes.

#430142DV-E1 \$119.95: DVD

## Kids and Family Food Issues

For the Educator 2010 CC 30 min LearningZoneXpress  
Getting children to eat can be a constant battle for some parents, while other parents may be restricting foods to thwart weight gain. In “Kids and Family Food Issues”, child feeding expert Dr. Katja Rowell presents six segments that address many feeding issues that families with young children may be facing with practical solutions make meals a pleasant experience for both parents and children. Segment topics include:

- How to make family meals happen
- Helping picky eaters
- Family meals when you’re eating out
- How to feed children labeled “overweight”
- How to feed children labeled “underweight”
- How to plan snacks

#430146DV-E1 \$119.95: DVD

## World Food Markets: France

Grades 7-Adult 2009 CC 25 min LearningZoneXpress  
Join chef and award-winning cookbook author Paulette Mitchell as she walks down grand boulevards and wanders through cobblestone streets in Paris, Nice, and Marseilles while savoring the wonderful flavors and memorable sights of France. Visit food markets and sidewalk cafes. See and hear interviews with locals. Learn about the French “joie de vivre.”

#430132DV-E1 \$59.95: DVD

## World Food Markets: China

Grades 7-Adult 2009 CC 25 min LearningZoneXpress  
Accompany cookbook author and world traveler Paulette Mitchell in Hong Kong, Shanghai, and Zhujiajiao. See how modern life contrasts with timeless traditions in these densely populated Chinese cities. Visit food markets that hum with activity and witness the high value placed on freshness. The Chinese come not only to shop, but also to savor noodles, dumplings, and local specialties

#430113DV-E1 \$59.95: DVD

## World Food Markets: Chinese Cooking

Grades 7-Adult 2009 CC 20 min LearningZoneXpress  
Whether you’re a newcomer to Chinese cooking or want to fine-tune your skills, this video makes it easy to prepare healthful, classic Chinese dishes at home. Paulette Mitchell, cookbook author and world traveler, explains the ingredients, equipment, and techniques to guarantee success. She demonstrates Egg Drop Soup, Chinese Firecracker Noodles, Cashew Chicken Stir-Fry, and Stir-Fried Rice.

#430115DV-E1 \$59.95: DVD

## World Foods: French Cooking

Grades 7-Adult 2009 CC 25 min LearningZoneXpress  
Cookbook author and world traveler Paulette Mitchell explains typical French ingredients and prepares Fresh Pea Soup, Tuna Salad Nicoise, Crepes, Omelets, and Poached Pears.

#430116DV-E1 \$59.95: DVD

## Understanding and Treating Binge Eating

Grades 7-College 2010 CC 20 min Human Relations Media  
A new Harvard University study found that binge eating is the most common eating disorder among teens—yet most teens don’t fully understand what it is. Binge eating can lead to serious health consequences including obesity, diabetes, heart disease, high blood pressure and stroke. This program profiles real young people who have suffered from binge eating and have learned to control it. Experts on binge eating present the latest science on the underlying causes of this disorder and describe the best treatments currently available. Program is hosted by Jenni Schaefer, author of *Life Without ED* and a frequent guest on Oprah, who relates her own experiences as she helps teens understand how to recognize the symptoms of binge eating and where to get help. *Consultant: Jenni Schaefer, author of Life Without ED.*

#600552DV-E1 \$189.: DVD, Teacher’s Resource Guide, Student Handouts.

**Test Your Fast Food Knowledge**

Grades 9 - Adult 2010 20 min Human Relations Media  
 Because many teens eat at fast food restaurants, this video is designed to meet them on their own turf and give them the tools to make smarter and healthier fast food decisions. Using an entertaining quiz format, viewers learn about the dangers of eating too much over-processed, sugar-laden and fat-packed fast food. Viewers learn that you can actually make smart choices at the fast food counter because not all fast food is bad for you. Weight control, balanced diet, vitamins and nutrients can all be part of a smart, limited fast-food diet. Includes: 20-minute video, research-based teacher's resource book and students handouts with pre/post test.  
 #600529DV-E1 \$189: DVD

**Obesity in a Bottle II**

Grade 9 - Adult 2010 CC 28 min LearningZoneXpress  
 Empty calories from sugar and fat found in many favorite beverages are adding inches to Americans' waistlines and may be contributing to rising rates of chronic disease. Five informative video segments offering suggestions for healthy beverage selections featuring Susan Moores, RD. Topics include:

- How to pick "good" drinks for kids
- Best beverages if you're watching your weight
- How to pick healthful beverages
- How to pick the right drink for sports and athletic performance
- Busting caffeine myths

**A follow-up to Obesity in a Bottle.**

#430143DV-E1 \$69.95: DVD

**Hot Topics in Nutrition PowerPoint Presentation**

Grades 6-Adult 2009 LearningZoneXpress  
 What's the latest nutrition buzz? Discover the latest hot topics in the nutrition world on a wide range of topics, including the Vitamin D dilemma, food allergies, unhealthy vegetarianism, childhood obesity, food safety and more. IMac & Windows compatible. Created in Microsoft® PowerPoint, but do not need it to play or print slides. Perfect for substitute teachers and student-led presentations.  
 #430129PP-E1 \$69.95: CD

**Grocery Shopping Secrets PowerPoint Lesson Plan**

Grades 6-Adult 2009 LearningZoneXpress  
 The Grocery Shopping Secrets PowerPoint guides consumers through the different grocery departments to help cut through the schemes to get the best value for your food dollar. 30+ slides cover meal planning, making a list, generic and brand names, shelf layout, coupons, bulk vs. packaged foods, supermarket schemes and more. Mac & Windows compatible. Created in Microsoft® PowerPoint, but do not need it to play or print the slides. Perfect for substitute teachers and student-lead presentations.  
 #430130PP-E1 \$69.95: CD

**Design: All About Color**

Grades 9-Adult 2010 20 min CC LearningZoneXpress  
 Colour has the ability to create emotion and influence our moods. Colour is a powerful tool in interior design and fashion. Interior designer Brandi Hagen discusses:

- History of colour and the development of colour theories
- The colour system: hue, value, and chroma
- Colour wheel
- Warm & cool colours

• Colour schemes  
 #430136DV-E1 DVD

**Design: All About Textiles**

Grade 6-Adult 2010 CC 25 min LearningZoneXpress  
 The human body is almost constantly in contact with some form of textile, whether it be the clothing that we wear or the interiors that we live and work in. Join interior designer Brandi Hagen as she showcases samples and explains different types of natural fibers including plant, animal, and mineral fibers and synthetic fibers, including Nylon, Polyester, Rayon, Acrylic, and Microfibers. Fabric construction and surface design are also also discussed.

#430137DV-E1 \$99.95: DVD

**Design: The Elements**

Grades 9-Adult 2010 20 min CC LearningZoneXpress  
 The elements of design are the components that are used to create a complete design. Interior designer Brandi Hagen presents a basic overview of the elements of design applied to interiors and fashion, including:

- Line: vertical, horizontal, diagonal, curved
- Shape: symmetrical and asymmetrical
- Texture: smooth, reflective, rough, matte
- Colour: hue, value, chroma

#430145DV-E1 \$99.95: DVD



## Six Heritage Textile Crafts

Grades 9-Adult 2009

Simcoe County Arts & Craft Association

This Canadian production from the Simcoe County Arts & Crafts Association introduces the student to heritage crafts that were so necessary when the pioneers came to the New World. The program examines Spinning, Weaving, Knitting, Rug Hooking, Stitchery, and Quilting. You examine the idea of the skills needed to perform the crafts, the tools needed to get started and some idea of the creativity that keeps people hooked on these crafts.

#SC0001DV-E1 \$99.95: DVD

### Sew Green: Repurpose, Recycle and Restyle

Grades 7-Adult 2009 20 min LearningZoneXpress

One way to go green is to sew green. Using unconventional fabrics like sleeves from wool sweaters and “fabric” made from fused plastic bags, learn the basics of sewing through simple and easy to make projects that incorporate recycling. Four unique sewing projects are demonstrated, including:

- A fused plastic messenger-style bag
- A cell phone or mp3 player holder
- A protective sleeve for a laptop
- A water bottle holder

#430131DV-E1 \$69.95: DVD, web guide

### Sew Cool DVD

Grades 7-12 2010 43 min/8 segments LearningZoneXpress

Discover how sewing can be SEW cool! Create your own unique look and save some money by learning sewing basics that will give you the skills to make projects all your own. Sewing instructor Kimberly Oedekoven encourages viewers to “See it, like it, make it” while presenting sewing basics and two easy sewing projects in short segments, including:

- Sewing Tools and Essentials
- Hand Sewing
- Fabric Selection
- Sewing Techniques and Rules
- Sewing Machine Parts
- Fabric Selection
- Non-Pattern Project: T-Shirt Tote (Bonus: T-Shirt Bracelet)
- Pattern Project: Pajama Pants (Bonus: Fabric Store Tour)

#430140DV-E1 \$69.95: DVD

### Sensible Steps to A Stylish Wardrobe

Grade 9-Adult 19 min 2010 Learning Seed

Building a stylish wardrobe doesn’t have to cost a fortune. Learn how to create and stick to a clothing budget, and how purchasing classic garments can be a great investment. See how to buy clothing online and the advantages of different payment options. Discover which five questions you should always ask before making a purchase, and how the “cost per wearing” formula can save you a lot of money - not to mention closet space.

#200273DV-E1 \$125.95: DVD, online guide

## On Your Own:

### Independent Living Skills Series

Grades 11-Adult 2010 20 min ea Meridian Education  
Help young adults jump out of the family nest with this practical six-part series! Quick and to the point, each video focuses on a key area of independent living. Whether it’s finding the right apartment, managing cash and credit, stocking the pantry, making meals, doing housekeeping, or building a wardrobe that sends the appropriate message in every situation, *On Your Own* will leave viewers feeling more confident about making important life decisions as they prepare to take responsibility for their futures.

**SPECIAL SERIES PRICE - ONLY \$659.70 - a saving of \$60 - Order #393906DV-E1**

**Individual titles: \$119.95 each**

#### Finding an Apartment

Students learn about dealing with rental agents, evaluating a unit’s condition, reading leases, getting renters’ insurance, having the utilities turned on, and handling the roommate option. Information on moving and finding furniture on a budget is also included.

#393900DV-E1 \$119.95: DVD

#### Managing Your Money

This video puts money under a microscope as it looks at budgeting it, spending it wisely, and protecting it (and, by extension, that all-important credit rating). Specifics include opening a checking account, writing checks, making deposits, and balancing a checkbook; using ATM and debit cards; applying for a loan; and deciding whether to opt for a credit card—and if so, how to use it responsibly.

#393901DV-E1 \$119.95: DVD

#### Practical, Healthy Cooking

Viewers learn how to read a recipe, measure out ingredients, prepare all sorts of meats and vegetables, package up and store leftovers, and clean up the kitchen so everything is sanitary and neat. Kitchen safety is stressed. Practice makes perfect!

#393902DV-E1 \$119.95: DVD

#### Shopping Smart

This video will guide viewers smoothly through the process of planning balanced meals, making a shopping list, clipping coupons, and setting (and sticking to!) a budget. Helpful tips on stretching a dollar and sidestepping supermarket gimmicks are included, and food safety is emphasized.

#393903DV-E1 \$119.95: DVD

#### Housekeeping How-Tos

This video provides a step-by-step look at housekeeping. How to do laundry is also included, as well as a segment on how to clean a computer.

#393904DV-E1 \$119.95: DVD

#### Building the Right Wardrobe

Topics include the functional and social characteristics of clothes; the concepts of style and fashion; planning a wardrobe that accommodates work, school, and leisure; and shopping for value and price.

#393905DV-E1 \$119.95: DVD

## D is for Decisions

Grades 6-12 2010 CC 16 min LearningZoneXpress  
Teens' eyes and ears are coveted by advertisers, but how do you make wise purchasing decisions? Maggie and Ethan shop for a bike and online for an MP3 player while learning and applying the 4 steps consumers should consider when making a purchase to make sure you're getting what you want and need: 1. Set a goal 2. List your resources 3. Shop carefully 4. Evaluate your purchase. Resource management, goal setting, and the decision making process are covered.

#430141DV-E1 \$69.95: DVD

## Digital Footprint

Grade 8-Adult 2010 CC 20 min LearningZoneXpress  
Your digital footprint is the data trace left by your activity in a digital environment, whether on the Internet, buying something with a credit card, or using a mobile phone. Like everything on the web, digital data cannot be washed away -- it remains forever, a permanent footprint. Discover how the things you do in a digital environment can ultimately impact your life.

#430144DV-E1 \$99.95: DVD

## Just Think Twice: Free Trial Offers: W5

Grade 11-Adult 2010 CC 20 min CTV  
Is it really a free trial? W5 investigates fake celebrity endorsements and surprise billing that can put hundreds on your credit card.

#CTV459DV-E1 \$99.95: DVD



## Off the Lot: W5

Grade 11-Adult 2010 CC 20 min CTV  
W5 goes undercover with the Automobile Protection Association in the annual survey of used car dealers, and finds some very troubling results.

#CTV460DV-E1 \$99.95: DVD



## Student Success

## Service Learning: You Can Make a Difference

Grades 7-Adult 2010 CC 20 min Human Relations Media  
Inspirational as well as pragmatic, this how-to video and curriculum guide details how to implement a successful service learning project in your school. It showcases successful case studies of existing projects and the young people behind them. Each example breaks down service learning projects into four parts: preparation, action, reflection and demonstration. Here are some examples in the video: Nick creates a project to organize his school and community and fills a large shipping container with educational materials for a needy school in Kenya, Raul recruits a group of 20 peers to teach salsa dancing to elderly people, and Linda participates in a class learning to build modular homes for families in need. The program is sure to get students, teachers and administrators excited about service learning and making a difference.

#600530DV-E1 \$189: DVD, Teacher's Resource Guide, Student Handouts.

## Drowning in D's: You Can Turn Your Grades Around

Grades 7-12 2009 CC 20 min Human Relations Media  
Empowers teens at risk of failing or dropping out of school by showing them how many students have gone from drowning in D's to swimming in A's and B's. The video follows several struggling teens as they go through their academic transformations. Strategies include: identify long term goals, prioritize what is important, believe that you have the power to change, accept personal responsibility for your shortcomings, develop self-advocacy skills, devise and implement a plan of action.

#600512DV-E1 \$189: DVD, Teacher's Guide, Student Handouts.

## Goal Setting! Define & Achieve Your Dream Life

Grades 7-Adult 2009 20 min Linx Educational  
**Honourable Mention - 2009 Videographer Awards**  
**Awarded 3 Stars by Video Librarian**

Shannon Miller, the most decorated American gymnast in history, hosts this important video on goal setting. Shannon guides viewers through a 6-step process to clearly identify and set goals. This video makes goal setting an attainable step-by-step process.

#230046DV-E1 \$129.95: DVD, web guide

## Building Self-Esteem: You've Got the Power

Grades 7-Adult 2009 20 min Linx Educational  
**2009 COMMUNICATOR AWARD! Award of Excellence in Education Category**  
**2009 VIDEOGRAPHER AWARD! Award of Excellence**  
**Awarded \*\*\*1/2 Stars from Video Librarian**

Good self-esteem gives you the power to deal with changes, pressures and influences in your life. A positive self image also means healthier relationships and better success in school or on the job. In other words, the better you feel about yourself, the better your life will be. Viewers will learn nine steps to building self-esteem, including clarifying values, building positive relationships, setting goals and accepting and liking yourself just the way you are.

#230047DV-E1 \$129.95: DVD, web guide

## Personal Potential: The Influence of One – Respect, Optimism, Positive Energy

Grades 9-Adult 2010 19 min CC LearningZoneXpress  
You may not think of yourself as a leader, but you are leading something - your life. An interview with Dr. Verna Price is teamed with a powerful vignette that dives into the topic of personal leadership. Dr. Verna challenges viewers to think critically about the power to influence, create change, and lead in your own life and in the world.

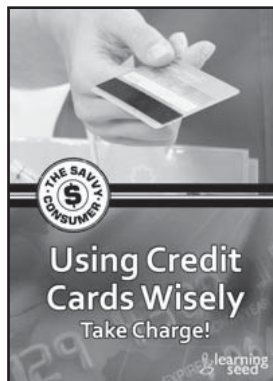
Ideas explored include:

- Positional leadership vs. personal leadership
- What is personal power?
- Are you an "adder" or "subtractor"?

#430135DV-E1 \$69.96: DVD, resource guide.

## The Savvy Consumer DVD Series

**SPECIAL SERIES PRICE - ONLY \$345 - a saving of \$32.85**  
**Series Product #200271DV-E1**



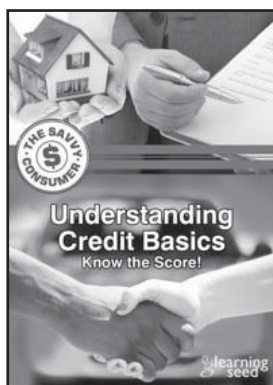
### Using Credit Cards Wisely: Take Charge!

Grades 9-12 2010 CC 29 min  
 Learning Seed

With one swipe of a credit card you can purchase just about anything – even if you can't really afford it! Avoid the traps of fine print and credit jargon by learning the fundamentals of using credit cards. Understand how credit cards actually work, the different types of cards available, and how to use

them to your advantage. See how to select the card that's right for you, how to read your monthly statement, and ways to protect yourself as you conquer the world of credit cards.

#200267DV-E1 \$125.95: DVD, web guide.



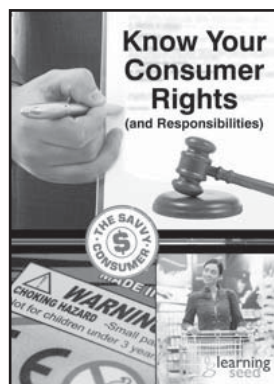
### Understanding Credit Basics: Know the Score!

Grades 9-12 2010 CC 29 min  
 Learning Seed

What is credit? Does a credit score really matter? Is it OK to have no credit? Answer these questions and others with this introduction to credit basics. Learn what credit is, how it is used, and what types of credit are available – including school loans, car loans and mortgages. Your credit history is

important. Understand how credit is measured and what your credit score means. Learn ways to establish and maintain good credit, as well as tips to overcome bad credit.

#200268DV-E1 \$125.95: DVD, web guide.



### Know Your Consumer Rights (and Responsibilities)

Grades 9-12 2010 CC 29 min  
 Learning Seed

Is the customer always right? Maybe not... but as a consumer you do have certain rights. Smart consumers are aware of these rights and understand the responsibilities associated with each. Explore the eight widely recognized consumer rights - from the right to safety, to the right to

education, to the right to redress.

#200269DV-E1 \$125.95: DVD, web guide.

## Young adults get the 411 of personal finance!

### Your Life, Your Money

Grades 11-Adult 2009 CC 60 min PBS

The groundbreaking new program YOUR LIFE, YOUR MONEY empowers young adults to get their financial lives on track – even if they barely have finances at all. Hosted by Donald Faison (Scrubs, Clueless), and featuring insights from hip hop icon Russell Simmons and R&B/pop singer D.Woods (Danity Kane), this engaging one-hour special provides vital, relatable information on everything from banking and credit, to investments, budgeting, insurance and self-employment. With compelling real-life stories of young people finding their way through a variety of economic challenges, the program addresses an urgent demand for forthright financial advice in a pivotal stage of life. YOUR LIFE, YOUR MONEY offers a broad outreach platform targeting young people in the early phases of their lives and careers – just when they need the most help navigating the financial pitfalls and opportunities around them. A major companion website featuring program content and additional resources and activities will be available at [pbs.org/yourlifeyourmoney](http://pbs.org/yourlifeyourmoney).

#041185DV-E1 \$82.95: DVD

### The Warning: Frontline

Grades 11-Adult 2009 CC 60 min PBS

In the aftermath of the economic meltdown, FRONTLINE looks for clues about why it happened and examines moments when it might have gone much differently. Producer/director Michael Kirk discovers early warnings of the crash, reveals an intense battle among members of the Clinton administration, and uncovers a concerted effort not to regulate the lucrative derivatives markets, which would become the ticking time-bomb within the American economy.

#041178DV-E1 \$82.95: DVD

### The Card Game: Frontline

Grades 11-Adult 2009 CC 60 min PBS

As credit card companies face rising public anger, new regulation from Washington and a potential perfect storm of economic bad news, FRONTLINE jointly with the New York Times examines the future of the massive consumer loan industry and its impact on a fragile national economy. How are the credit, debit and pre-paid card industries repositioning themselves to maintain high profits under the new rules?

#041188DV-E1 \$82.95: DVD

### Close to Home: Frontline

Adult 2009 CC 60 min PBS

Producer Ofra Bikel chronicles how the middle class is faring in this recession through stories of the people who she's come to know at the hair salon she's frequented for the past twenty years. The film reveals the struggles - from well-to-do bankers to struggling actors, each with a story to tell about how they're getting by in these turbulent times.

#041201DV-E1 \$82.95: DVD

## The Career Compass EXPEDITION DVD Series

Follow the adventure of getting a job - from assessing career interests and the job search, to writing a resume and acing the interview.

- Each DVD has an extra program with designated stopping points. Instructors can play video straight through or pause for structured discussion and activities.
- Teaching guides includes worksheets for students to complete as they follow the programs.

### Mapping a Career Path:

#### Your Aptitude, Interests, Values & Personality

Grades 2010 CC 29 min Learning Seed

Everyone wants a job doing something they love. But where do you start? Career self-assessments provide insight into aptitude, values, and personality. These, along with a person's interests, can determine what types of work might suit and satisfy them. Help students explore popular assessment techniques and hear from other job searchers about their experiences navigating the four domains of self-assessment. Meet the people who can help interpret and gauge the validity of test results. And see how school projects and extra-curricular activities can help guide career planning.

#200274DV-E1 \$125.95: DVD

#### Your Job Search: Navigating the Paths to Employment

Grades 2010 CC 27 min Learning Seed

Your students are ready to look for a new job. But where? Search the Internet or classifieds? Attend job fairs or "pound the pavement?" What about social networks as a positive tool for job searches? This program illuminates the process. Employers offer insights to reinforce the importance of networking, proper attire (and attitude) for a job fair, and what to expect when applying for a job. Learn how to develop a search plan by using multiple methods to find a job in no time!

#200275DV-E1 \$125.95: DVD

### Engaging Resumes and Cover Letters:

#### How to Hook the Job You Want

Grades 9-Adult 2010 CC 25 min Learning Seed

A resume is so more than a list of skills, education and work history. With the cover letter, it is an integral part of a candidate's first impression on an employer. Hear job seekers and hiring managers discuss how they view and judge resumés and cover letters. Students learn how to make their stand out in a professional manner and how to present their skills creatively. Discover how to edit a resumé and craft a cover letter for the specific job you're seeking.

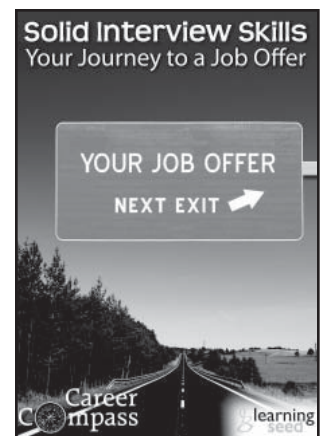
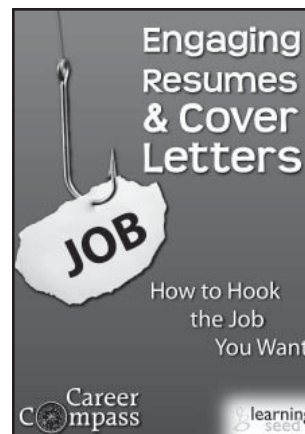
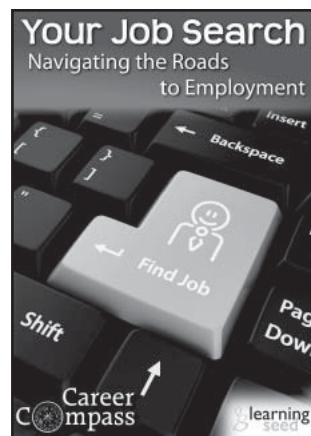
#200276DV-E1 \$125.95: DVD

#### Solid Interview Skills: Your Journey to a Job Offer

Grades 2010 CC 29 min Learning Seed

You've shown your students how to successfully choose, find, and apply for a job. And even land an interview! But how should they prepare? Experts and job seekers offer practical first-hand advice for before the interview (plan, prepare, practice!) during the interview (how to be clear and concise), and after the interview (there's more to it than waiting to say "yes"). Students learn about the many types of interviews, as well as the basics of body language, appropriate attire and answering tips.

#200277DV-E1 \$125.95: DVD





**Secrets: Landing and Keeping a Job**  
 Grades 9-Adult  
 2010 24 min CC  
 LearningZoneXpress  
 What are transferable skills and why do we need them? They are skills acquired throughout your life that can be used at any job.  
 Filmed in a sitcom

format, like “The Office”. Explains important job transferable skills including communication skills, problem-solving skills, and teamwork in this entertaining and informative production. Teaching materials are included.  
 #430133DV-E1 \$69.95: DVD

**You’re Hired! Job-Winning Interview Strategies**

Grades 9-12 2010 25 min Cambridge Educational  
 There’s nothing like preparation to calm the pre-interview jitters! After watching this video, young adults will know how to define personal employment goals; research a company of interest; do mock interviews, for practice; dress for success; make a good first impression; communicate strengths, skills, accomplishments, and more; ask and answer a wide variety of pertinent questions; and follow up strategically via phone, mail, or e-mail. The core message? Preparation pays off!  
 #230038DV-E1 \$119.95: DVD, web guide

**Health Science Careers**

Grades 7-Adult 2010 20 min CC  
 LearningZoneXpress  
 Do you consider yourself a team player? A career in health science may be just for you! Quality patient care relies on health care teams whose members communicate and collaborate well with others. In this video, explore a variety of health science career options, with varying levels of education required, including:  
 - Pharmacy Technician  
 - Home Health Aid  
 - Pediatrician  
 - Medical Administrative Support  
 - Radiographer  
 - Physical Therapist & Physical Therapy Assistant  
 - Certified Nursing Assistant  
 #430139DV-E1 \$99.95: DVD, web guide.

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## Child Development Special

### Buy 2, Get 1 FREE!

#### **Moral Development in Children: Theories, Stages, Impact**

Grades 9-Adult 2010 CC 31 min Learning Seed

How do people develop morals? What helps children distinguish right from wrong? Explore the topic of moral development and how it impacts children's behavior.

Examine the approaches of development theorists and learn about Theory of Mind.

Hear children's reactions to situations that challenge their morals. Expert interviews help explain how and why children develop as they do as well as stress why fostering moral development is crucial.

#200284DV-E1 \$125.95: DVD

#### **Guiding Behavior in Early Childhood:**

##### **A Positive Plan for Discipline & Caregiving**

Grades 9-Adult 2010 CC 30 min Learning Seed

Despite their best moments, toddlers and preschoolers often behave in ways that frustrate their parents and caregivers, and even endanger their own safety. They are not intentionally being "bad," but how can we guide them in a positive way? Learn why misbehavior occurs, common reactions by caregivers, ways to stop it, and how to create and enforce a plan to bring about desired behavior.

#200285DV-E1 \$125.95: DVD

#### **Toddlers (Overview Program)**

Grades 9-Adult 2010 CC 36 min Learning Seed

Once a child takes their first steps, toddlerhood isn't far behind. As coordination improves, they excitedly explore just about everything. Using video of toddlers at home and in childcare centers, this program offers a look at the physical, cognitive and social and emotional development of one- and two-year-olds. Watch as language changes occur and they start to connect and communicate with others while managing their feelings. Parents and caregivers can learn pertinent vocabulary and practical guidance to foster development in the toddler years.

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