

BEST SELLER

NEWSLETTER 101

Canadian Learning Company™



“Cool, glamorous, and fun have been the lure of cigarette advertising for decades...”

— Krystal, 14 (above), smokes about a pack a day but now knows she must quit

SMOKING: Truth or Dare?

See and believe — like the teens in this video! Some were unimpressed by statistics. Some were sceptical. Some wanted to believe they were immune or lucky. Others didn't care. But all of them changed when they saw for themselves what it was doing to them and what it could do to them later.

See why tobacco is a drug: affecting the brain and oxygen levels throughout the body; causing disease; inflicting pain and suffering; destroying dreams; and killing — more people than AIDS, other drugs, car accidents, and murder *combined*.

Truth or Dare? Dare to see and believe the truth — for yourself.



Walter (left) comments on smoking — before and after him and his friends witness the autopsy of an emphysema victim

Before: “I understand the effects that smoking can have on the body; I understand it can affect you at a young age. I just live my life day by day and whatever happens, the ramifications, I will accept and deal with later. If I know that I've lived my life to the fullest doing something that I enjoy, then dying won't be a problem for me.”

After: “That was so gross! I'm sorry, that was just like the sickest thing I've ever seen before in my life. That could be my lung, you know. That could be me, my lung, on the table getting chopped up.”

Hosted by Leeza Gibbons, with appearances by Boyz II Men, Judd Hirsch, Jeff Bagwell, Christy Turlington, and others. Starring teens who decide to quit!

“Highlights” include:

- the autopsy of a smoker
- baseball players who chew
- physical differences between smoking and non-smoking twins
- computer simulations of the rapid aging process caused by smoking
- interviews with lifelong smokers who are paying the price
- a young mother's slow death from emphysema.

“Nothing worked until I saw this program.”

— Peg Sloane, two-pack-a-day smoker who finally quit

High School Health & Physical Education Curriculum
See the **RESOURCE CHECKLIST** on pages 8 & 9!



“I was diagnosed with cancer at 26. I ended up going through four surgeries. I lost a third of my tongue, half my jaw gone, nerve damage here in my neck, and even lost partial use of my throwing arm. I can't even throw a baseball anymore. . . The survival rate is almost non-existent with this type of cancer. By all rights, it should have killed me.”

— Rick Bender, with teenage tobacco-chewing ball players

Ages 12 & up, 29 minutes
~~Was \$275.00, now as low as~~
\$89.95 order 1-9298NL161
see order form details



NEW RELEASE

NEWSLETTER 161

Canadian Learning Company™



"What else do people do to try to look like this? — Diet, drugs, steroids..."

— Students see how unrealistic the idealized male and female bodies have become

The Truth About **BODY IMAGE**

The Teen Files Series

Follow eleven teens as they're forced to confront how popular ideas of "beauty" can damage young



"I was bulimic for seven years... I have seven caps and 11 root canals: when you throw up, your stomach acid comes up in your mouth (and) actually eats the enamel of your teeth. My bulimia started (when) someone at school told me that I was fat... I didn't think that it would take over seven years of my life... (But now) I eat three times a day, which is a very important thing to do."

— Model Magali Amedei (above left) talks with teens and does a fun fashion shoot with high school student Melissa

people physically and emotionally. Meet a retired pro football player who talks about steroids and sports. Also meet a professional model who battled bulimia ... and go behind the scenes to see how digital artists manipulate photographs to make models look thinner, taller and fuller in all the "right" places.

In a society where 50% of boys and 75% of girls are unhappy with their appearance, and where the rate of depression and suicide among teens is so high, this program is a must-see!

Purchase of this video includes free download of the accompanying **Discussion Guide** from our website. Note: this program is an extract from the video, **Surviving High School** (see p. 3).

"Cliques may divide a campus, but it's gender roles that begin the separation as teens struggle with what it means to be a boy and what it means to be a girl."

— Host Leeza Gibbons



"I feel better about myself when I weigh less. I don't know, it almost makes me feel good that I am doing harm to my body. I don't really know why. It's not just about food and losing weight. There are a lot of underlying issues ... like a lot of people need the control."

— Amanda speaks to a group of students. She weighs 32kg and has been hospitalized 18 times for anorexia



"We go into the bathroom in, like, a group and go: I'm going to throw up and then you could throw up and then she'll throw up... Appearance is so important to me. I wanted to be a model when I was little. And I was going to be in gymnastics and ice-skating. Those are all like pretty things — but for those things you gotta be small-figured."

— Alisha

Agnes 12 & up, 21 minutes
Was \$225.00
Now as low as \$89.95,
see order form details
Order 1-2560NL161

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NEW VIDEO RELEASE

NEWSLETTER 161

Canadian Learning Company™



*"Cliques are everywhere. It's like you **have** to belong to a clique, you have to have a certain group of friends, you have to have that **one** group that you **don't** like... It's protocol, like you have this big handbook on how to be something."*

— Melissa, known at her school as a "freak"

Surviving High School

Explore the complex world of social pressures faced by teenagers today through the stories of 11 high school kids struggling to fit in with peers ... while dealing with harassment, stereotypes, teasing, drugs, depression, violence, family problems, and more.



"Every life is shaped by milestones, conflicts and pain. When the teens are asked to chart their own lives in words and pictures, they discover they have more in common than they thought."

— A teen "charts" his life during a cooperative retreat

their true selves to each other, emerge from their cliques and isolation, and begin practising a mature acceptance and respect in their daily interactions. Viewers also see the teens' honest encounters with Keena Turner, a former San Francisco 49er who relates how he became a Super Bowl Champion without the use of steroids, and with Magali Amedei, a model who recounts her painful battle with bulimia.

Surviving High School is a compelling, searing video that dares teens to examine vital issues and motivates them to make positive changes. It's an invaluable resource for kids, teachers and parents alike. Video purchase includes a FREE **Leader's Guide**.



*"The truth about surviving high school is that **you can**. But it's not always easy. From teasing to eating disorders, from academic stress to drug abuse, from depression to violence to suicide, 21st century teens are under **more pressure and less equipped** to deal with it than ever before."*

— Host Leeza Gibbons

"I used to tease people all the time. You say it to get chuckles on the surface. But you have to think about it in your heart, about what it does. I had to think truthfully because I picked on so many people: Did I say anything to him? Did I do anything that affected his life?"

— A teen (above left) reflects on the suicide of a fellow student

Ages 15 to 18, 59 minutes
Was \$225.00 **SALE!** Now as low as
\$89.95 order 1-2543NL161
see order form details

For curriculum connections see the **RESOURCE CHECKLIST** on pages 8 & 9!

14-day Money Back Guarantee!



The Truth About ... BEING A TEEN

The Truth About SEX

The Teen Files Series

See the harsh realities of having sex too young ... including unwanted pregnancies and STD's (sexually transmitted diseases).

Join a group of sexually active teenagers, most of whom are having unprotected sex. See their reactions as they tour a microbiology lab where hundreds of STD's are diagnosed each year. Witness their meeting with Lisa, a young heterosexual woman with full-blown AIDS. Watch them participate in a "mock" AIDS test — with a sombre, unexpected ending. Hear teens discuss the struggles of being parents at a young age. Hard-hitting and real.

Ages 12 & up, 30 minutes

Was \$275.00 Now as low as \$89.95 – see order form details
Order 1-2344NL161



*"One in every 10 point something seconds a kid is getting an STD... The **bacterial illnesses** — syphilis, gonorrhoea, chlamydia — can be treated with antibiotics and cured, but you must hope for a cure before **structural damage** is done to your body. **Viral diseases** — herpes simplex, genital warts, hepatitis B, HIV — **cannot be cured: they're yours for a lifetime.**"*

— Teens listen to Dr Mark Kaplan, Infectious Diseases Specialist, in *The Truth About Sex*

The Truth About DRINKING

The Teen Files Series

Show students firsthand what the future may hold if they continue to drink. See CAT scan proof of the "shrivelling" effects of alcohol on the brain and autopsy proof of liver damage in a young adult. Witness the effects of impairment on vision, coordination, and reaction time — even when not fully intoxicated. See the reality of binge drinking and alcohol poisoning; of teen alcoholism and rehabilitation struggles. Watch a realistic, emotional simulation of the tragic consequences of drunk driving.



"In the next 30 seconds, someone ... will be injured or killed in a drunk driving accident. You probably think it could never happen to you. Think again."

— from *The Truth About Drinking*

A powerful program incorporating multiple perspectives. **Discussion Guide** included.

Ages 12 & up, 29 minutes

Was \$275.00 Now as low as \$89.95 – see order form. Order 1-2256NL161

The Truth About DRUGS



"I went to a rave one night with about four or five friends... [Later] I kind of blacked out and when I woke up this guy was raping me. ... (Since that) terrible experience I've had a lot of chemical problems because of Ecstasy on my brain. I've been in recovery like three years now... I'll never be the same again."

— Robin, now a rape crisis counsellor, in *The Truth About Drugs*



*"I used to own my own moving company. I had two trucks and three crews working for me. But I was slamming heroin... I'm lucky now if I get high once a month. I don't even have any veins left, I have to shoot stuff right in my muscle. **This isn't about getting high any more — it's about keeping from getting sick.**"*

— Josh, an addict on the streets, in *The Truth About Drugs*

What professionals in the field are saying about *The Truth About Drinking & The Truth About Drugs*:

"These videos are exactly what we need ... the kids talk, walk and dress like the kids we're after."

— Sarah Waters, Project Coordinator, AADAC, Edmonton AB

"These are very powerful videos ... There's no preaching. The ultimate decision is still up to them."

— Brian Logan, Alcohol & Drug Counsellor, Sioux Lookout ON

The Truth About Drugs

See what it's like to live a drug nightmare. Join groups of teens as people from different organizations show them the realities of drug use and overdose. Visit a hospital clinic for rape counselling; a convalescent home to meet an overdose victim; a jail to see what it's like to be incarcerated for dealing; a morgue to view the organs of kids who died from "huffing"; a neonatal unit for babies born with drug addictions; a treatment centre where a teenager struggles to conquer her addiction.

Today's teens often overlook the dangers they face when using — including rape, homelessness, suicide, jail time, and the inability to focus or study. The damage drugs inflict is not always obvious — but here they discover the real consequences for themselves, their friends and family, innocent babies ... everyone.

Ages 15 & up, 30 minutes

Was \$275.00 Now as low as \$89.95 – see order form. Order 1-2517NL161



WORKING IT OUT TOGETHER

A Peer Mediation & Conflict Resolution Program

Witness the power of peer mediation for conflict resolution using the five-step Webne-Behrman method.

Student Version
Illustrates how peer mediation works. Helps motivate potential peer mediators.

Ages 15 to 18
25 minutes
\$89.95
Order 8-2009NL161



"In peer mediation, you don't solve the problems — they do. They stop fighting and start working it out together... Peer mediation involves people your age: no adults, no authority figures — and it's voluntary; nobody is forced to be there."

— from *Working It Out Together*

Staff Version
Shows how to train peer mediators and implement conflict resolution programs.

Adult, 30 minutes
\$89.95 order 8-2019NL161

THE TRUTH ABOUT HATE

The Teen Files Series

See the origins of hate — fear, ignorance, and prejudice — through the eyes of today's teenagers. Emotional and hard-hitting.

Hear young people express their racial hatred, ethnic bigotry, religious prejudice, and sexual discrimination. Then, *witness the change* they undergo as they come face to face with the empty, destructive reality of their prejudices through personal encounters with victims of hatred and positive interactive experiences with teens different from themselves.

Ages 12 to Adult, 32 minutes
\$89.95 order 1-2279NL161



"I was really surprised by some of the stories that came out, by some of the things that are happening to people because they're different... because I thought maybe we were past that for the most part."

— Earl, 16, at a cooperative retreat, in *The Truth About Hate*



"I hear some really disgusting comments, and I don't like them... If [someone] has a problem with my colour that's fine — but I'm proud of my colour."

— A student speaks out, in *Racism*

RESPECTING EACH OTHER

Sexual Harassment Prevention

See dramatizations of common harassment situations. Features two teenage mentors in role-play with a multiethnic cast of elementary school students.

Emphasizes the importance of self-respect and respect for others. Topics include gender-based stereotyping, the "power" motive, and legal rights. Shows what kids should do when subjected to sexual harassment. Stresses that harassment of any kind is never a joke.

Ages 12 to 14, 18 minutes
\$89.95 order 1-8857NL161



"We need to look at the legality [of sexual harassment], but more than that, we need to look at our kids being able to learn in a very positive environment."

— Bob Flaherty, high school principal, in *Video Teacher Guide, Flirting or Hurting?*

Stopping Sexual Harassment. Shows kids what to do when they see or experience sexual harassment. Suggests student-led activities and programs.

Video Teacher Guide. Emphasizes tremendous benefits of educating kids on sexual harassment. Offers concrete ways to do it comfortably; shows where to include it in your curriculum.

Ages 12 to 14, 58 minutes
\$89.95 order 5-4589NL161

FLIRTING OR HURTING?

Sexual Harassment in Schools

Shows students how to distinguish between harmless flirting and offensive behaviours. Models strategies kids can use to prevent or resolve sexual harassment. Comprises three segments:

What is Sexual Harassment?
Four vignettes illustrate different kinds of harassment, their cruel effects, and their contribution to a general climate of hostility.

Stopping Sexual Harassment. Shows kids what to do when they see or experience sexual harassment. Suggests student-led activities and programs.

Video Teacher Guide. Emphasizes tremendous benefits of educating kids on sexual harassment. Offers concrete ways to do it comfortably; shows where to include it in your curriculum.

Ages 12 to 14, 58 minutes
\$89.95 order 5-4589NL161



"Flirting is when the behaviour is mutual. Both people are doing it, don't mind it, and nobody feels bad. But sexual harassment is one-sided and it can make you feel angry, upset or even scared."

— from *Flirting or Hurting?*

RACISM

Who Is Peter Iswolsky?

Join a high school classroom discussion on racism. See students express common stereotypes, share their views on racism, and learn more about the attitudes and inaction that lead to bigotry and discrimination.

Hear reflections on the horrors of racism from a Jewish Holocaust survivor and from an Italian man who, at age 16, risked certain death to shelter a Jewish family. Also hear several Canadian students tell of their own experiences of racism, how it made them feel, and what they did.

Finally, find out who Peter Iswolsky is — and how his courageous example can inspire all of us to confront intolerance whenever and wherever we encounter it.

Ages 12 to Adult, 28 minutes
\$89.95 order 9-5100NL161

See curriculum
RESOURCE CHECKLIST
on pages 8 & 9!

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Guarantee!





"Every night for the rest of my life, I'll think, 'Why me?' That's something that does not go away. It's not fair... One of the biggest mistakes that young people make today (is) thinking that life is fair. AIDS does not discriminate.
— "Allie" Gertz, in *AIDS: Allie's Story*

AIDS: Allie's Story

Witness the story of a young woman who contracted HIV in an unprotected heterosexual relationship. See how easily AIDS can spread – even to those who are *not* promiscuous or using drugs. Highlights the urgent need for effective sexual education.

Ages 15 to 18, 14 minutes
\$89.95 order 1-8163NL161

AIDS: Everything You Should Know (2nd Ed.)

Hear actress Whoopi Goldberg and USC medical professor Dr Alexandra Levine present the facts on HIV/AIDS ... for teens. Learn the various ways HIV is passed and how to avoid contracting it. In a forthright approach to the hazards of STD's, abstinence is emphasized as the safest course of action.

Regular Version: 20 minutes
\$89.95 order 1-8758NL161

Special Version (advocates condoms & spermicide to reduce risks for the sexually active): Ages 15 to 18, 20 minutes
\$89.95 order 1-8783NL161

Challenge: Everybody Plays, Everybody Wins!

Focuses on several determined individuals with disabilities – including blindness, mobility impairments, and deafness – whose lives have been renewed through their participation in athletics. Hear their own stories in their own words. None of them is out there trying to be "inspirational" – they're all just doing what they love to do ... and the sky's the limit!

Ages 15 to Adult, 28 minutes
\$89.95 order 9-7325NL161

Eating Disorders: When Food Hurts

Examines the causes, warning signs, physical dangers, and difficulties in treating anorexia and bulimia – diseases that are widespread among teenage girls in Canada. Includes the insights of recovering victims.

Ages 15 to 18, 18 minutes
\$89.95 order 1-8904NL161

CPR & the Heimlich Manoeuvre

Prevent unnecessary deaths! Step-by-step instructions illustrate lifesaving techniques using CPR and the Heimlich Manoeuvre. Demonstrates the ABC's – Airway, Breathing, and Circulation – of CPR on any person eight and older, as well as chest compressions, rescue breathing, and placing victims in the recovery position until help arrives. Also demonstrates the Heimlich Manoeuvre and abdominal and chest thrusts on a choking victim, including oneself or a pregnant woman.

Ages 12 to Adult, Professional, 22 minutes
\$89.95 order 1-2498NL161

Girl Power: Empowering Young Women with Timely Information

Empower teenage girls to confront common but critical gender issues – body image, low self-esteem, date rape, sexual pressure, peer harassment, etc.

Illustrates mentor-student relationships and proven techniques developed by the Grrrl Club organization. Hear real discussions and testimonials; and see hard-hitting vignettes.

Student Version
Ages 16 to Adult, 23 minutes
\$89.95 order 8-2008NL161

Staff Version
Adult, Professional, 29 minutes
\$89.95 order 8-2007NL161



*"To have any critical incident you really need **three components**: a student that's predisposed to acts of aggression, a perceived hostile environment, and a triggering event."*

— Anthony Baron, PhD, PsyD, in *How to Spot a Potentially Violent Teen & What to Do About It*

Gloss

Tough Times Series

Explores the conflict between authentic individuality and the pressures and dangers faced – especially by girls – to look, dress, and act older than they are.

Ages 15 to 18, 14 minutes
\$89.95 order 1-9109NL161

Fetal Development: A Nine Month Journey

Reveals the miracle that takes place deep in the uterine world of the mother, hidden from our eyes. Fibre-optic images from inside the womb blend with ultrasound images, schematic drawings, and animation to show each stage of fetal development. For every parent to be!

Ages 15 & up, 15 minutes
Was \$149.00 Now \$89.95
order 3-2003NL161

How to Spot a Potentially Violent Teen & What to Do About It

Witness hard-hitting, dramatic role-play illustrating the terror and tragedy of violence in schools. See how to prevent a *potentially* violent teen from becoming *actually* violent. Hear from experts in youth psychology, education, school security, and juvenile justice.

A powerful tool for galvanizing support for the *collective* effort required to make schools safe.

Adult, Professional, 25 minutes
\$225.00 order 2-5147NL161

Abusive Relationships

Witness the story of 19-year-old Lynn Kenney – one of a growing number of women abused by their boyfriends.

Viewers will learn what it means to be abused in a relationship, both physically and verbally; see some of the warning signs of potential abuse; and find out where they can go for help.

Ages 16 to Adult, 17 minutes
\$89.95 order 1-8914NL161

Acquaintance Rape, Drugs & You

Sends a loud and clear message that *no means no*. Two young narrators team up with a sex crimes detective, counsellors, and two rape survivors to discuss what circumstances lead to date rape, the *dangers drug and alcohol add to dating situations* (including G.H.B. and Rohypnol), and *what to do after a rape has occurred*.

Ages 16 to Adult, 18 minutes
Was \$285.00, now \$89.95
Order 2-5137NL161

Inhalants & Human Physiology

Illustrates the severe and sometimes fatal consequences of this form of substance abuse.

Ages 15 to Adult, 13 minutes
\$89.95 order 1-8636NL161



GHB: Drug Induced Rape

Hear a veteran detective talk candidly about drug-facilitated rape. Learn about the effects of Rohypnol and Gamma Hydroxy Butyrate (GHB) – two of the most common sedatives used by sexual predators.

Focuses on three main areas:

- how drug-induced rapes occur
- what individuals can do to protect themselves and their friends from such incidents
- what a person should do if it happens to them.

Ages 16 to Adult, 16 minutes
\$89.95 order 1-2503NL161

Positive: A Journey into AIDS

ABC Afterschool Special Series

Track the experiences of two daytime drama actors (who, on TV, portray a couple battling AIDS) as they learn about the real life battles of men and women living with HIV/AIDS. Includes interviews with hospice patients who have less than six months to live and discusses how they got the virus and how they are confronting the prospect of an early death.

Original Version: 44 minutes
\$89.95 order 1-8908NL161

Classroom Version: 29 minutes
\$89.95 order 1-8992NL161

Steroids: Bulking Up Can Kill

Hear from those who know why bulking up is a dangerous option. Describes common physical and emotional side effects, including hair loss, cardiovascular disease, uncontrollable anger, and depression.

Ages 15 to Adult, 15 minutes
\$89.95 order 1-9257NL161

Ski & Snowboard Safety

See everything beginner and experienced skiers need to know about safety! It's all here – visually demonstrated by pro skiers and snowboarders. Topics include equipment, dress, lift safety, right of way, warning signs, control, matching ability to slope difficulty, terrain parks, adaptive skiers, and more.

A must-see program for all who love skiing and snowboarding! Emphasizes safety and fun ... and shows how well they go together!

Ages 10 to adult, 10 minutes
\$89.95 order 2-3139NL161

The Other Side of Blue: The Truth About Teenage Depression

Hear four young people tell their stories about depression and attempted suicide. See why suicide is now the second highest cause of death among Canadian teenagers. Intercut with teen testimonials, shot in classic MTV style, are interviews with Dr Elyse Dubo and her colleagues of the Youth Psychiatry Mood Disorders Program at Sunnybrook Hospital in Toronto. Explains how clinical depression among teens is often masked by behaviours seen as "typical" of adolescence or that compensate for appearing "weak".

Ages 15 to Adult, 31 minutes
\$89.95 order 9-2200NL161



"My depression would go from fairly depressed to violently depressed... All through high school I was fairly aggressive... If you were a dick to me I usually ended up popping your tires or punching you out or pushing you up against a locker ... and at that point I didn't really need a reason."

— Darren, in *The Other Side of Blue*

Wake Up Call

Tough Times Series

See dramatization of the pain and stress caused by sexual harassment – and the hard choices it sometimes requires.

Ages 15 to 18, 16 minutes
\$89.95 order 1-9110NL161

The Truth About Violence

The Teen Files Series

Explore violence and its consequences through the eyes of eight teenagers in this explosive documentary. All teens depicted are involved with gangs or on probation for violent behaviour; all have histories of harming peers, teachers, or themselves.

Hear the teens express their feelings about violence – then watch as they participate in a month-long journey that brings them face to face with the impact of violence on victims' lives. Shows why they decide to change and how they begin reaching out to other violent young people.

Ages 12 to 18, 90 minutes
\$89.95 order 1-2500NL161

Teen Pregnancy: Children Having Children

Hear what it's really like to be a teenage parent ... from those who are and wish they weren't. Discover how low self-esteem, illusions of love, carelessness, and lack of information, can all contribute to teenage pregnancy ... and change your life forever.

See teens, experts, and celebrities address the genuine dangers, disadvantages, and disappointments of teenage pregnancy and parenthood.

Version advocating abstinence:
Ages 15 to 18, 22 minutes
\$89.95 order 1-2247NL161

Version including contraceptive use:
Ages 15 to 18, 25 minutes
\$89.95 order 1-9299NL161



"I don't know what to do — the manager tries to brush up against me ... it feels creepy. Most of the other waitresses tell me to ignore him — like I should just pretend it's not happening."

— from *Wake Up Call*

Teen Contraception (2nd Edition)

Offers teens a candid view of contraceptive methods in language they can relate to. Presents the straight facts about how and when pregnancy occurs and dispels common myths. Comments on the effectiveness of each contraceptive method in preventing pregnancy and STD's.

Ages 15 to 18, 14 minutes
\$89.95 order 3-2028NL161

Why, God – Why Me?

See a compelling drama of a single woman's true life experience of sexual abuse. Provides insight and discussion opportunities. Recommended for colleges, community groups, and mature high school students.

Ages 16 to Adult, Professional, 27 minutes
\$89.95 order 6-1015NL161

Winter Dangers

Educates viewers on dangers of frostbite and hypothermia. Covers prevention, symptoms, and first aid treatment.

All Ages, 16 minutes
\$89.95 order 1-8198NL161

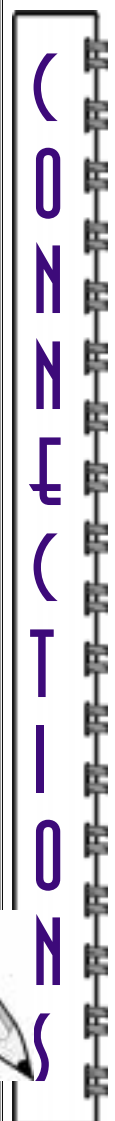
See curriculum
RESOURCE CHECKLIST
on pages 8 & 9!

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High School Health & Physical Education Curriculum Grades 9 & 10 RESOURCE CHECKLIST

Strand	Specific Expectations
ACTIVE LIVING	
Active Participation: Challenge: Everybody Plays, Everybody Wins! 6	<ul style="list-style-type: none"> • Demonstrate positive, responsible personal and social behaviour (e.g. striving for personal best, practising regularly, modelling positive behaviour in physical activity settings)
Safety: CPR & the Heimlich Manoeuvre 6 Ski & Snowboard Safety 7 Winter Dangers 7	<ul style="list-style-type: none"> • Demonstrate an understanding of CPR • Apply guidelines and procedures related to safe participation in physical activity • Identify strategies to deal with emergency situations • Demonstrate behaviour that minimizes risk
HEALTHY LIVING	
Healthy Growth & Sexuality: AIDS: Allie's Story 6 AIDS: Everything You Should Know 6 Girl Power: Empowering Young Women with Timely Information 6 Positive: A Journey into AIDS 7 Teen Contraception (2nd Edition) 7 Teen Pregnancy: Children Having Children 7 The Truth About Sex. 4	<ul style="list-style-type: none"> • Explain the effects (STDs and AIDS) of choices related to sexual intimacy • Describe the effectiveness of preventing STDs and AIDS • Identify community support services • Demonstrate understanding of how to use decision-making and assertiveness skills effectively to promote healthy sexuality • Identify community support services related to sexual health concerns • Demonstrate understanding of the pressures on teens to be sexually active • Describe the effectiveness of preventing pregnancies • Describe the factors that lead to responsible sexual relationships • Describe factors leading to responsible sexual relationships • Demonstrate understanding of the pressures on teens to be sexually active • Promote health sexuality and avoiding unwanted pregnancies and STDs • Identify community support services
Healthy Eating: Eating Disorders: When Food Hurts 6 The Truth About Body Image 2	<ul style="list-style-type: none"> • Explain the risks of dieting and unhealthy eating behaviours • Understanding body image • Focusing on healthy lifestyle rather than body weight • Explain the risks of dieting and unhealthy eating behaviours • Analyze the relationships among healthy eating, physical activity, and body image • Make appropriate revisions to personal plans of action that promote healthy eating and physical activity
Substance Use and Abuse Inhalants & Human Physiology. 6 Smoking, Truth or Dare 1 Steroids: Bulking Up Can Kill. 7 The Truth About Drinking 4 The Truth About Drugs 4	<ul style="list-style-type: none"> • Explain the effects of use • Identify facts and myths related to use • Explain the effects and the use and abuse of tobacco • Identify facts and myths related to use • Identify the major factors that contribute to use • Demonstrate and use decision-making skills • Explain the effects of use • Identify facts and myths related to use • Identify the major factors that contribute to use • Explain the effects and the use and abuse of alcohol • Identify facts and myths related to use • Identify the major factors that contribute to use • Demonstrate and use decision-making skills • Explain the effects and the use and abuse of drugs • Identify facts and myths related to use • Identify the major factors that contribute to use • Demonstrate and use decision-making skills



High School Health & Physical Education Curriculum Grades 9 & 10 RESOURCE CHECKLIST

Strand	Specific Expectations
HEALTHY LIVING (cont'd)	
<i>Personal Safety and Injury Prevention</i>	
Abusive Relationships 6 Flirting or Hurting? 5 Respecting Each Other: Sexual Harassment Prevention 5 The Truth About Violence 7 Wake Up Call 7	<ul style="list-style-type: none"> • Describe types of physical and non-physical abuse • Describe types of abuse (e.g. sexual harassment) • Describe solutions and strategies to address violence in the lives of young people • Describe types of abuse (e.g. sexual harassment) • Describe solutions and strategies to address violence in the lives of young people • Identify the causes of violence • Describe solutions and strategies to address violence in the lives of young people • Demonstrate personal strategies to minimize violence in adolescence • Describe specific types of physical and non-physical violence
LIVING SKILLS	
<i>Decision Making</i>	
Gloss 6 Surviving High School 3	<ul style="list-style-type: none"> • Assertiveness techniques • Understand the impact of parents, media, and culture on values and goals • Identify coping skills
<i>Conflict Resolution</i>	
Racism: Who Is Peter Iswolsky 5 Surviving High School 3 The Truth About Hate 5 Working It Out Together: A Peer Mediation & Conflict Resolution Program . . . 5	<ul style="list-style-type: none"> • Explore personal values leading to conflict • Explore issues of racism and anti-Semitism • Demonstrate personal values that can lead to conflict • Demonstrate appropriate steps in conflict resolution • Demonstrate an understanding of triggers of conflict • Demonstrate personal values that can lead to conflict • Demonstrate appropriate steps in conflict resolution • Demonstrate active listening skills • Demonstrate an understanding of triggers of conflict • Describe the phases of mediation • Identify the characteristics of an effective mediator • Identify coping skills
<i>Social Skills</i>	
Racism: Who Is Peter Iswolsky 5 The Truth About Hate 5	<ul style="list-style-type: none"> • Explore personal values leading to conflict • Explore issues of racism and anti-Semitism • Demonstrate personal values that can lead to conflict
Grades 11 & 12 RESOURCE CHECKLIST	
HEALTHY LIVING	
<i>Personal Safety and Injury Prevention</i>	
Acquaintance Rape: Drugs & You 6 Abusive Relationships 6 GHB: Drug Induced Rape 7	<ul style="list-style-type: none"> • Identify the causes of specific types of interpersonal violence, e.g. date rape • Describe the different types of violence, verbal and non-verbal • Understand the causes of relationship violence • Identify the causes of specific types of interpersonal violence, e.g. rape
<i>Mental Health</i>	
The Other Side of Blue 7	<ul style="list-style-type: none"> • Demonstrate an understanding of specific mental health issues (e.g. depression and suicide) • Describe the importance of relationships and communication with others to mental health • Identify sources of information on, and services related to, mental health



