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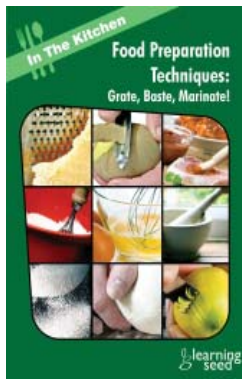
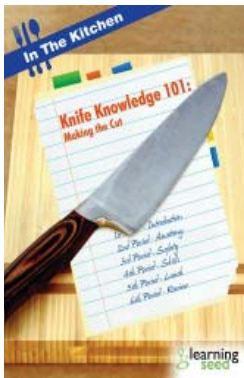
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Bestsellers!

IN THE KITCHEN SERIES

Grades 9-Adult ©2010 CC 24-28 min each

Featuring demonstrations and guidance from Chef Chris Koetke, Dean of Culinary Arts at Kendall College and star of ABC's "Let's Dish." Six new and fully revised programs exploring kitchen math and measuring, cooking techniques, food preparation, microwaves, kitchen utensils, and knife skills.



Knife Knowledge 101: Making the Cut

Learn basic knife techniques like chopping, cubing, dicing and more, as well as some handy tips to help cut more difficult food like an avocado and a pineapple. By the end you'll be sharp enough to make the cut!

#200240DV-11 \$125.95: DVD, web guide.

Food Prep Techniques: Slice, Dice and Roll!

Preparation time: 15 minutes. But what goes on during that time? How do we change whole foods into foods ready to cook or eat? Learn techniques to grate, peel, scoop and shred, how to baste, dredge, brush and marinate.

#200244DV-11 \$125.95: DVD, web guide.

Kitchen Tools and Utensils: Everything But the Kitchen Sink

Watch as a professional chef demonstrates how to use common kitchen tools that scoop, stir, cut, and smash, as well as other miscellaneous utensils like tongs, strainers, brushes, and thermometers.

#200241DV-11 \$125.95: DVD, web guide.

Microwave Mysteries: Beep, Zap, Defrost!

Trace the workings of a microwave from the wall socket to the magnetron tube to a warm meal.

#200242DV-11 \$125.95: DVD, web guide.

Kitchen Math and Measuring: How It All Adds Up

Step inside the kitchen to learn different tools for measuring liquid and dry ingredients, how and why we measure heat, and equivalent measures for US and Metric systems.

#200243DV-11 \$125.95: DVD, web guide.

Cooking Techniques: How It All Boils Down

Observe as a professional chef and his students work step-by-step to demonstrate 13 common cooking techniques using dry-heat methods like baking, broiling and roasting, and moist-heat methods like blanching, boiling and steaming.

#200245DV-11 \$125.95: DVD, web guide.



BEGINNINGS OF LIFE 5-DVD Series

This 5-DVD set shows how a new life forms, what happens during pregnancy and childbirth, the impact of heredity, and the stages of newborn development.



From Conception to Baby

Grades 9-Adult 2011
CC 26 min
Creating a brand new person requires a complex biological process featuring a cast of microscopic characters. Viewers learn about fertilization and how chromosomes determine the gender and physical attributes of a baby. We show how a single cell develops into an embryo and follow the rapidly changing stages of fetal development. Students also examine the importance of prenatal care, nutrition and a healthy prenatal environment.
#200290DV-11 #145.95: DVD



Pregnancy in Progress

Grades 9-Adult 2011
CC 32 min
In this program, viewers learn the early signs of pregnancy and the host of changes women will experience during their 9 month adventure. We explain common prenatal tests and what they can reveal about a baby's development. Students discover possible causes of infertility in both women and men, as well as common treatment options. We also offer guidelines for healthy prenatal care and making important birth choices.
#200291DV-11 #145.95: DVD



Understanding Childbirth

Grades 9-Adult 2011
CC 29 min
This program explores approaches to childbirth, including different methods and environments, as well as what to consider when creating a birth plan. Viewers learn about contractions, how to discern true labour from false labour, the three stages of labour, and the appropriate time to call a medical professional. See what to expect during a traditional delivery or a Cesarean section.
#200292DV-11 #145.95: DVD



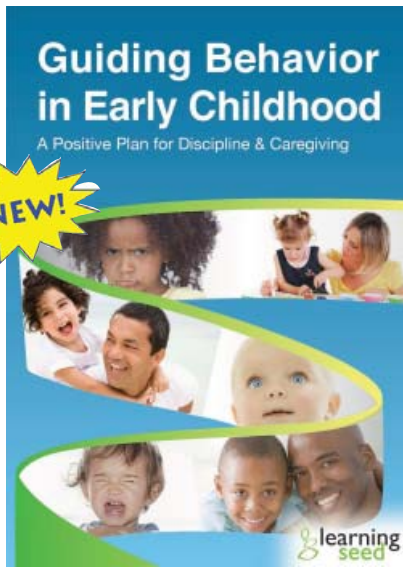
Newborn Development

Grades 9-Adult 2011
CC 38 min
Within the first few minutes of life, children start adapting to their new environment. In this program, you'll see how professionals assess newborns and follow the stages of physical, cognitive and social growth. We also explain the crucial role of sleep and nutrition in fostering development
#200293DV-11 #145.95: DVD



Heredity & Environment

Grades 9-Adult 2011 CC 39 min
Is it our DNA or our environment that makes us who we are? Learn about the structures and chemistry of DNA molecules. Students see how genes are passed from parents to offspring and how they determine the traits of an individual. Discover how environmental factors, inside or outside of the womb, can affect a child's health later in life. Viewers also learn about genetic disorders and how counseling and screening can provide health information before or during pregnancy.
#200294DV-11 #145.95: DVD

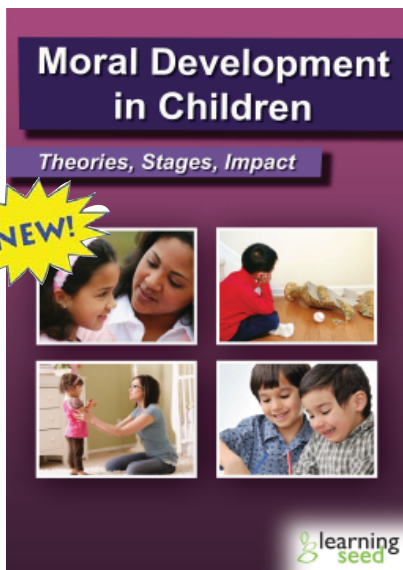


**Guiding Behavior In Young Children:
Expert Approaches for Caregivers and
Parents**

Grades 9-Adult 2010 CC 30 min

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-1 \$125.95: DVD, web guide.



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

Grades 9-Adult 2010 CC 31 min

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-1 \$125.95: DVD, web guide.

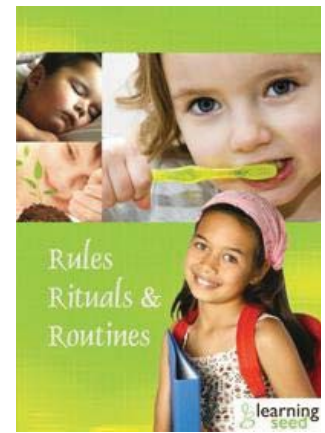


**Attachment Relationships:
Nurturing Healthy Bonds**

Grades 9-Adult 2010 CC 29 min

Attachment is the ability to form and maintain healthy relationships. Follow the journey from prenatal bonding to a baby’s phases of attachment from birth to age two. Study founding theorists John Bowlby and Mary Ainsworth, and see examples of how parents and caregivers can foster healthy attachment relationships. Attentive, responsive, and loving care given by a baby’s primary caregiver sets the foundation for a child’s capacity to form these relationships throughout life.

#200263DV-1 \$125.95: DVD, web guide.



Rules, Rituals and Routines

Grades 9-Adult 2007 CC 21 min

Internationally recognized parenting expert Dr. Thomas Knestrict has specialized for years in the behaviour of young and special-needs children. Here, he’s combined his extensive professional knowledge with his hard-earned real-life experience as a father of three, and created a practical program to teach parents how they can structure their homes and lives to keep themselves and their children happy, healthy, and sane!

#200190DV-1

\$125.95: DVD, web guide.



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

Grades 9-Adult 2010 CC 55 min

Enhanced by over 30 minutes of additional commentary 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.

#200190DV-1

\$209.95: DVD, web guide.

INFANTS 3-DVD Series

This 3-DVD set is a comprehensive examination of the world of infants. Watch and learn as they develop, explore and experience their new and ever-changing world.



Infants: Cognitive Development

Grades 9-Adult 2010 CC 28 min

Infants' brains are actively developing with everything they experience. Examine how newborns fit into the sensorimotor stage - tracing cognitive development from simple reflexes to beginnings of thought. Explore infant intelligence, information processing and memory. See the progression of infant communication from crying--to giggling--to euphoric babbling and their first words! Understand how language is learned and how caregivers can use infant-directed speech to foster cognitive development.

#200260DV-11

\$125.95: DVD, web guide.



Infants: Social & Emotional Development

Grades 9-Adult 2010 CC 23 min

Infants' brains are actively developing with everything they experience. Examine how newborns fit into the sensorimotor stage - tracing cognitive development from simple reflexes to beginnings of thought. Explore infant intelligence, information processing and memory. See the progression of infant communication from crying--to giggling--to euphoric babbling and their first words! Understand how language is learned and how caregivers can use infant-directed speech to foster cognitive development.

#200262DV-11

\$125.95: DVD, web guide.



Infants: Physical Development

Grades 9-Adult 2010 CC 30 min

Watch our cast of infants begin to explore their world and reach different milestones along the way. Learn how a baby's brain develops and what activities help stimulate healthy brain growth. Also learn the importance of proper nutrition and sleep in the first year. See how infants rely on their innate reflexes and how gross and fine motor skills emerge in typically developing children as well as those with challenging conditions.

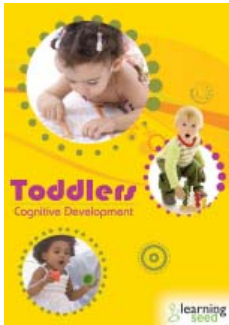
#200261DV-11

\$125.95: DVD, web guide.

**All programs in this catalogue are available for STREAMING.
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TODDLERS 4-DVD Series

This 4-DVD set is a comprehensive examination of the world of toddlers. Watch and learn as they develop, explore and experience their new and ever-changing world.

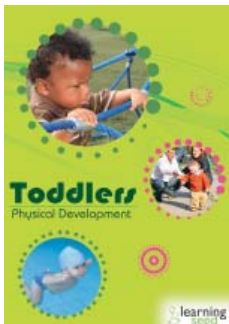


Toddlers: Cognitive Development

Grades 9-Adult 2009 CC 26 min

Everyday a toddler's mind is filled with new information. Their vocabulary expands as they correctly name people and objects. They try out, and learn from, cause and effect experiments. Examine how brain cells are structured to connect and retain what a child learns. Explore theories of cognitive development and see the process toddlers go through as they learn language. Observe toddlers as they engage in activities that foster memory and the retrieval of information.

#200264DV-11 \$125.95: DVD, web guide.

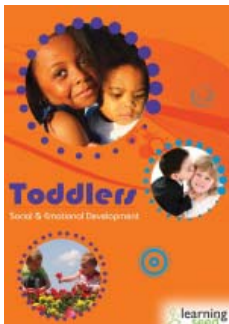


Toddlers: Physical Development

Grades 9-Adult 2009 CC 29 min

After about a year of life, when a child consistently -- and independently -- gets from point A to B on her own two feet, she's made the initial transition to toddler. Learn about the physical characteristics of toddlers, and how gross and fine motor skills are developed. Understand the milestones children achieve at this age by observing toddlers in learning centers and at home. Hear from the experts about nutrition, sleep, toilet training, and developmental differences among toddlers.

#200265DV-11 \$125.95: DVD, web guide.



Toddlers: Social & Emotional Development

Grades 9-Adult 2009 CC 29 min

From raging tantrums to fits of giggles, it's no secret that toddlers are skilled at expressing their emotions. One minute they anger a friend, the next they comfort the same child. Learn about the theory of the mind and how toddlers come to understand how their actions can effect others. Examine how gender and temperament play a role in development. Observe toddlers interacting with family and peers as they develop attachments and social bonds.

#200266DV-11 \$125.95: DVD, web guide.



Toddlers (Overview)

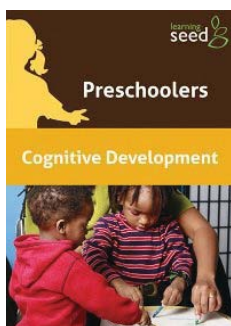
Grades 9-Adult 2011 CC 36 min

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, 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-11 \$125.95: DVD, web guide.

PRESCHOOLERS 4-DVD Series

This 4-DVD set is a great source of information on preschoolers and their world which features an endless curiosity and boundless energy.

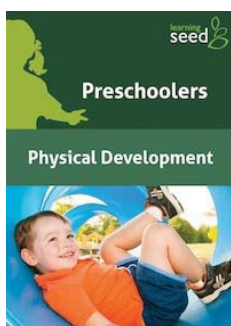


Preschoolers: Cognitive Development

Grades 9-Adult 2008 CC 24 min

It is simply fascinating to observe how preschoolers begin to use language, mental imagery and symbolic thinking; think of past and future events; and think about their own thinking. Children start to clearly express themselves and grasp sophisticated mental activities, including emotion, motivation, intention and memory. Using footage of preschoolers in the classroom, dynamic graphics and interviews with teachers and caregivers, this program delivers a detailed overview of the cognitive development that takes place between the ages of three and five.

#520152DV-11 \$125.95: DVD, web guide.

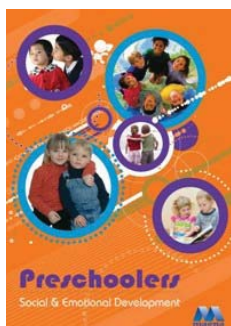


Preschoolers: Physical Development

Grades 9-Adult 2008 CC 21 min

From the ages of two to five, preschoolers reach developmental milestones with endless energy and increasing physical coordination. This detailed, entertaining and informative look into the world of preschoolers shows them engaged in activities that exemplify the extraordinary physical advancements that children make at this age. Teachers and caregivers also share their first-hand observations of how this development takes place.

#520153DV-11 \$125.95: DVD, web guide.

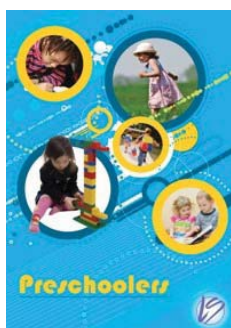


Preschoolers: Social & Emotional Development

Grades 9-Adult 2008 CC 24 min

Preschoolers are creative, curious and active experimenters that learn about themselves and their world as they take on new roles outside of their homes and families. In their interactions with peers, children commonly show kindness and compassion and sometimes can become frustrated, have squabbles and even exhibit aggressive behavior. Viewers will learn: the skill set that makes up social and emotional development; the value of encouraging creativity and risk taking; activities that foster initiative and positive self-esteem; how culture and gender affect development; levels of social participation; examples of pro-social and antisocial behaviors and ways caregivers can develop skills.

#520154DV-11 \$125.95: DVD, web guide.



Preschoolers - Overview

Grades 9-Adult 2008 CC 28 min

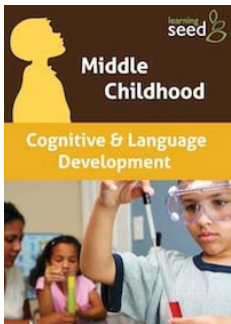
Meet Asheli, Marie, and Nathan. They're preschoolers - full of endless curiosity and boundless energy. In *Preschoolers* you'll see how they and their friends develop physically, cognitively, emotionally, and socially. So much growth takes place during the preschool years. This program looks at each aspect of a child's development as well as examines the special needs of preschoolers with challenging conditions. It shows preschoolers engaged in activities that exemplify the extraordinary advancements made during this stage. Widely taught concepts from developmental theorists as well as practical suggestions for caregivers are clearly presented in this study of the whole preschool-aged child.

#200212DV-11 \$125.95: DVD, web guide.

**All programs in this catalogue are available for STREAMING.
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MIDDLE CHILDHOOD 4-DVD Series

This 4-DVD set provides an informative, clear and compelling examination of the middle-childhood stage of development and a detailed overview of a child's growth and maturity into an adolescent.

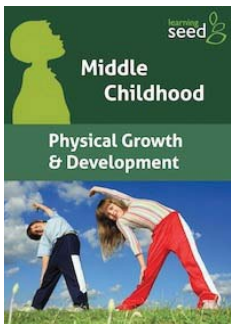


Middle Childhood: Cognitive & Language Development

Grades 9-Adult 2008 CC 24 min

Between ages 6 and 12, children's minds expand in knowledge and understanding as their thinking becomes more logical and organized. They develop concrete operational thinking, and make substantial advancements in language development. This program presents educator insights and observations, pertinent vocabulary, statistics, and classroom strategies relating to the many aspects of cognitive and language development that children experience in this stage.

#520078DV-11 \$125.95: DVD, web guide.

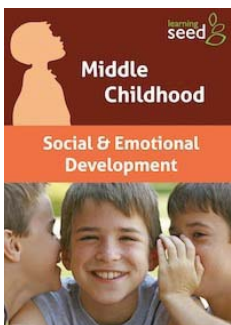


Middle Childhood: Physical Development

Grades 9-Adult 2008 CC 21 min

Genetics, gender, and the possible onset of puberty affect the physical growth of children between the ages of six and twelve. They gain body awareness and develop new gross and fine motor skills. This is a pivotal stage where injury, illness, and the increase of childhood obesity are common factors. Many children have challenging physical conditions, but can achieve their highest potential with the support of caregivers and teachers. This informative examination of the middle childhood stage of physical development will give viewers a detailed overview of how children grow and mature. It clearly presents pertinent vocabulary, statistics, and classroom strategies. Physical education and classroom teachers give their insight and observations about factors that affect children during this stage of development.

#520077DV-11 \$125.95: DVD, web guide.

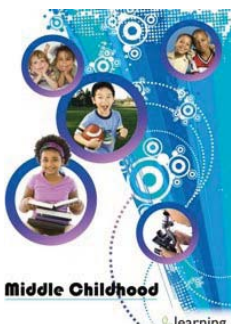


Middle Childhood: Social & Emotional Development

Grades 9-Adult 2008 CC 24 min

Between ages 6 and 12, children develop many of the social skills they'll use through adulthood. They form self-concepts and self-esteem, build new kinds of relationships, and begin to regulate more of their own behavior. This program presents educator insights and observations, pertinent vocabulary, statistics, and classroom strategies relating to the many aspects of social and emotional development that children experience in this stage.

#520079DV-11 \$125.95: DVD, web guide.



Middle Childhood - Overview

Grades 9-Adult 2008 CC 28 min

At this stage, children grow physically, gain body awareness, and form lifelong habits that affect their health and well-being. At the same time, their minds expand in knowledge and understanding, as thinking processes become more logical and organized. The way they view themselves, and the manner in which they interact with family and friends, evolves as children develop self-concepts and self-esteem. This program provides an informative, clear and compelling examination of the middle-childhood stage of development and a detailed overview of a child's growth and maturity into an adolescent. Viewers learn pertinent vocabulary, statistics, and classroom strategies, and hear experienced classroom teachers offer insights and observations about children in this stage of development.

#200214DV-11 \$125.95: DVD, web guide.

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learning seed **Why We Wear Clothes**
The Functions of Fashion



Why We Wear Clothes: The Functions of Fashion

Grades 9-Adult 2011 CC 25 min

As a tool of the individual and of culture, clothing has meaning. In this program, students explore the functional, social, and psychological aspects of clothing. Viewers learn how clothing provides more than just protection from the elements; it offers comfort, helps us to fit in with our peer group, and encourages us to follow trends. The right clothes can boost our self-image and confidence, too. We examine the fashion industry, as well as the influential role that marketing and advertising play in our daily decision of what to wear.

#200295DV-11 \$125.95: DVD, web guide.

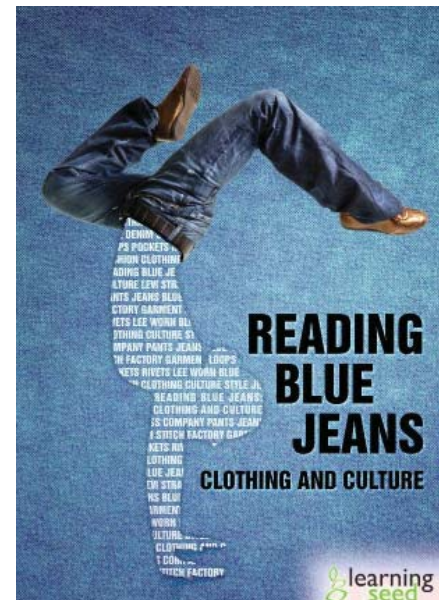


Sensible Steps to a Stylish Wardrobe

Grades 9-Adult 2010 CC 19 min

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-11 \$125.95: DVD, web guide.

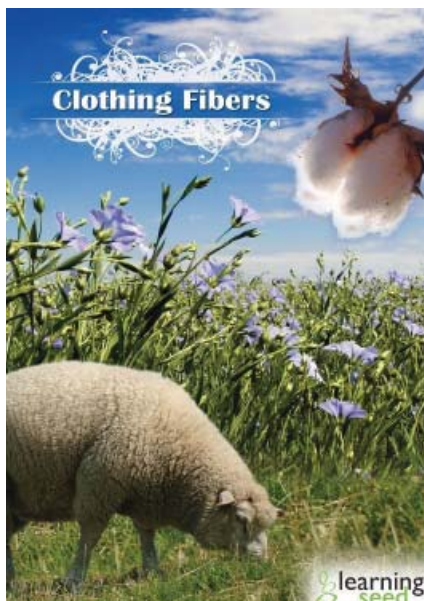


Reading Blue Jeans: Clothing & Culture

Grades 9-Adult 2009 CC 23 min

Inscribed on every pair of jeans is the story of how a workmen's garment became one of the most universal fashions of the world. This program speaks about the interaction of culture and clothing and offers clues to who we are today because of it. Who invented jeans, and why blue? How did jeans help invent teenagers? What did people wear before jeans were around? This biography of the blue jean is the story of changing attitudes toward work, fashion, leisure and gender.

#200228DV-11 \$125.95: DVD, web guide.



Clothing Fibers

Grades 9-Adult 2008 CC 25 min

A Clothing & Textiles 101 overview of the elements of fabric, this curriculum-based program introduces students to the basic differences between natural and synthetic fibers, the primary types of fibers, and how their qualities - from shape and origin to size and luster - make them unique, influence clothing appearance and factor into comfort. Learn why fiber properties determine how we use particular fabrics. Get a close-up view and understanding of cotton, linen, wool, silk, rayon, acrylic, nylon, and polyester. Learn to identify them all.

#200229DV-11 \$125.95: DVD, web guide.

NEW!

RESPONDING TO DIVERSITY

(and Respecting Differences)



Responding to Diversity (and Respecting Differences)

Grades 9-Adult 2011 CC 26 min

Classrooms are training grounds for students to learn how to respond positively to diverse environments. Every day, they interact with people who look different, come from different places, and have different preferences. This program explores the many types of diversity and the perils of stereotyping, prejudice, and discrimination. We also discuss ways to express curiosity in others while respecting the differences that make every person interesting, unique and valuable.

#200296DV-11 \$125.95: DVD, web guide.

Them and Us

Grades 9-Adult 2007 CC 27 min

Nice, reasonable people like us are “we,” and strangers with weird beliefs are “they.” This is how many of us see the world. But every “us” is somebody else’s “them.”

Those who hold hidden assumptions or stereotypes consider them a recognition of reality, not a prejudice. A common reaction is “you might be prejudiced”, but “I’m a realist”. What is prejudice for “them” is merely a recognition of “the way things are” for “us”.

Them and Us explores common thinking habits to show how they can easily lead to hidden assumptions, bias, and prejudice. Stereotyping and prejudice are not limited to the ignorant or closed-minded. Its beginnings lie in the



almost automatic need to group people into categories and to identify clear “us” and “them” groups.

The program assumes it is better to identify and challenge your own bias rather than declare yourself bias-free. We each have some hidden assumptions about some people types -- age, gender, race, ethnicity, size, nationality, or lifestyle. Not about specific minority groups, it rather explores the mental processes we use to deal with other cultures, with people who do not fit our category of “us.”

#200192DV-11 \$125.95: DVD, web guide.

Bestseller!



World Religions:
A Common Journey

learning
seed

World Religions:

A Common Journey

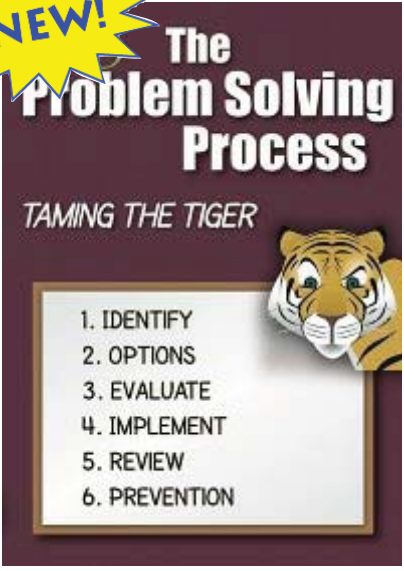
Grades 9-Adult 2009 CC 27 min

What is religion? How does it reflect the culture in which it exists? And what functions does it serve? There are key questions asked by virtually every human culture. Those questions, and the way different religions go about revealing the answers, shine a light on what all people and cultures have in common. Explore the differences between religion and spirituality and see how they often work hand-in-hand. Discover how religious practices, religious specialists, rituals, and rite of passage serve to answer deeply felt questions.

#200237DV-11

\$125.95: DVD, web guide.

**All programs in this catalogue are available for STREAMING.
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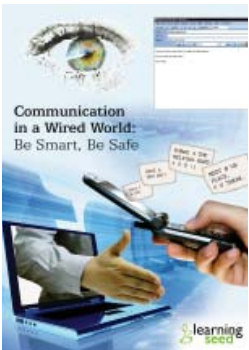


**The Problem Solving Process:
Taming the Tiger**

Grades 9-Adult 2011 CC 23 min
By the end of this program, students will have a six-step process to tackle any problem--whether it's delivering a paper when the printer breaks or delivering a 600 lb. tiger who missed breakfast. Students learn to identify the problem, brainstorm solutions, evaluate their options, implement the best idea, and then review and plan for prevention. We also present five tips to help viewers tap into their natural problem-solving creativity. Whether an obstacle big or a small, this program show there's no tiger too big to tame.
#200297DV-I1 \$125.95: DVD, web guide.

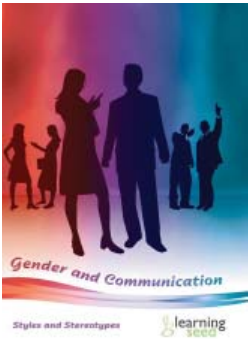
Communicating With Tact, Candor & Credibility

Grades 9-Adult 2008 CC 18 min
This program demonstrates how to use diplomacy to successfully communicate with co-workers, team members, and supervisors. Learn how to understand different conversational roles: the escape artist, the judge, the scientist, the beggar, the commander.
Communicating With Tact, Candor & Credibility covers topics including: rephrasing: making "talking points" tactfully; what to say: the art of scripting; lightweight speech patterns; and jargon-filled corporate speak.
#200209DV-I1 \$125.95: DVD, web guide.



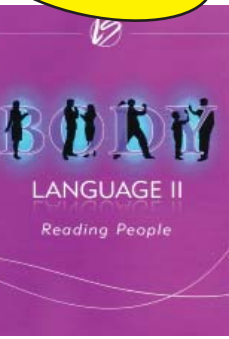
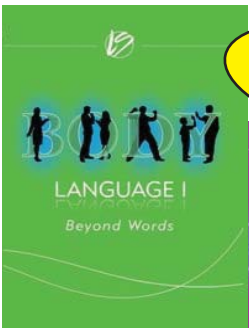
Communication in a Wired World: Be Smart, Be Safe

Grades 9-Adult 2009 CC 20 min
DAVEY AWARD WINNER
Online and mobile technologies profoundly influence how we read and write, learn and work. Online behavior follows us all through our schooling and careers. Explore skills for communicating smartly via email, social networking sites, and other digital technologies; how multitasking affects learning and work; and how online posts can become skeletons in a digital closet causing school expulsions, destroying college admissions, and blowing job offers. Discover how to protect your privacy, reputation, and personal information.
#200233DV-I1 \$125.95: DVD, web guide.



Gender and Communication: Styles & Stereotypes

Grades 9-Adult 2009 CC 21 min
TELLY AWARD WINNER
The moment someone declares, "It's a boy!" or "It's a girl!" the biological make up of that child isn't the only thing established - a process of gendering begins and continues throughout that person's life. One aspect of that process is how we learn to communicate. Based on the premise that males and females learn different ways to relate, this program investigates how communication styles fall onto a continuum of what society deems as masculine and feminine and what it means to deviate from the norm.
#200230DV-I1 \$125.95: DVD, web guide.

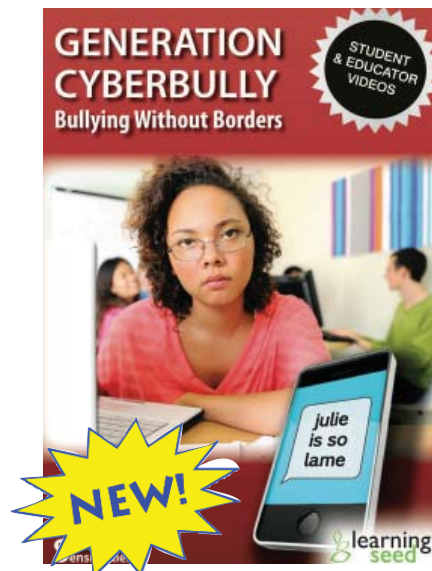


Body Language 1: Beyond Words

Grades 9-Adult 2008 CC 25 min
This program is an informative look into the fascinating world of nonverbal communication. Body Language I guides viewers through the land of space wars, tongue showing, mirrored postures and the many layers that make up unspoken communication.
#200210DV-I1 \$125.95: DVD, web guide.

Body Language II: Reading People

Grades 9-Adult 2008 CC 18 min
This program provides valuable information about interpreting body language by presenting fun, easy to understand and real life examples. If your students apply this information and do some intelligent people watching, they'll see a whole new world of communication they may never have noticed.
#200211DV-I1 \$125.95: DVD, web guide.



SOCIAL SENSIBILITIES AT SCHOOL SERIES

Each DVD in this series includes TWO videos about teen social issues - a classroom program for students, and a professional development program for educators.

Sexual Harassment at School: Hostile Environments

Grades 7-12 2010 CC 41 min

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-I1 \$165.95: DVD

Includes Printable Handout for Parents

The Realities of Sexting: You Can't Unsend

Grades 7-12 2010 CC 41 min

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-I1 \$165.95: DVD

Includes Printable Handout for Parents

Generation Cyberbullying: Bullying Without Borders

Grades 7-12 2010 CC 41 min

FOR STUDENTS - 28 min.

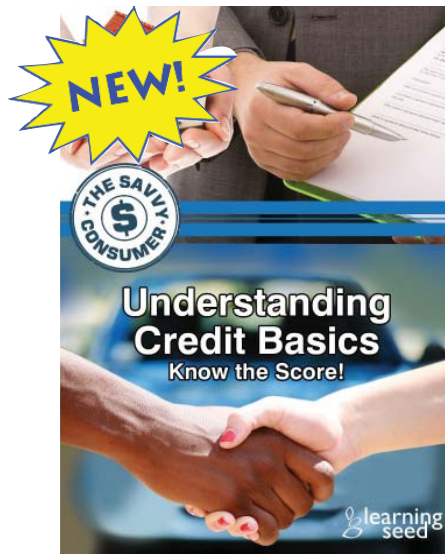
What is cyberbullying and how is it different than regular bullying? What should students do if it happens to them, or someone they know? Learn why bullies do what they do, and hear a social media expert discuss the effects of cyberbullying.

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-I1 \$165.95: DVD

Includes Printable Handout for Parents



THE SAVVY CONSUMER DVD SERIES

These new videos feature essential vocabulary, practical guidance, and review segments to reinforce student understanding. An comprehensive online teaching guide is available for each video.

Using Credit Cards Wisely: Take Charge!

Grades 9-12 2010 CC 29 min

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-I1 \$125.95: DVD, web guide.

Understanding Credit Basics: Know the Score!

Grades 9-12 2010 CC 29 min

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.

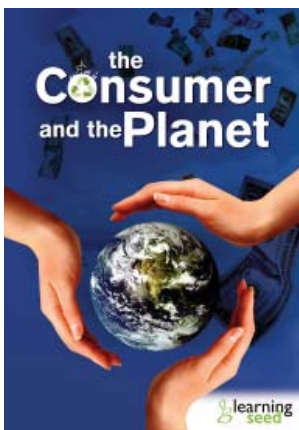
#200268DV-I1 \$125.95: DVD, web guide.

Know Your Consumer Rights (and Responsibilities)

Grades 9-12 2010 CC 29 min

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-I1 \$125.95: DVD, web guide.

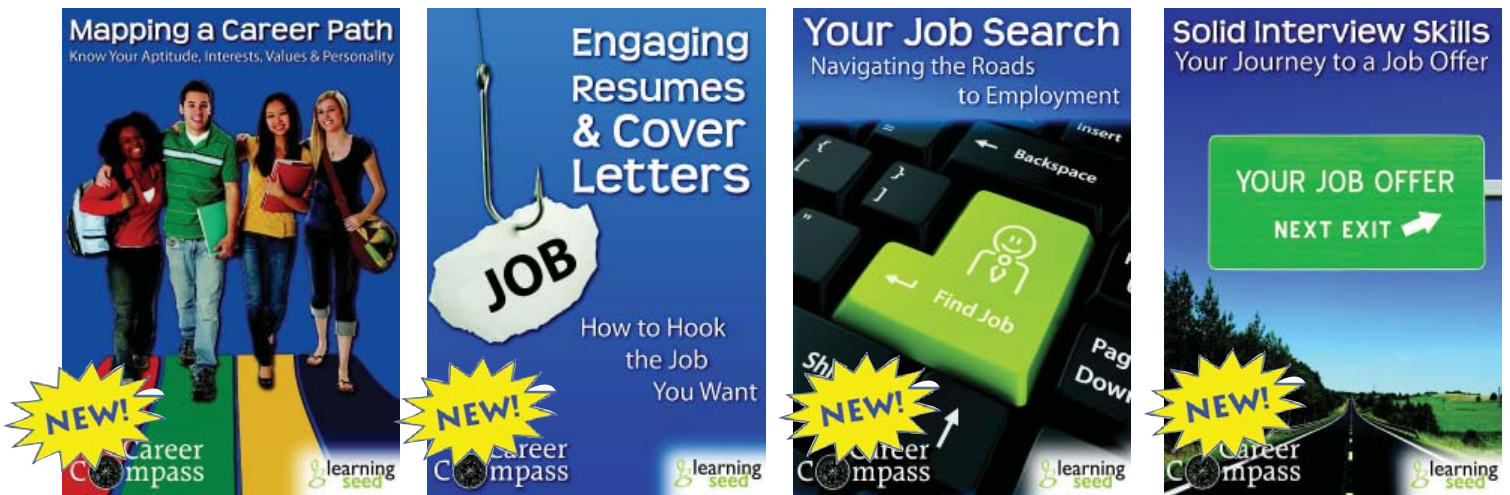


The Consumer & The Planet

Grades 7-12 2009 CC 20 min

Learn how small, everyday actions can conserve energy sources, reduce your carbon footprint, and even save money in the process. This video deciphers "green" marketing claims and labels such as "ENERGY STAR," "DfE," renewable and sustainable. We illustrate eco-friendly ways to buy, prepare, store and dispose of food, and explore methods of saving water, reusing and recycling and trashing trash. Also learn about environmentally friendly clothing care, green pet care, and how to turn a drink of water into an act of kindness toward the planet.

#200229DV-I1 \$125.95: DVD, web guide.



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 9-Adult 2011 CC 29 min

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-I1 \$125.95: DVD, web guide.

Engaging Resumes and Cover Letters:

How to Hook the Job You Want

Grades 9-Adult 2011 CC 25 min

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 resumes and cover letters. Students learn how to make theirs stand out in a professional manner and how to present their skills creatively. Discover how to edit a resume and craft a cover letter for the specific job you're seeking.

#200276DV-I1 \$125.95: DVD, web guide.

Your Job Search:

Navigating the Paths to Employment

Grades 9-Adult 2011 CC 27 min

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-I1 \$125.95: DVD, web guide.

Solid Interview Skills:

Your Journey to a Job Offer

Grades 9-Adult 2011 CC 29 min

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.

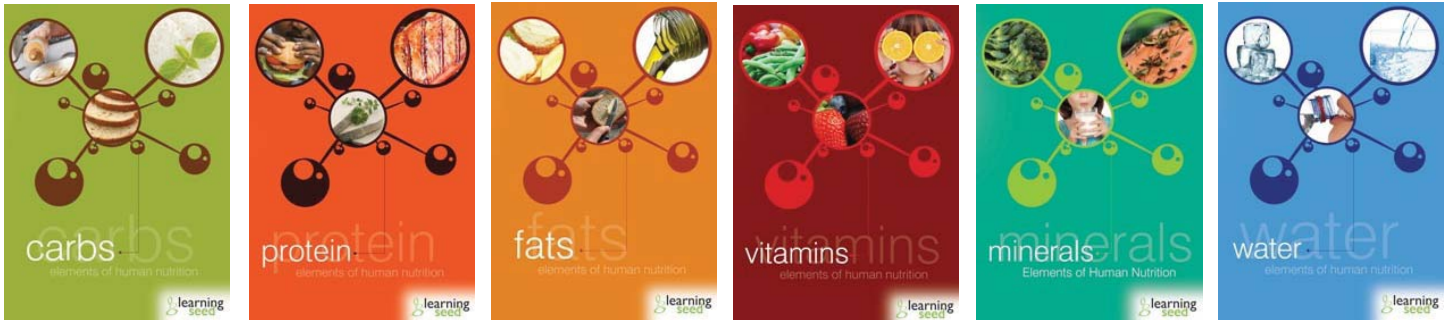
#200277DV-I1 \$125.95: DVD, web guide.

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Bestsellers!

ELEMENTS IN HUMAN NUTRITION DVD Series

Six bestselling and fully revised programs exploring the science and nutritional elements of food, their role in the human body, and their impact on our health.



Carbs in Human Nutrition

Grades 7-12 ©2009 CC 22 min

What are carbohydrates, and why do we need them? Learn how our bodies use carbs, how many we should eat each day, and which foods are healthier choices for carbs than others. Begin to understand the role of glucose, fructose, sucrose, lactose and other sugars in the diet. Learn why people who go on carb-reducing diets lose weight and why carbohydrates are a more efficient fuel than protein. Also, get important facts about blood sugar, insulin, diabetes, and the glycemic index.
#200218DV-1 \$125.95: DVD, web guide.

Proteins in Human Nutrition

Grades 7-12 ©2009 CC 22 min

Proteins help us see, contract our muscles, and clot blood. Our organs and immune system are made up of mostly protein. Learn the best dietary sources of protein and how our bodies use amino acids.
#200221DV-1 \$125.95: DVD, web guide.

Fats in Human Nutrition

Grades 7-12 ©2009 CC 22 min

We often think of fat as harmful, but it is actually very important to the body. It is equally important to learn the effects of fats on the body in order to maintain a healthy diet and lifestyle. Why is fat so important to a person's diet? Is all fat bad? Discover the importance of lipids to good nutrition, the differences between various kinds of fat, and how fats relate to vitamins, hormones, energy, and our nervous system. Understand the consequences of consuming certain foods, and how to maintain a healthy, balanced diet.
#200219DV-1 \$125.95: DVD, web guide.

Minerals in Human Nutrition

Grades 7-12 ©2009 CC 28 min

Minerals are more than squares on the periodic table; they're crucial to our health. Learn their names and functions, how they behave, and which foods are the best sources.
#200224DV-1 \$125.95: DVD, web guide.

Vitamins in Human Nutrition

Grades 7-12 ©2009 CC 25 min

Do you hear the word "vitamins" and envision pills? In fact, our main source of vitamins is the food that we eat. This video teaches the basics about these essentials to human nutrition. Learn what vitamins are, and how they keep us healthy. Get tips on the best ways to get all the vitamins you need. Explore the latest research about the dangers of "overdosing" on vitamins. Understand the signs of a vitamin shortage in your body. Discover whether vitamins can stop cancer, slow aging, or boost energy. And learn if we should take vitamins to counter stress, illness, or that "run down" feeling.
#200222DV-1 \$125.95: DVD, web guide.

Water in Human Nutrition

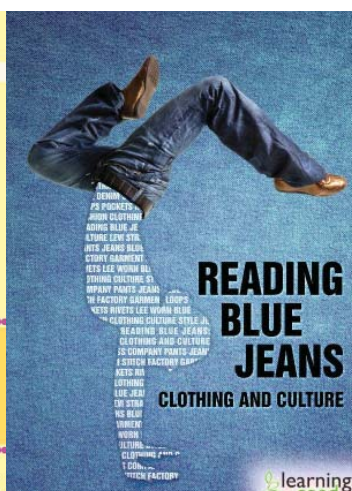
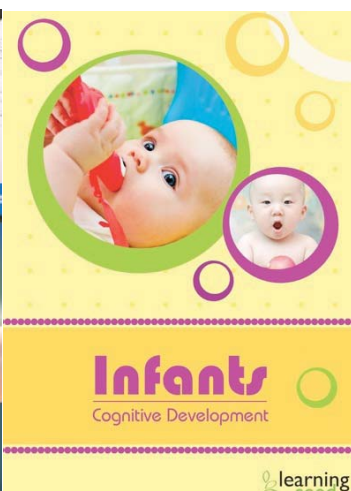
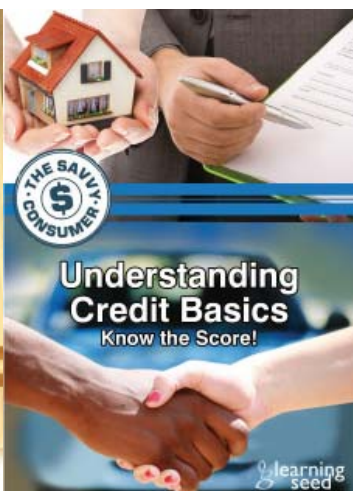
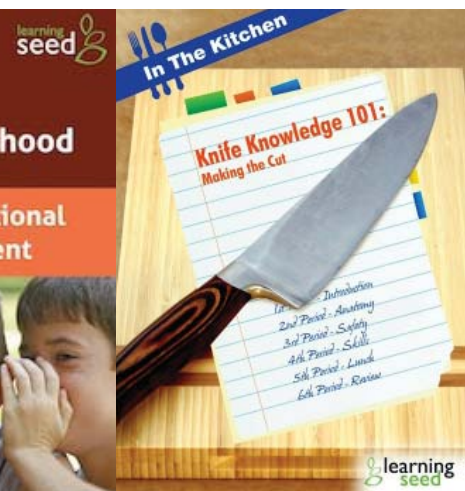
Grades 7-12 ©2009 CC 30 min

Learn what water does for the body, from cell structure and joint lubrication to body temperature regulation and vitamin dissolution. Understand potential problems, such as what dehydration is and can do, and what water contamination means to third world countries and disaster areas. Learn what concerns surround water alternatives like energy drinks and sodas. Get recommendations for water intake daily and during exercise, where we get our water, and health regulations for purity, filtrations and additives.
#200223DV-1 \$125.95: DVD, web guide.

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