



## **HIGH SCHOOL AND MIDDLE SCHOOL MEDIA CATALOG**



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# Texas Department of State Health Services Audiovisual Library High School and Middle School Media Catalog

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## Annotations

### **ABSTINENCE FIRST: TEEN BIRTH CONTROL DECISIONS (closed captioned) - DV0470**

DVD color 29 min. 2003 JrH-SrH

This DVD advocates abstinence as the best and safest choice for teens, but also goes on to describe the birth control choices that are available, including barrier methods, natural, chemical and surgical methods. Information is provided on the method's effectiveness, whether it prevents sexually transmitted infections, details on any important side effects, how it works and how it can be obtained. This program emphasize that both partners are responsible for all birth control decisions.

### **ACQUAINTANCE RAPE - DV0096**

DVD color 29 min. 2002 SrH-A

Most rapes are committed by people the victims know and trust. Many times, rape is only the beginning of the ordeal, as victims deal with anger, guilt, and the harsh judgments of society. Candid interviews present the stories behind three acquaintance rape cases. Viewers learn positive steps to take in reporting and recovering from acquaintance rape. They discover prevention tips, as well as common tactics used by rapists. In addition, the social climate surrounding acquaintance rape is explored, both by young women and young men. As the video ends, five victims of a serial rapist speak at his sentencing hearing. Their words touch on many strong emotions: fear of intimacy, lack of trust in others, and the pain of sharing their experiences with family members and husbands.

### **ADMINISTERING MEDICATIONS IN SCHOOLS (English/Spanish)(closed captioned) - DV0274**

DVD color 13 min. 2003 Professional

It is essential that each student gets the right medication, by the right route, at the right time. This DVD discusses the requirements regarding which students can receive medications in school and which staff can administer them.

### **ADMINISTERING MEDICATIONS TO STUDENTS: A HOW-TO (English/Spanish) (closed captioned) - DV0276**

DVD color 21 min. 2003 Professional

Administering medications can run from routine to emergency, and everything in between. This program covers the methods for administering the many different types of medications you might encounter. It covers medications taken by mouth as well as eye and ear drops, nasal sprays, topical medications, aerosols and gargles, transdermal patches, inhalers, EpiPens and Glucagon. The DVD contains training points, bonus material for refresher or training talks, and a customizable PowerPoint™ presentation (DVD-ROM drive required).

### **ANALYZING MEDIA INFLUENCES - DV0047**

DVD color 30 min. 2006 SrH

This DVD will help viewers understand the media's influence on the way they feel about themselves and the health choices they make.

### **ANGER WHO'S TO BLAME?**

#### **DVD-DV0150, VHS-7877**

color 17 min. 2003 JrH-SrH

This program helps teens discover that unacknowledged anger can cause depression, drug use, poor academic performance, and acting-out. Students discover that they are responsible for their own anger and how they choose to handle it. (SUNBUR)

### **AVOIDING THE TEEN PREGNANCY TRAP (closed captioned) - DV0520**

DVD color 18 min. 2008 JrH-SrH

Using a peer-to-peer approach, this program educates students about the risks of teenage pregnancy. A young mother describes how becoming pregnant changed her life. A teen father stresses that sexually active males must share the responsibility for preventing pregnancies. An abstinent teen shares her reasons for her choice. For those who aren't abstinent, the program emphasizes that knowing the facts and using contraception effectively and consistently greatly reduces the chances of a pregnancy.

### **BATTLING EATING DISORDERS (closed captioned) - DV0291**

DVD color 29 min. 2006 SrH-A

Anorexia and other eating disorders exert a frightening degree of control over millions of teenagers, especially young women. This program represents a powerful weapon in the battle against eating disorders, pinpointing their origins in body image and self-esteem issues, illustrating their grim consequences in crystal-clear terms, and offering students, parents, teachers, and counselors a rich source of information and support. Hosted by The Sopranos' Jamie-Lynn Sigler, herself a survivor of teenage anorexia, the video explains how to recognize eating disorders, how friends and loved ones should communicate their fears and concerns, and how those who suffer from these often fatal illnesses can find professional help.

### **BIRDS AND THE BEES AND ME FOR BOYS - DV0344**

DVD color 18 min. 2003 JrH

Birds, The Bees, and Me for Boys addresses all of the basics regarding puberty, sex, and childbirth. The program is presented by a young adult male. It includes information on male specific issues. There is also an emphasis on respecting girls and their bodies. This DVD is intended for an audience

of boys.

**BIRDS AND THE BEES AND ME FOR GIRLS - DV0345**

DVD color 18 min. 2003 JrH

This DVD addresses all of the basics regarding puberty, sex, and childbirth. The program is narrated by a young adult female. The program features animation and focuses on female specific issues. It is intended for an audience of girls.

**BIRTH CONTROL MYTHS AND METHODS (4th ed.) - DV0065**

DVD color 30 min. 2003 SrH-A

This DVD informs young adults about the many different methods of birth control and encourages them to practice safe sex. This program begins by reviewing the reproductive systems of both men and women and then provides viewers with information about modern birth control options. Through helpful vignettes and medical guidance, the program discusses the forms and functions of the major types of birth control: male and female barrier methods, monthly hormonal contraception, progestin-only methods, intrauterine contraception, sterilization, abstinence, and emergency contraception. This straightforward presentation empowers viewers to take control of their bodies and their futures.

**BLOODBORNE PATHOGENS IN SCHOOLS: THE FUNDAMENTALS (English/Spanish) – DV0581**

DVD color 14 min. 2010 A

Viewers will be able to identify the symptoms of three common bloodborne pathogens and trace how the three bloodborne pathogens spread. They will learn about proper hand hygiene and how to put standard precautions into place as well as how to respond to bleeding emergencies.

**BREAKFAST: MOST IMPORTANT MEAL OF THE DAY (closed captioned) - DV0106**

DVD color 21 min. 2003 SrH

Eating a healthy breakfast is the key to a productive day. Benefits include greater physical stamina, better concentration at school or work, and a more efficient metabolism. Breakfast is the meal most likely to be skipped by all age groups. This video brings home the importance of the day's first meal by exploring the numerous mental and physical benefits of a nutritious breakfast. Viewers will understand the relationship between eating and metabolism, specifically between breakfast and blood-sugar levels. The kinds of foods that best fuel the body in the morning are also listed.

**BUILDING SELF-ESTEEM – DD0256**

DVD color 27 min. 2009 JrH-SrH

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.

**BULLYING THERE'S ALWAYS A WAY OUT - DV0673**

DVD color 30 min. 2011 JrH-SrH

Junior High and High School students present real-life scenarios of bullying, including bullying through the internet,

texts and video. Difficult and distressing situations in a variety of settings are addressed, followed by both unproductive actions and resolutions that work. This program covers bullying from its painful beginning to its peaceful end.

**BUS PERSONS DISHWASHERS AND JANITOR SAFETY HOSPITALITY**

**English-DV0278; Spanish-DV0279**

DVD color 14 min. 2005 Adult

Hospitality workers encounter a significant amount of daily risk in their jobs. This program illustrates the correct procedures for avoiding back injury; cuts and burns; and slips and falls. Safe lifting techniques are demonstrated.

**BUZZ IN A BOTTLE: DANGERS OF CAFFEINE-SPIKED ENERGY DRINKS (closed captioned) – DV0558**

DVD color 17 min. 2010 A

This program describes the many physical effects that these concoctions have including dizziness, fainting, heart palpitations, caffeine poisoning, headaches, fatigue, diminished concentration, anxiety, insomnia, shaking, nausea, and high blood pressure. Even more alarming is the trend of mixing these beverages with alcohol, thus allowing users to drink more alcohol than they normally would and putting them at a greater risk for alcohol poisoning.

**CAGE THE RAGE - DV0292**

DVD color 23 min. 2007 JrH-SrH

The acronym C.A.G.E. stands for Calm down, Assess the situation, Gage the alternative, Empower yourself. By viewing this program, students will (1) see how to identify anger in themselves and those around them; (2) understand why mismanaged anger is so destructive; (3) discover how anger gets repressed, and the bodily and mental illnesses that may result from it; and (4) learn to release anger and express emotions in an acceptable and positive way using the C.A.G.E. method. Scenarios are included in which students model first unhealthy and then healthy behaviors. Candid interviews with experts and teens are also included.

**CHOICES IN CHILDBIRTH V. 3 - CESAREAN BIRTH - DV0074**

DVD color 22 min. 2002 SrH-A

This DVD follows one couple's unexpected cesarean birth from early labor through recovery. Animation is used instead of graphic surgery footage. An obstetrician shares additional valuable information, including reasons for the procedure, decision making with care providers, reducing the cesarean risk, and making a cesarean birth as fulfilling as possible. Cesarean surgery footage is included after the main program so that presenters can choose whether or not to show the graphic footage.

**CHOICES: THE GOOD, THE BAD, THE UGLY – DV0554**

DVD color 15 min. 2007 SrH

Three boys on the verge of manhood face the realities of being in relationships with the girls in their lives. This film, written by high school students, deal with the issues of passion,

pregnancy, peer pressures and STD's.

**COLD STRESS - DV0399**

1 DVD + 1 CD-Rom color 14 min. 2006 A

Hypothermia and frostbite can set in without warning and can happen in freezers, refrigerators, and underground. This DVD educates viewers on hypothermia and frostbite, their warning signs, and the safety measures to take before working in the cold.

**CONCEPTION TO BIRTH - DV0032**

DVD color 50 min. 2005 SrH-A

Profiles several couples as they embark on the journey from conception to birth. Viewers witness scenes from inside the womb a few hours after conception to labor and delivery. Includes animated graphics. Also includes brief scenes of female nudity.

**CONFESSIONS OF A GERM: THE PLAGUE - DV0218**

DVD color 51 min. 2002 SrH-A

This program covers the history of the plague. The differences between bubonic and pneumonic forms are explained and illustrated with dramatizations of plague victims and interviews with survivors. Centers for Disease Control and Prevention plague specialists Drs. Kenneth Gage and David Dennis discuss the battle in the American southwest to contain this pathogen. Dr Jen Alibek, former director of the Soviet bioweapons program, and other experts look at the threat of the plague's use in the future.

**CUTTING: ADDICTED TO SELF-INJURY - DV0667**

DVD color 11 min. 2006 A

Self-injury starts as a way of coping with emotional pain. But cutting, the habit of self-injury, is a sign of deep-seated anxiety. This DVD examines the behavior and explores how parents, friends, guidance counselors, and those who cut themselves can work together to stop it. It goes inside a support group for young women struggling with the habit, showing them engaging in group discussions, self-expression exercises, and role-play that helps them let go of negative emotions and confront their behavior.

**CYBER BULLYING REAL LIFE TEENS – DV0632**

DVD color 18 min. 2008 SrH

Cyber-bullying is any form of harassment that occurs via the Internet. This program explains why teens cyber-bully, what can be done about it and how bullies can be stopped. It deals with forums, chat rooms, and help for victims of bullying.

**DEALING WITH ASTHMA DIABETES AND EPILEPSY IN SCHOOLS (English/Spanish) (closed captioned) - DV0116**

DVD color 15 min. 2001 A, Professional

This DVD covers three common medical conditions and how to help students deal with them, both day to day and in emergencies. Viewers will learn how to recognize an episode and possible triggers of asthma. They will learn the symptoms of high and low blood sugar of diabetes and what to do in each case. The physical signs of a seizure are shown. The

difference between a complete epileptic seizure and a partial epileptic seizure is explained. The importance of regarding these medical conditions as a normal part of life and leading by example are emphasized.

**DON'T CHOKE: THE HEIMLICH MANEUVER - DV0105**

DVD color 22 min. 2005 SrH

When someone is choking, you have only four to six minutes to save that person's life. The Heimlich Maneuver quickly dislodges objects from the windpipe. This simple maneuver can also be performed on drowning victims and on people who are having asthma attacks. Learn how to perform the Heimlich on children and on yourself.

**DRIVER SAFETY BEGINS WITH ATTITUDE - DV0172**

DVD color 7 min. 2004 A

Safe driving begins with a good attitude. Improve your driving skills by learning to control negative emotions when you're behind the wheel.

**DRIVING SAFELY REASON ON THE ROAD - DV0269**

DVD color 16 min. 2000 SrH-A

Viewers witness common driving behaviors like tailgating, not using turn signals, cutting cars off, and other inconsiderate behavior, from inside as well as outside the car. Not only do viewers see how dangerous such behavior can be, but experts give insight into how some incidents can escalate into violence. The SAFE process is explained and demonstrated: Scan, Anticipate, Figure, Execute. This is an excellent perspective for all new drivers and a good refresher for experienced ones.

**DRIVING TACTICS BASIC DRIVING SKILLS - DV0271**

DVD color 21 min. 2005 SrH-A

Can you operate 3,000 pounds of heavy machinery powered by continuous explosions? You must be able to, if you want to drive a car. NASCAR star David Reutimann explains the basics of automobile control in this DVD, guiding students from their first time behind the wheel to the essentials of driving and parking on public streets. Highlighting mental as well as physical preparation, the program covers starting up, accelerating, braking, shifting, steering, turning, and all the steps that go into safely handling a vehicle. Students will also learn the fundamental rules of the road, including how to read signs, signals, and surface markings.

**DRIVING TACTICS DEFENSIVE DRIVING - DV0272**

DVD color 21 min. 2005 SrH-A

What's the most important factor to consider when driving? Visibility? Engine performance? No...it's other drivers. In this DVD, NASCAR driver David Reutimann focuses on defensive driving, the cornerstone of safe vehicle operation. Underscoring the danger of making assumptions when behind the wheel, the program stresses preparing for the worst possible events and circumstances. It illustrates three solid principles of defensive driving: Give Yourself Space, Anticipate, and Know Your Options. Issues concerning drunk

driving, tailgating, finding escape routes out of dangerous situations, and proper behavior at the scene of an accident are also covered.

### **DRUGGED DRIVING: THE ROAD TO DISASTER**

**(closed captioned) - DV0468**

DVD color 25 min. 2008 SrH

ER doctors and police investigators specially trained to recognize drug-impaired driving present a hard, on-the-scene look at how drugs impact driver alertness, reflexes and perception skills. A prosecutor specializing in DUI cases explains the legal consequences following a drugged driving crash. Finally, a mother recreates the tragic story of how her daughter died in a drugged driving crash caused by marijuana smoking. Viewers get a comprehensive view of the devastating effects of drugged driving on teens, their families and their communities.

### **EATING FOR YOUR FUTURE - DV0021**

DVD color 46 min. 2005 JrH-SrH

Up to 100 tons of food and drink will pass through a person's digestive system during their lifetime. This video investigates the effects of nutrition and lifestyle choices on the quality of life. The program is divided into two parts. It shows how the choice of different foods can make a person healthier or sicker in the long run. The second part shows how a nutritious balanced diet can provide for a long and healthy life. Lesson plans and curriculum units are available online at [www.discoveryschool.com](http://www.discoveryschool.com)

### **ELEMENTS OF HUMAN NUTRITION: CARBS (closed captioned) - DV0492**

DVD color 21 min. 2009 SrH-A

Viewers learn how our bodies use carbs, how many we should eat each day, and which foods are healthier choices for carbs than others. They will begin to understand the role of glucose, fructose, sucrose, lactose and other sugars in the diet and learn why people who go on carb-reducing diets lose weight and why carbohydrates are a more efficient fuel than protein. This program reviews important facts about blood sugar, insulin, diabetes, and the glycemic index.

### **ELEMENTS OF HUMAN NUTRITION: FATS (closed captioned) - DV0496**

DVD color 27 min. 2009 SrH

This program details the effects of fats on the body and distinguishes between good fats and bad fats and how fats relate to vitamins, hormones, energy, and our nervous system.

### **ELEMENTS OF HUMAN NUTRITION: MINERALS: (closed captioned) - DV0494**

DVD color 27 min. 2009 SrH-A

Viewers will learn the names and functions of minerals, and which foods are the best sources to ensure proper nutrition. This program explains the difference between vitamins and minerals and why calcium makes bones stronger.

### **ELEMENTS OF HUMAN NUTRITION: PROTEIN (closed captioned) - DV0493**

DVD color 21 min. 2009 SrH-A

Proteins help us see, contract our muscles, and clot blood. This program teaches us what a protein is and the foods that provide it, how our bodies process protein, the difference between high and low quality proteins, and the recommended intakes of this essential nutrient.

### **ELEMENTS OF NUTRITION: VITAMINS (closed captioned) - DV0495**

DVD color 25 min. 2009 SrH-A

Viewers learn what vitamins are, and how they keep us healthy. They also learn about vitamin overdose and vitamin shortages.

### **ELEMENTS OF HUMAN NUTRITION: WATER (closed captioned) - DV0497**

DVD color 30 min. 2009 SrH

This program explains dehydration and what water contamination means to third world countries and disaster areas. It contrasts the benefits of drinking water with sodas and sport drinks while providing recommendations for daily water intake.

### **EVERYTHING YOU NEED TO KNOW ABOUT SUBSTANCE ABUSE IN 22 MINUTES (closed captioned) - DV0324**

DVD color 22 min. 2003 SrH-A

Users of drugs like alcohol, marijuana and Ecstasy are risking their future and their lives. This DVD bombards teens with plain facts that are indisputable: alcohol damages the growing adolescent brain, marijuana can cause cancer, methamphetamine is one of the most addictive substances on earth, one huff from an inhalant can result in sudden death and more. Substances covered are tobacco, alcohol, marijuana, inhalants, stimulants, club drugs and performance-enhancing drugs.

### **FIRE EXTINGUISHERS SAFE USE - DV0173**

DVD color 7 min. 2002 A

Portable fire extinguishers, when used properly, can minimize personal and property damage if a fire occurs. Knowing when and how to use a fire extinguisher is one key to fire safety.

### **FIRST AID AND CPR - DV0112**

DVD color 63 min. 2005 SrH

This DVD provides viewers with the knowledge and skills they would need in order to make a difference in a crisis that calls for first aid or CPR.

### **FIRST AID FOR BLEEDING - DV0174**

DVD color 7 min. 2004 A

With a severe wound, a victim can bleed to death in a matter of minutes. This DVD helps viewers learn to help control bleeding with basic first aid procedures.

### **FOOD LABELS MISLEADING DUE TO MISREADING - DV0301**

DVD color 5 min. 2005 SrH-A

Does anyone really eat a sliver of a muffin or a fraction of a

pickle? In this brief ABC News segment, John Stossel blasts counterintuitive food labels that calculate fat, carbs, sodium, and other essential nutritional information based on a serving size that is unrealistically smaller than the unit size.

**FOODBORNE ILLNESS - DV0097**

DVD color 24 min. 2006 SrH-A

This DVD is intended for the household consumer. No one wants a burger with a side of salmonella or a taco topped with E. coli, but that's what you can get when food isn't prepared correctly. This video describes common and serious food-borne illnesses, how they're spread, and how they can be prevented through careful food handling and proper food preparation. Salmonella, Campylobacter jejuni, Escherichia coli, and shigella are discussed, along with botulism, listeriosis, and viruses like hepatitis A. Tips for selecting safe food at the store and the optimal temperatures for cooking meats and eggs are covered. The primary audience for this DVD is teenagers.

**FOODBORNE ILLNESS PREVENTION  
(English/Spanish) (closed captioned) - DV0486**

DVD color 21min. 2007 A

This DVD program is set in a school cafeteria and covers the HACCP food safety plan directed by USDA. It explains flow diagrams, documenting hazards, monitoring procedures and corrective actions as well as proper cleaning, sanitation and recording techniques. It also reviews standard operating procedures recommended by the USDA and HACCP.

**FROM AN OBJECTIVE POINT OF VIEW – DV0552**

DVD color 10 min. 2001 SrH

Two female best friends make a pact not to have sex without consulting each other. Will they both keep their agreement? This film written by teenagers looks at a teenage girl's decision to postpone sex.

**FROM DEPRESSION TO DISCOVERY: A  
TEENAGER'S GUIDEBOOK (closed captioned) -  
DV0351**

DVD color 25 min. 2005 SrH-A

This program shatters common misconceptions about depression, helping young viewers recognize its outward and internal symptoms. Forms of treatment are explored. Interviews with teens living successfully with the disease are supplemented by commentary from a psychologist.

**GET A WINNING ATTITUDE - DV0519**

DVD color 21 min. 2003 JrH

Follow the stories of four middle-school students as they discover what it takes to overcome self-doubt and lack of confidence to meet the challenges in their lives. The characters in these dramatizations learn about visualization, having realistic expectations, working hard and having a positive attitude.

**GETTING READY FOR DISASTER (English/Spanish)  
(closed captioned) - DV0222**

DVD color 39 min. 2005 SrH-A

This program explains how to make a disaster plan and create a disaster supply kit. The needs of people with disabilities during an emergency evacuation are covered along with how to help children cope with a disaster.

**GOSSIPING, TAUNTING, AND BULLYING: IT'S ALL  
HARASSMENT**

**DVD-DV0151, VHS-7878**

color 24 min. 2001 JrH

This program answers questions about harassment, how it makes kids feel and the best ways to handle it. With the encouragement of a school counselor, young people share their own experiences coping with bullying, taunting and teasing. They view and react to dramatic vignettes that show realistic situations of harassment. Advice is given to students about what they can do to handle these difficult situations.

**HANDWASHING FOR SCHOOLS: A CLEAN  
DEFENSE (English/Spanish) - DV0488**

DVD color 12 min. 2006 Adult

This program shows how to protect yourself and others through proper hand washing procedures. It stresses the importance of hand washing, the proper water temperature, friction rub and preventing the spread of infection. Bonus features include an expanded leader's guide and a customizable PowerPoint® presentation (DVD-ROM drive required for PowerPoint).

**HEALTHY STEPS FOR TEEN PARENTS: PRENATAL  
CARE - DV0073**

DVD color 25 min. 2001 SrH

Teen parents will learn what to expect physically, the importance of regular check-ups and proper diet and exercise. They will learn how to gather support to help with emotional stress and about the harmful effects of alcohol, drugs and smoking. The importance of staying in school is also discussed.

**HEPATITIS B (closed captioned) - DV0211**

DVD color 15 min. 2003 JrH-A

More than 80,000 North Americans will contract Hepatitis B in any given year and 5,000 will die from this STD due to chronic liver disease. Viewers learn how the virus is spread and how immunization can protect them over their lifetime. This DVD details the risk factors for acquiring Hepatitis B which are the same as other STDs. The unique risk factors associated only with the hepatitis B virus are also explained.

**HOW MUCH SHOULD I EAT (closed captioned) -  
DV0227**

DVD color 21 min. 2007 SrH-A

We live in a super-sized world. Our perception of what is an appropriate serving of food is distorted. How much we eat threatens our health. This program helps viewers develop portion awareness so that they take control of their own nutrition. Viewers will learn to replace super sized meals with appropriate ones.

**HUMAN REPRODUCTIVE SYSTEM - DV0103**

DVD color 22 min. 2004 SrH

When humans are born, all of the parts of the reproductive systems are in place, but we are not able to reproduce until puberty causes our bodies to undergo drastic changes. Viewers will learn about GnRH, the hormone that initiates these changes, and understand why puberty happens to some people at nine and to others at fifteen. The names of the various parts of the male and female reproductive systems are explained. This DVD shows what the individual organs look like and where they are located. The functions of each organ in the reproductive system are explained.

**IF IT HAPPENS TO YOU: DEALING WITH ABUSE - DV0406**

DVD color 20 min. 2006 I

This program talks to upper elementary-aged children about abuse. Sensitive, age-appropriate scenarios explore three types of abuse: physical, verbal and sexual as seen through the eyes of children. Viewers learn that victims of abuse are not responsible for causing it. They must tell an adult they trust what is happening and continue on telling until someone takes action to stop it. Whether it's a father who gets angry and physically hurts a child, a grown-up who uses words to continually make a youngster feel worthless or a person who touches the private parts of a child's body, this program will encourage and empower youngsters who are the victims of abuse to speak up and get help.

**JOSHUA AND THE BLOB – DV0584**

DVD color 14 min. 2006 El-A

This wordless animated program deals with the effect of external influences on a person's thoughts and behavior by telling about a person who reacts in various ways to a creature he does not understand. It shows that as his knowledge increases, his behavior is more effective and his reactions more positive.

**JUNK FOOD WARS (closed captioned) - DV0108**

DVD color 30 min. 2005 SrH

This program shows how to defend against the dangers of junk food. Discussions and dramatizations provide information on the new 2005 food pyramid, the different kinds of fats and sugars, how to read ingredients labels, and how to control what foods are available. Commentary from nutrition and food policy experts reinforces the message. This program also sheds light on junk food packaging and advertising tactics.

**LEARNING TO LIKE YOURSELF - DV0049**

DVD color 30 min. 2006 SrH

Most teenagers have something they would like to change about themselves. This program encourages them to accept themselves.

**LISTEN SMART: SAFELY HANDLING THE POWER OF SOUND (closed captioned) - DV0163**

DVD color 15 min. 2003 JrH-SrH

This program features interviews with musicians as they talk about the kinds of long-term hearing damage that can occur when music and other sounds are played too loudly. Students

are given a detailed look at the mechanics of sound as well as a description of how the human ear works. Viewers are offered the tools necessary to understand why high-decibel sounds can create such unintended havoc on the body. This DVD will help students discover how they can make better choices in their auditory "consumption." It includes tips on hearing protection, information on the short-term and long-term effects of noise exposure and advice from music professionals.

**MANAGING TYPE 2 DIABETES - DV0015**

DVD color 20 min. 2005 JrH-SrH

Defines what type 2 diabetes is and the five parts of a treatment plan. Takes young viewers through the steps that will keep them feeling better and on the road to self-managing their diabetes. Teens with diabetes, ages 11-18, share their healthy food selections and snacking tips. Encourages young people with diabetes to find exercises they enjoy and incorporate them into their busy teen life. Viewers are also encouraged to educate themselves about type 2 diabetes, monitor their blood glucose regularly and take medications as prescribed.

**MARIJUANA PAPERS: RESEARCH UPDATE - DV0368**

DVD color 20 min. 2004 SrH

This program reveals scientific research about how marijuana changes the adolescent brain, impairs the brain's ability to perform complex tasks, lowers the body's immune system and can become powerfully addictive. (HRM)

**MOVING FORWARD - DV0014**

DVD color 12 min. 2005 JrH-SrH

This motivational video lets young patients, ages 11 to 18, know that they are not alone with their condition. Teens share that type 2 diabetes means neither a death sentence nor a boring life of forbidden foods, limited activities, and over-protective parents. Sends a positive message that they are in control of their bodies, their health and their future. Helps young people with type 2 diabetes start a new life of healthy eating and increased activity where they are in charge of their choices.

**MY PLATE, MY HEALTH (closed captioned) - DV0682**

DVD 23 min 2011 SrH

The U.S. government has issued a new set of Dietary Guidelines as well as a brand-new visual icon, MyPlate, which replaces the old MyPyramid. This DVD helps viewers recognize how to develop a healthy lifestyle that combines sensible eating with regular exercise.

**NUTRIENT BASICS - DV0338**

DVD color 15 min. 2005 JrH-SrH

A group of teenage actors plays the nutrient team. The nutrient team had spent weeks getting ready for their presentation. It was a competition, and the winner would be on the school's health education team. Now they find out that most of the nutrient exhibit is missing. Viewers can follow along as the team searches for their missing nutrients. Learn how they solve the mystery and at the same time explain how protein,

vitamins, minerals, carbohydrates, fat and water work to keep us healthy.

**NUTRIENTS: THEIR INTERACTIONS (closed captioned) - DV0107**

DVD color 21 min. 2004 SrH

This video takes a scientific look at dietary nutrients, explaining what they are, why the body needs them, and how they work with each other to produce energy, stimulate growth, repair and maintain hard and soft tissues, and regulate bodily processes. Metabolism, energy yield from different food types, the composition and role of blood, key vitamins and minerals, dietary fiber, and recommended daily allowances are only a few of the topics covered in this detailed overview of the biochemistry of nutrition. The impact of nutritional deficiencies on short- and long-term health is also discussed.

**OPEN ARMS OPEN EYES: POWER CONTROL AND ABUSE IN TEEN RELATIONSHIPS (closed captioned)- DV0559**

DVD color 27 min. 2010 A

This program dramatizes specific issues of power and control among teens, to help them spot the signs and avoid the corrosive effects of abusive relationships.

**PERSONAL SAFETY: MUGGINGS AND CARJACKINGS - DV0024**

DVD color 20 min. 2003 SrH, A

Two law enforcement officers present practical strategies that help people take control of their own safety – on the street, in a parking lot, in a vehicle. The simple techniques shown will increase awareness and confidence, help to avoid attacks, and to survive the incident if accosted.

**PLAYING IT SAFE - DV0099**

DVD color 30 min. 2006 SrH

This program covers the prevention of injuries and infection. Sports injuries, driving accidents and the risk of using Internet chat rooms are explored. Viewers are cautioned about the risk of infection posed by everyday activities. They are urged to protect themselves by using common sense. Common sense measures include the proper use of any contact lenses, hand washing, getting vaccinated against disease and keeping athletic equipment and exercise areas clean. Viewers are shown the dangers of body piercing. A teenager who suffered from meningitis and another teenager who had an infection caused by E. coli bacteria are briefly profiled.

**POWER OF CONFLICT RESOLUTION DVD-DV0153, VHS-7880**

color 16 min. 2005 JrH-SrH

This program shows students that they have the power to resolve conflicts peacefully by learning about and understanding their communication styles.

**PREVENTING SKIN CANCER - DV0104**

DVD color 24 min. 2004 SrH

Some still believe a tan symbolizes good health. This DVD

makes viewers aware of the negative effects of exposing skin to ultraviolet rays. Viewers will learn about the various kinds of skin cancer and see how they can protect themselves from cancer.

**REALITY MATTERS: BECOMING AN ADULT - DV0018**

DVD color 24 min. 2004 JrH-SrH

Adulthood is known for its responsibilities, one of them is having children. Shows that there are many responsibilities involved in having and rearing a child. These responsibilities are magnified when teens have babies. This program explores how adolescence is the entry into adulthood, along with the many pitfalls for those who try to grow too fast. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>

**REALITY MATTERS: BIG DECISIONS - DV0008**

DVD color 24 min. 2004 JrH-SrH

Everyday, teenagers are faced with millions of choices regarding, their health, relationships, and life goals. This program focuses on the decisions kids make every day and highlights methods geared toward making the best ones possible. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>

**REALITY MATTERS: CRUEL SCHOOLS - DV0009**

DVD color 24 min. 2004 JrH-SrH

Taunting, teasing and the playground brawls used to be considered child's play. The schoolyard bully was just another rite of passage in adolescent life. Now, times have changed. From events such as Littleton, Colorado, students and experts say bullying is the first step in a continuum of school violence that can escalate to murder. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>

**REALITY MATTERS: DEADLY DESIRES - DV0017**

DVD color 24 min. 2004 JrH-SrH

One in three teenagers have had sex by age 16; two in three by 18. According to researchers, a quarter of those sexually active teenagers will contract a sexually transmitted disease. Today, in America, most people living with HIV were infected as teenagers. While most kids know about AIDS, STD's and prevention, statistics show that many are ignoring what they've learned. This program will explore the reasons why. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>

**REALITY MATTERS: EXTREME MEASURES - DV0011**

DVD color 24 min. 2004 JrH-SrH

In a country obsessed with the perfect body, the pressure starts early. Once just thought to be an issue for adolescent girls, the desire to have a beautiful body is affecting kids as young as seven, and has even moved to boy's locker rooms across the country. This program explores the harmful consequences. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com> . (DI

**REALITY MATTERS: FAMILY AND FRIENDS - DV0019**

DVD color 24 min. 2004 JrH-SrH

Some of the most important relationships that we develop are with friends and family. In our families we learn how to accept and receive love — or not. What we learn at home we take to our intimate relationships outside the family. Our attitudes toward intimacy and sexuality owe a lot to what we see when growing up. The video explores ideas about close friendships, dating, and even sex and marriage. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>

**REALITY MATTERS: OBESITY AND NUTRITION - DV0050**

DVD color 30 min. 2005 JrH-SrH

Teenagers have always been drawn to junk food, but more than ever today's teens are suffering at the hands of less active lifestyles and unhealthy eating habits. This DVD explores America's culture of obesity and its contributing factors along with ways to help kids make healthy choices.

**REALITY MATTERS: RISKY BUSINESS - DV0010**

DVD color 24 min. 2004 JrH-SrH

With adolescence comes new independence, and the temptation to break the rules. Teenagers often believe that they are invincible. When they get a driver's license, it opens the door to a whole new world of risk-taking. Shows some of the devastating results that occur when kids take risks without fully considering the consequences. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>.

**REALITY MATTERS: SEXUAL PRESSURES - DV0012**

DVD color 24 min. 2004 JrH-SrH

Sexual harassment often begins in middle school and escalates through high school. Research indicates the best strategy to help kids is education. This program focuses on how teens and pre-teens learn to deal with the opposite sex. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>.

**REALITY MATTERS: STRESS AND ANXIETY - DV0048**

DVD color 30 min. 2005 JrH-SrH

This program looks at the stress teenagers are under and the specific issues that concern them. It examines the range of ways kids respond to peer pressure, academic stress, and terrorism. It also explores the coping mechanisms and the range of available treatments for anxiety, depression and grief.

**REALITY MATTERS: TAKING CARE OF ME - DV0013**

DVD color 24 min. 2004 JrH-SrH

Health is not just about physical bodies. Shows teens that what's on the inside is what will ultimately determine our happiness. This program will explore the many influences and experiences that shape an individual's emotional health, as well as specific tools for managing stress and maintaining a

positive self-image. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>

**RECOVERING FROM BAD EATING - DV0020**

DVD color 46 min. 2005 JrH-SrH

America has become the land of fast food and huge portions. More than 12 million people are obese, and millions more suffer from digestive disorders. Meet people determined to change eating habits and restore health. Includes two feature segments. The first, System Breakdown, examines how bad eating habits contribute to heartburn, acid reflux, and other digestive problems. The second, Drastic Measures, tracks one man's decision to undergo gastric bypass surgery after a lifetime of struggling with his weight. Lesson plans and curriculum units are available online at <http://www.discoveryschool.com>

**REFLECTIONS – DV0555**

DVD color 21 min. 2006 SrH

Three female best friends learn to take the risk of HIV/AIDS seriously as they navigate romantic relationships in an urban environment mired in economic strife, drugs, and limited options.

**RIDE SAFE, RIDE SMART - DV0676**

DVD 9 min. 2010 SrH-A

This safety program profiles two families; one who rides for recreation only, the other who uses their ATVs first for working on the farm, then as camping and trail riding machines. Both sets of parents lead by example, emphasizing riding an ATV that is right for your age, wearing proper protective gear and respecting the environment. They also recommend taking an ATV Rider Course.

**ROSE FOR LIVVY - DV0199**

DVD color 29 min. 2003 JrH-SrH

Livvy, a new lonely girl in town, ignores the advice of a teacher and pursues Internet chats with a stranger. The program shows how an innocent conversation can escalate into a dangerous encounter. Students are encouraged to follow Internet safety rules and actively protect themselves.

**SAFE LIFTING TECHNIQUES – DV0577**

DVD color 7 min. 2001 A

This program encourages workers to use smooth movements, lift by keeping objects close to the body and let their leg and not their back and stomach muscles do the work.

**SEVERE WEATHER ALERT: ARE YOU PREPARED? - DV0386**

DVD color 15 min. 2003 A

This program offers facts, tips and warnings that can help viewers survive serious weather emergencies. Topics include severe weather watches and warnings, thunderstorms, floods, tornadoes, emergency response plans and precautions. Viewers will learn what to do once a storm has passed.

**SEX AND CONSEQUENCES - DV0147**

DVD color 30 min. 2006 SrH

Focuses on teens who have chosen and made a commitment to abstinence. These teens discuss the reasons why they have made this commitment and how they resist the pressures to have sex. Also included are teens who have had sex and are now choosing to abstain. The consequences of sex are shown through the stories of several teen parents.

#### **SEX FACTS: TEENS AND STDS - DV0675**

DVD color 30 min. 2011 SrH

Viewers watch as high school students deal with having an STD. Real-life scenarios present male and female points of view through the initial discovery, the subsequent fear and embarrassment, the doctor's check-up, and the sexual partner confrontation. Realistic STD prevention methods are presented, while differences between birth control and STD inhibitors are identified.

#### **SEX SMART FOR TEENS - DV0071**

DVD color 88 min. 2003 SrH

This DVD contains 3 volumes: Abstinence (34 min.), Birth Control (27 min.) and Sexually Transmitted Infections (STIs)(27 min.). In the first volume, abstinence is presented as a healthy choice. In the second volume sexual activity and current birth control methods are explained in an entertaining format. Sexually transmitted infections are explained in the final volume. Teens learn how STIs are transmitted. The symptoms, consequences, prevalence of STIs are discussed.

#### **SEXTING: SEX PLUS TEXT EQUALS TROUBLE - DV0674**

DVD 30 min. 2011 JrH-SrH

Sexting is a combination of sex and text messaging. Junior High and High School students demonstrate the threat of texted sexually explicit or suggestive photographs, messages and videos. Real life scenarios are presented along with the resulting consequences affecting a teenager's personal, social and future life. Follow students through a variety of sexting situations stemming from careless fun to cyberbullying along with their painful effects.

#### **SILENT ON THE SIDELINES WHY WE IGNORE BULLYING**

**DVD-DV0154, VHS-7881**

color 24 min. 2004 JrH

Viewers will learn why bullying should not be tolerated by those who witness it. They will understand the reasons student often stay silent. Strategies are suggested to prevent bullying. The power of the group in combating bullying is explained. (SUNBUR)

#### **SNACK ATTACK - DV0295**

DVD color 24 min. 2006 SrH-A

Filmed at a high school that has implemented a healthy food vending program, this video explains why "junk food" is fittingly named and shows students how to balance their diets with nutritious snack alternatives. Information on obesity and other serious health problems is presented, with thorough coverage of the evils of trans fats and bad cholesterol. Viewers will also learn about the building blocks of healthy nutrition,

how to make sense of food labels, and how [www.mypyramid.gov](http://www.mypyramid.gov) can be used to plan a healthy snack counterattack. (MEC)

#### **STDS LIFETIME CONSEQUENCES - DV0420**

DVD color 20 min. 2006 JrH-SrH

This program offers straight talk about Sexually Transmitted Diseases (STDs) and the heavy price young people pay to have unprotected sex. A wide range of young people candidly express their attitudes about sex. Those who have contracted STDs share their physical and emotional pain. Candid conversations reveal common misconceptions about what "safe" sex is, and why risks are so often ignored. Communication with parents and peers is encouraged. A teacher's guide is printed inside the front cover. (CWK)

#### **STRAIGHT TALK: THE TRUTH ABOUT ALCOHOL AND SEX (closed captioned) - DV0560**

DVD color 18 min. 2010 SrH

Using a drama format combined with a documentary style, this program explores the all too common consequences of underage drinking and sexual misconduct. The program gives viewers an all-too-real glimpse at how alcohol clouds thinking, hinders decision-making skills and creates a dangerous atmosphere for making wise choices. (HRM)

#### **STRAIGHT TALK: THE TRUTH ABOUT STDS (closed captioned) - DV0538**

DVD color 18 min. 2009 SrH

Information on the six most common STDs today: HPV (genital warts), Chlamydia, HIV, Gonorrhea, Herpes and Hepatitis B. Students will learn the symptoms and complications of each disease as well as the latest treatment options, including a new vaccine for HPV. They will also understand how to prevent these infections by being informed and practicing safe sex. Program presents a strong message that abstinence is the only 100% guaranteed safeguard. (HRM)

#### **SUDDEN IMPACT: AFTER THE CRASH - DV0346**

DVD color 43 min. 2004 SrH-A

Drunk driving crashes: they happen every day, and when they do, the reporting on the nightly news goes something like this..."One dead, five injured in a car crash. Drunk driving suspected." This program, narrated by Tom Brokaw, goes behind the scenes of one such accident and describes what happens over the course of a year after the crash. Brokaw examines the emotional toll and the financial costs of drunk driving. This program reveals that the accident itself is just the beginning of an ever expanding series of events that affects far more than the original car crash.

#### **SURVIVING DISASTER: HOW TEXANS PREPARE (English/Spanish) (closed captioned) - DV0617**

DVD color Eng 53 min., Span 53 min. 2011 A

This program describes how to prepare for a disaster and shows stories of disaster survivors. Business owners, families, government officials and communities share their stories of preparation and rebuilding in the face of wildfires, flooding, tornadoes and hurricanes.

**TAKING THE SCARE OUT OF SCOLIOSIS / TAKING THE MYSTERY OUT OF SPINAL DEFORMITIES SCOLIOSIS SCREENING - DV0417**

DVD color 5 min.; 15 min 1998; 1990 Professional  
This DVD contains two programs. Program 1 Taking the Scare Out of Scoliosis prepares students to receive their annual spinal screening by demonstrating the screening performed by a nurse. Program 2 Taking the Mystery Out of Spinal Deformities Scoliosis Screening – Program 2 is intended for school nurses or others who will administer spinal screening. It shows conditions in boys and girls which indicate referral to a health professional.

**TEEN FILES FLIPPED: DATE RAPE ABUSIVE RELATIONSHIPS - DV0243**

DVD color 21 min. 2002 SrH-A  
In this program 17 year old Mario, who takes pride in seducing as many girls as possible, and 15 year old Debbie, who is drawn to possessive, potentially abusive boyfriends are given an unsettling look at the nature of unhealthy dating relationships.

**TEEN FILES FLIPPED: EATING DISORDERS - DV0022**

DVD color 21 min. 2002 JrH-SrH, A  
A sobering exploration of the tragic physiological, emotional and psychological effects of one teen's eating disorder and another teen's anabolic steroid use. The teens find themselves in situations that force them to come face-to-face with their own insecurities and the realities and consequences of a life centered around body image.

**TEEN FILES FLIPPED: SEXUAL RESPONSIBILITY - DV0023**

DVD color 21 min. 2001 JrH-SrH, A  
Two high school teens face the issues of AIDS and teen fatherhood as consequences of risky sexual behavior. Lauren and Paul confess that they had each engaged in unprotected sex with multiple partners -- without serious thought for the consequences. Now Lauren faces life and death with AIDS, and Paul confronts the responsibilities that come with fathering a child. The program is a dose of reality that provides an excellent basis for thought and discussion concerning the hazards inherent in risky sexual behavior.

**TEEN TRUTH: AN INSIDE LOOK AT DRUG AND ALCOHOL ABUSE (closed captioned) - DV0369**

DVD color 21 min. 2007 SrH  
This DVD weaves together footage of drug addicts in recovery, with teens who have casually experimented with drugs and alcohol. The program contrasts the addicts' life threatening addiction with the dangerous path that casual young drug users are pursuing.

**TEENS AND TANNING SUN SAFETY UPDATE - DV0347**

DVD color 16 min. 2005 JrH-SrH  
With skin cancer taking the lead as the fastest growing type of

cancer in the United States, it is increasingly important for students to be aware of the dangers of sun damage. A dermatologist explains different types of skin cancer, UVA and UVB rays, the dangers of tanning beds, and tips for being safe in the sun and getting that summer glow in a healthy way.

**TEENS WITH SICKLE CELL DISEASE - DV0193**

DVD color 14 min. 2002 A  
Thousands of children have sickle cell disease. Their pain can be excruciating, but the most painful thing they face is a lack of understanding by the people around them. Meet some of those teens and their doctors and social workers, and learn how awareness and support can help them lead more normal lives.

**TOBACCO AND DEATH PERFECT TOGETHER (closed captioned) - DV0325**

DVD color 28 min. 2006 SrH-A  
Documentary interviews of real people whose lives have been ravaged by tobacco use are intertwined with actual images of diseased lungs, damaged hearts, and various cancers to give viewers a true picture of the effects of tobacco. The program opens bleakly in a morgue and crosscuts with interviews of smokers dying from head and neck cancers, lung cancers and heart disease. Leading anti-tobacco experts weigh in with the latest statistics on morbidity and mortality rates, including the rising numbers of deaths of young adults due to tobacco use. This DVD takes a hard look at the devastating health issues caused by tobacco. A file of the Teacher's Resource Guide is available on the DVD. You must have a computer with a DVD-ROM and Adobe Acrobat Reader to access the guide. Right click on the DVD icon and the double click on the file titled "Teacher's Resource Book".

**TOOTHPASTE: A FILM ABOUT SEXUAL RESPONSIBILITY - DV0551**

DVD color 16 min. 2004 SrH  
This film was written by high school seniors from Mission, Texas. Two female best friends consider taking their relationships with their boyfriends to the next level. The decisions they make are as different as the outcomes. The two girls show that they are responsible enough to get protection, but their respective sexual encounters lead to decidedly different results.

**TOP TEN MYTHS ABOUT ALCOHOL AND DRUGS (closed captioned) - DV0326**

DVD color 20 min. 2007 SrH-A  
This program exposes the following myths about drugs: Everybody's doing it; I can stop when I feel like it; Beer isn't as bad as hard liquor; I can get high and still be in control; I can drive a car high on marijuana; Marijuana isn't harmful or addictive; Prescription drugs can't hurt me because they're legal; Drugs help relieve stress; Drugs and alcohol do not damage the brain; and Steroids do not damage the body. Each of these myths is rebutted with cold, hard facts, challenging teens to recognize harmful behaviors in themselves and others and to take full responsibility for their personal health and safety. A file of the accompanying Teacher's Resource Guide

is available on the DVD. To open the file you need to load the DVD onto a computer that has a DVD-ROM and Adobe Acrobat Reader. Right click on the DVD icon and then double click on the file titled "Teacher's Resource Book."

**TOTAL HEALTH: BECOMING PHYSICALLY FIT - DV0026**

DVD color 78 min. 1999 SrH

This DVD will get students excited about the long- and short-term benefits of physical fitness. Total Health is divided into three sections and illustrates the five main components of fitness. Part 1 Body Composition and Flexibility (27 min.) Part 2 Muscle Strength and Endurance (26 min.), and Part 3 Cardiovascular Endurance (25 min.). Viewers will get all the facts about how physical activity improves performance, reduces risk of debilitating diseases, and improves emotional well being. Each section in the program shows students how to measure their current state of fitness and provides a general program for achieving and maintaining a fit lifestyle.

**TOTALLY DISGUSTING TOBACCO GROSS OUT VIDEO (closed captioned) - DV0370**

DVD color 18 min. 2007 JrH

This program presents viewers with a graphic look at the reasons not to use tobacco products. Not for the fainthearted, this program's imagery will linger long in students' minds and remind them to never consider using tobacco products.

**UNDERSTANDING HIV AND AIDS (closed captioned) - DV0469**

DVD color 18 min. 2006 JrH

This program presents an age-appropriate review of the basic terms, definitions and biology of the HIV virus plus means of infection, treatment, and protection. It also sends a clear message that abstinence is the only 100% effective option for avoiding sexual transmission of the HIV virus.

**UNDERSTANDING VIRUSES - DV0145**

DVD color 55 min. 2006 JrH-SrH

Explains what a virus is and how it can affect different parts of the body. Using detailed animation demonstrates how a virus uses other cells to accomplish its goals. Discusses the history of viruses and the ongoing research to devise cures for the many different types including the common cold, flu, and HIV.

**WE'RE JUST AROUND THE CORNER - DV0643**

DVD color 15 min. 2011 I-JrH

This program is intended for a combined audience of 5th through 8th grade boys and girls. It presents information on the physical and emotional changes of puberty, the maturation of the male and female reproductive systems, conception, pregnancy, and fetal development. It also covers the importance of reliable information as vital to good decision making and the importance of good hygiene and healthy habits.

**WHAT SHOULD I DO? THE BASICS OF FIRST AID - DV0094**

DVD color 28 min. 2002 SrH-A

This DVD will prepare viewers to respond safely in emergency situations. Along with CPR and treating for shock, the program shows how to respond to minor injuries such as cuts, burns, sprains, and strains; how to recognize and care for heat and cold injuries; what to do in case of poisoning, bites, or stings; and how to pack a first aid kit with all the essential contents. Taken into consideration in developing the program were the national educational standards and the standards of the National Association for Sport & Physical Education.

**WHY DON'T WE DO IT IN OUR SLEEVES? (English/Spanish) (closed captioned) - DV0366**

DVD color 5 min. 2007 A

This short humorous program encourages people to cough and sneeze according to the infection control guidelines put forth by the Centers for Disease Control and Prevention.

**WHY WE EAT WHAT WE EAT - DV0113**

DVD color 14 min. 2005 JrH

This is a cultural diversity program that helps students understand how society and culture influence our choices and decisions of what we eat. Family, culture, friends, religion, emotions, lifestyles and advertising all influence what we eat. Multicultural students and a food expert present and discuss understanding food choices. The Texas Department of State Health Services does not endorse any particular brand or product.

# GENERAL INFORMATION

## Purpose

The Audiovisual Library is maintained for the specific purpose of furnishing agencies, organizations, and individuals with health education media that can be useful for public education, professional education, and school programs.

It is not possible to supply all the media needed for educational programs throughout the state. Health departments, schools, colleges, hospitals, and other organizations are urged to purchase media items for which there is frequent or regularly recurring use.

## Who May Borrow

Any responsible individual in Texas may borrow media from the collection. There is no charge other than payment of return mailing and insurance. Media from this library cannot be sent outside of Texas. To be eligible for library services, you must submit a signed Statement of Responsibility form (<http://www.dshs.state.tx.us/avlib/forms.shtm>) indicating that you have read and agree to abide by all the rules and regulations of the library and that you accept financial responsibility for the media you borrow. If you do not have this form on file, please complete it and mail or fax it to the library before you place your next order. Only one signed form is necessary.

## Types of Media

The types of media in the collection include VHS videocassettes, DVDs, CD-ROMs, audio CDs, books, and audiovisual models. Most of these are evaluated and acquired by the various units within the Texas Department of State Health Services. Items in the collection are for free loan only and are not available for sale.

## How to Order Media

When possible, borrowers should submit a written request for media. The Audiovisual Library provides a Media Order Blank (<http://www.dshs.state.tx.us/avlib/forms.shtm>) for this purpose. All of the information must be completed on the Media Order Blank. The order form must be signed.

The Audiovisual Library also accepts telephone requests between 7:30 a.m. and 5:00 p.m. Monday through Friday: (512) 776-7260, toll free: 1-888-963-7111 ext. 7260, or you may fax your order anytime to fax: (512) 776-7474 or e-mail to [avlibrary@dshs.state.tx.us](mailto:avlibrary@dshs.state.tx.us). For borrowers outside of Austin, orders should be received by the Audiovisual Library at least four days in advance of the show date. This requirement allows for processing and shipment.

Austin borrowers have two options to receive media. Programs may be picked up and returned at the Audiovisual Library in the Warehouse, Room 115, 1111 North Loop, Austin. Please call for specific directions for locating the library. If the items are available, they may be reserved and picked up during one visit. Programs may also be shipped. The borrower is responsible for payment of the return mailing and insurance.

The loan period is for a maximum of 10 days unless other special arrangements can be made. Unless the 10 days are specifically requested, media will be scheduled for five days.

Group together all items needed on the same dates. Include the catalog numbers for all items. Several items are available in different media formats, such as VHS videocassette and DVD. The catalog numbers distinguish the format and are very important.

Borrowers are limited to eight media titles for a given loan period in order to provide maximum access to the collection by the greatest number of borrowers. New clients may check out a maximum of three items on their first order.

Plan ahead and check your calendar before ordering. Reservations are accepted up to a year in advance of the show date. Do not schedule items to be received or returned on holidays or weekends. Unless you specify otherwise, any media requested but not available on the dates specified will be booked for the first available date or a similar title will be scheduled for the requested use dates. If you need to cancel these items, do so before the ship date indicated.

## **Order Confirmation**

Orders are confirmed in writing. Confirmation letters, e-mails or faxes list the titles available, the ship or pick-up date, the date the items must be returned, and the titles not available. Check this information carefully and telephone the Audiovisual Library before the scheduled ship date if any corrections are needed.

## **Copyright Restrictions**

Media in the collection cannot be duplicated or televised without prior written permission from the copyright owner. Media cannot be shown for commercial purposes, nor can an attendance fee be charged for their showing. Violations of federal copyright law will result in the immediate suspension of Audiovisual Library privileges and prosecution by the copyright owner can result in financial penalties and/or jail.

## **Borrower Responsibility**

Media may not be lent by the borrower to others. The borrower accepts responsibility for return shipping costs and for the prompt return of media items, loss or damage beyond repair, copyright compliance, and determining appropriate audiences.

Media items are in great demand so it is extremely important to return them on the scheduled date. Any borrower having three (3) late returns will have their Audiovisual Library privileges suspended. No further confirmed orders will be shipped to borrowers with materials still out that are two weeks or more late being returned. Willful failure to return borrowed media upon request will be viewed as theft of state property in violation of Section 31.03, Texas Penal Code, the conviction of which could, depending on value, result in a fine not to exceed \$500.00 (Class C Misdemeanor), to confinement up to 10 years and a fine up to \$10,000 (Third Degree Felony).

Items reserved for pick-up that are not picked up or canceled will be returned to stock and will count as a late penalty against the borrower's record.

The borrower is financially responsible for borrowed media until its return to the Audiovisual Library. Borrowers will be billed for any lost or damaged media.

## **Returning Media**

Return items on or before the scheduled return date. If you need to extend a reservation, telephone the Audiovisual Library at (512) 776-7260 and it will be extended once if there are no other reservations. Extensions should be kept to a minimum.

Borrowers in Austin return media items to the Audiovisual Library. An outdoor drop box is located near the Library entrance to return items after closing. Borrowers who had their programs shipped to them are responsible for payment for the return shipping costs and insurance.

Videocassettes should be rewound before return. A condition check is made after each circulation.

Return all supplemental printed material such as study guides with the media. Return all video cases. Such material not returned will cause borrowers to be billed for replacement or a late penalty will be assessed.

Pack media items in the same shipping containers (bubble envelopes or cardboard boxes) in which they were received. Return the packing list with the item and indicate usage and any condition problems. A return address label is provided.

Items will be shipped by Lone Star Overnight. You are not required to return them in the same manner but a traceable courier service (UPS, FedEx, Lone Star Overnight) is encouraged. Unless otherwise specified, insure each video or DVD for \$200; models should be insured for \$100 each; and books, CD-ROMs, and audio CDs should be insured for \$25 each. Shipments valued at over \$400 should be returned by UPS or similar courier service. Borrowers will be liable for returned uninsured shipments if lost in transit. The user assumes financial responsibility to the State of Texas should items requested be lost, stolen, or damaged from the date received until the materials are received in the Audiovisual Library.

## **Audiovisual Library Address and Office Hours**

*Physical Location:*

Audiovisual Library, Mail Code 1975  
Warehouse Bldg., Rm. 115,  
1111 North Loop Blvd., Austin

See Driving Directions at <http://www.dshs.state.tx.us/avlib/directions.shtm>

Phone: (512) 776-7260 Fax: (512) 776-7474  
Toll Free: (888) 963-7111 ext. 7260

Monday through Friday  
7:30 a.m. to 5:00 p.m.  
(except holidays)

*Lone Star Overnight/UPS/FedEx Return Mailing Address:*

Audiovisual Library, Mail Code 1975  
Texas Department of State Health Services  
1100 West 49th Street, Warehouse Bldg., Rm. 115  
Austin, TX 78756-3199

*Postal Service Return Mailing Address:*

Audiovisual Library, MC 1975  
Texas Department of State Health Services  
P.O. Box 149347  
Austin, TX 78714-9347

**ALL PROGRAMS ARE PROTECTED UNDER COPYRIGHT LAW AND MAY NOT  
BE DUPLICATED OR TELEVISED WITHOUT WRITTEN PERMISSION FROM THE  
COPYRIGHT OWNER.**

## SUBJECT INDEX/ANNOTATIONS INTRODUCTION

The SUBJECT INDEX is designed to assist you in quickly locating media on various health-related topics. Titles in the SUBJECT INDEX are arranged alphabetically. The media format and catalog number follows the title. For example:

SMOKING AND NUTRITION (DVD-DV0339)

### Media Format Key:

video - VHS video

DVD - digital video disk; a type of compact disc that holds far more information than CD-ROMs.

M - audiovisual model

B - book

AC - audio CD

K - kit

CD-ROM - Compact Disk - Read Only Memory - A computer storage medium which can store large amounts of information; generally used to distribute software or multi-media for use on computers with CD-ROM drives.

### Language Key:

Eng - English language

Span - Spanish language

Captioned Programs for the Hearing Impaired: In Subject Index see HEARING IMPAIRED.

Signed programs are narrated using American Sign Language.

Open-captioned programs have written text on the screen to indicate the narration.

Closed-captioned programs require the use of closed-captioned feature on your television set to access the written text of the narration.

## ANNOTATIONS

The annotations follow the subject index. The annotation entry includes the following:

TITLE - title number

format color or black & white length prod. date audience level

Description Distributor Code

Notice that the Distributor Code is provided on each audiovisual. A listing of vendors' addresses and phone numbers is available upon request. This information will be helpful for customers wishing to inquire about purchasing or duplicating copyrighted videos. The copyright holder, not DSHS, has videos available for purchase, and can discuss duplication rights.

### Audience Level Key:

K Preschool/Kindergarten

JrH Junior High

P Primary

SrH Senior High

El Elementary

A Adult

I Intermediate

Prof Professional



### STATEMENT OF RESPONSIBILITY

Materials in the Texas Department of State Health Services Audiovisual Library collection are inventoried state property. The person indicated on the media order blank as the Borrower assumes all responsibility for borrowed media. Borrower responsibility includes:

1. **Prompt return of materials by the scheduled date.** The borrower is responsible for return shipping costs. Any borrower having three (3) late returns will have their Audiovisual Library privileges suspended. No further confirmed orders will be shipped to borrowers with materials still out that are two weeks or more late being returned. Willful failure to return borrowed media upon request will be viewed as theft of state property in violation of Section 31.03, Texas Penal Code, the conviction of which could, depending on the value, result in a fine not to exceed \$500 (Class C Misdemeanor), to confinement up to 10 years and a fine up to \$10,000 (Third Degree Felony). Please return materials by U.S. Mail, UPS, or other insured carrier.
2. **Prompt pickup of scheduled materials by borrowers.** Scheduled materials not picked up on the pickup date will be returned to the Library on that date and will be charged the same as a late return.
3. **Replacement of lost or damaged materials.** Audiovisual Library personnel check all materials for damage after each use. Materials returned by mail should be insured. Unless otherwise specified, insure each VHS video or DVD for \$200; each model for \$100; and each book, CD-ROM, or audio CD for \$25. Shipments valued at over \$400 should be returned by UPS or similar courier service. Borrowers will be liable for returned uninsured shipments lost in transit. In the event of loss or damage beyond repair, the Audiovisual Library will invoice the borrower for the full replacement value of the materials or the cost of the repair expense. All materials that come in the shipment must be returned, including study guides and video or audio cases or borrowers will be billed for their replacement. A packing slip or card is enclosed with each shipment. This should be completed with the number of showings and viewers for each audiovisual item borrowed.
4. **Copyright compliance.** Borrowed materials cannot be duplicated or televised without prior written permission from the copyright owner. Audiovisuals cannot be shown for commercial purposes, nor can an attendance fee be charged for their showing. Violations of federal copyright law will result in the immediate suspension of Audiovisual Library borrowing privileges and prosecution by the copyright owner can result in financial penalties and/or jail.
5. **Preview prior to showing.** Borrowers are responsible for selecting media appropriate for their audiences. Media should be previewed prior to showing.
6. **Privacy notification.** With few exceptions, you have the right to request and be informed about information that the State of Texas collects about you. You are entitled to receive and review the information upon request. You also have the right to ask the state agency to correct any information that is determined to be incorrect. See <http://www.dshs.state.tx.us/policy/privacy.shtm> for more information about privacy notification. (Reference: Government Code, Section 552.021, 552.023, 559.003, and 559.004)

I acknowledge financial responsibility to the State of Texas should items borrowed be lost, stolen, or damaged from the date I receive the items until the materials have been received in the Library. I have read and agree to the terms in the Statement of Responsibility above.

Printed name		Fax number	
Organization		Business phone	Home phone
Address	City	County	Zip code
Signature required  SIGN HERE		E-mail address	Date

Please check any/all that apply to you or your organization.

**Department of Assistive and Rehabilitative Services Library**

Early Childhood Intervention

Rehabilitation Services

- ECI: Family
- ECI: Program
- ECI: State
- College/University
- Child Care Provider
- Early Head Start
- Rehabilitation Practitioner
- Person, Family, or Friend with Disability
- Other Agency

**Department of State Health Services Library**

- Public School
- Private School
- Other Educational Group
- Church or Religious Organization
- Community or Civic Group
- Department of State Health Services Employee (including regional offices and hospitals)
- Local Health Department
- Hospital
- Nursing Home
- Mental Health/Substance Abuse Organization
- Misc. Medical Group/EMS/Physician/Dentist/Home Health, etc.
- Prison/Detention Center
- Law Enforcement Agency
- Fire Department
- Other State Agency (not DSHS or DARS)
- Federal Government
- County Government/Other Regional Agencies
- City Government
- Private Business or Industry
- Individual



**MEDIA ORDER BLANK**

<input type="checkbox"/> CHECK BOX FOR CHANGE OF ADDRESS		User #
Borrower's Name		Fill in if known, otherwise leave blank
Organization		Business Phone (include area code)
Address (mailing)	City Zip	County
Address (physical)	City Zip	Home Phone (include area code)
If you supply us with your fax number and e-mail address, we will forward information on your orders electronically and send e-mails on new acquisitions.		
E-mail	Fax (include area code)	
<p>I acknowledge financial responsibility to the State of Texas should items requested below be lost, stolen or damaged from the date I receive the items until the materials have been received in the library. I understand that it is strongly recommended that items be insured on their return to the library and that, if I fail to do so, I will be charged the full replacement cost for all lost, stolen or damaged items. I have read and agree to the terms of the <a href="#">Statement of Responsibility</a>. <b>Privacy Notification:</b> With few exceptions, you have the right to request and be informed about information that the State of Texas collects about you. You are entitled to receive and review the information upon request. You also have the right to ask the state agency to correct any information that is determined to be incorrect. See <a href="http://www.dshs.state.tx.us/policy/privacy.shtm">http://www.dshs.state.tx.us/policy/privacy.shtm</a> for more information on Privacy Notification. (Reference: Government Code, Section 552.021, 552.023, 559.003 and 559.004)</p>		
Signature		Date

English media only? Yes No (circle)	Which media formats can you use? (circle all that apply)				
May we shift dates? Yes No (circle)	VHS video	DVD	audio CD	CD-ROM	model book

No.	Media Title	Catalog Number	Date to Receive	Date to Return
1	First choice			
	Alternate title or date			
2	First choice			
	Alternate title or date			
3	First choice			
	Alternate title or date			
4	First choice			
	Alternate title or date			
5	First choice			
	Alternate title or date			
6	First choice			
	Alternate title or date			
7	First choice			
	Alternate title or date			
8	First choice			
	Alternate title or date			