

HUMAN DEVELOPMENT & SEXUAL HEALTH



Video Resources you can access on:





The Magical Human Body Series

Grades 1-3 2020 4-12 min ea Educational Voice

The human body is fascinating. In this colourful animated series, students will journey inside the body to learn all about it's various systems and components and learn how to stay healthy.

Episodes include the following:

- The Brain
- The Amazing Immune System
- The Nose
- The Fabulous Ears
- The Mysterious Mouth
- The Wonderful Lungs
- The Super Skeleton
- The Digestive System
- The Exciting Eyes
- The Heart
- Skeleton Facts for Kids
- Healthy Eating

Secrets of the Human Body: Muscle Growth

Grades 5-8 2017 6:30 min BBC Learning



As you grow, your body learns and adapts. For tennis player, Freya Christie, this learning process is all in pursuit of a specific goal - to be a top 50 player in the world. The demands of sport create great demands on your body so your skeleton and muscles have to adapt to avoid the risk

of breaking. In Freya's case, her one arm is 20% larger and denser than the other.

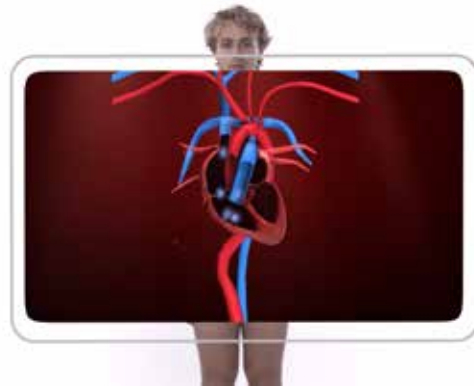
Eyes and Ears - From Optical Illusions to the Doppler Effect

Grades 4-8 2020 27 min Wonderscape Entertainment



Learn about our eyes and ears, part of the sensory system: the components of eyes and ears, and the functions of each part; how we see colour; the role of the brain in processing sights and sounds;

the role of eyelids, lashes and brows; optical illusions; persistence of vision; vibrations and soundwaves; the inner ear and balance; and the Doppler effect, We also learn how to protect our hearing.



The Human Body Series

Grades 5-10 2020-2022 13 min ea Kunskapsmedia Group

The human body is made up of multiple interacting systems. In this series, we will learn about the cardiovascular, immune, respiratory and muscular systems. It takes ALL of your body systems working together to help living things survive.

Programs in this series:

Breathing and Your Lungs

In this video, we explore how the respiratory system works. We learn about cellular breathing and the organs involved in the breathing process -lungs, alveoli, bronchi and diaphragm; what a gas exchange is; how our body controls breathing, and conditions that affect breathing. Finally, we'll talk about how to keep our respiratory system healthy.

The Cardiovascular System

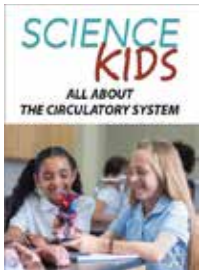
In this film we explore the cardiovascular system: hemoglobin transports oxygen in the red blood cells, how blood delivers nutrients and disposes of waste; the role of white blood cells in fighting disease and infections; the components of blood, the role of platelets and the function and structure of the heart; pulmonary and systemic circulation; blood vessels -arteries, capillaries and veins; blood pressure and pulse; and how to keep your heart healthy.

The Immune System

This video will teach us about the human immune system and how it keeps us healthy. We'll be going through concepts like transmission of germs, surface barrier responses, internal responses, vaccines, allergies, and blood cells. We'll also be looking at the difference between the immune system as a whole and our body's defenses. To wrap things up, we'll describe a few immune system disorders and provide a few pointers to promote a healthy immune system.

Skeleton and Muscle

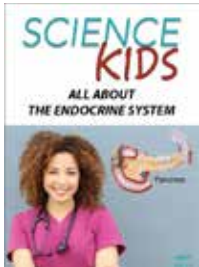
They hold us up and help us move our bodies. This video explores our bones and muscles! We look at the different kinds of bones: long bones, flat bones and irregular bones. We also learn terms like smooth muscle, saddle joint and periosteum. Finally, we'll talk about how to keep our bones and muscles healthy.



All About The Circulatory System

Grades 5–10 2017 18:11 min Wonderscape Entertainment

Learn all about the circulatory system with new, precise, yet easy-to-understand, definitions and explanations. What is the function of the circulatory system? What parts of the body make up the circulatory system? What are the parts of the heart and their function within the circulatory system? What are the types of blood vessels and their functions? And lastly, what is blood and its function? The answers to all of these questions are covered in depth with detailed graphics, diagrams and exciting video. On-screen, multiple-choice reviews at the end of each segment reinforce important concepts and make learning fun.



All About The Endocrine System

Grades 5-10 2017 14:33 min Wonderscape Entertainment

Learn all about the endocrine system with new, precise, yet easy-to-understand, definitions and explanations. What is the function of the endocrine system? What are the major glands and their functions? What happens if the endocrine system is not working properly? The answers to all of these questions are covered in depth with detailed graphics, diagrams and exciting video. On-screen, multiple-choice reviews at the end of each segment reinforce important concepts and make learning fun.



All About The Human Skeletal and Muscular Systems

Grades 5-10 2017 18:42 min Wonderscape Entertainment

Learn all about the human skeletal and muscular systems with new, precise, yet easy-to-understand, definitions and explanations. What are the main functions and components of the skeletal system? What are the types of bones in the skeletal system? What are muscles? What are the different types of muscles in our bodies, and what are their jobs? The answers to all of these questions are covered in depth with detailed graphics, diagrams and exciting video. On-screen, multiple-choice reviews at the end of each segment reinforce important concepts and make learning fun.



Human Reproduction and Childbirth

Grades 5-12 2008 21:40 min Human Relations Media

Using animated graphics, this program clearly and vividly illustrates the biological functions of the different parts of the male and female reproductive systems. It shows how millions of sperm race through the uterus and into the fallopian tube where fertilization occurs, and subsequently how the fertilized egg develops into an embryo. Program also describes the basics of menstruation. Animated graphics vividly detail the different stages or trimesters of embryonic and fetal development. The program also

follows a young couple through the woman's pregnancy, as both husband and wife describe the importance of good nutrition, sleep, low stress, and avoidance of alcohol and drugs. The process of birth is described as the young couple talks about their joy at the birth of their baby daughter.

Includes PDF Resource Guide.



Highs, Lows, And In-Betweens of Puberty

Grades 4-8 2015 20 min Human Relations Media

Puberty is a time of emotional change as well as physical change. With the insight of real kids going through puberty, a psychologist, and a pediatrician, this program helps students understand that their changing emotions may be confusing and intense, but are absolutely normal. Viewers examine the many elements of emotional growth in puberty: what causes mood swings; the role of hormones in how you feel; the need for extra sleep; how new responsibilities can create stress at home and at school; the impact of new friendships, including romantic crushes; the quest for independence from

parents; and the desire to fit in with peers. The kids and doctors talk about how kids in puberty can learn to cope, communicate, and compromise to make a smooth transition to young adulthood.

Includes PDF Resource Guide.



Just for Boys - All About Puberty

Grades 3–8 2017 14:48 min Wonderscape Entertainment
Boys will learn about the physical, social and emotional changes that come with puberty. Young host Aidan explains to viewers that sometimes puberty can be confusing and that it is perfectly normal to have many questions. Boys will come to understand the changes they can expect to happen during puberty.



Where Do Babies Come From?

Grades 3-8 10 min 2017 Kunskapsmedia Group
Where does a baby come from? How did it get into its mother's belly, how can it eat there, and how does it get out of the belly? We learn that everything starts with an egg and a sperm, and that we have all eaten through the navel! This is an animated film for young children.



Puberty for Girls - Help! My Body's Changing

Grades 3–8 2017 17:32 min Wonderscape Entertainment
Girls are taught all about the changes that happen to their bodies as they transition from child to adult. What is puberty? What are the physical changes associated with puberty? What is menstruation? What are the social and emotional changes associated with puberty?



Grades 4-8 2020 4 mins Kunskapsmedia Group
Every day, around 800 million girls and women have their period, and yet so many people are still judgmental about menstruation. This is a short animated Edu-clip about menstruation and menstrual problems. What is PMS and what are the symptoms of endometriosis? Why are some people ashamed of having their period? Can menstruation affect your well-being? We learn what we should do if our menstrual problems are severe, look at some cultural attitudes towards menstruation and understand that menstruation is a sign that the body is working and healthy.



Puberty

Grades 3-8 14 min 2019 Kunskapsmedia Group
When we grow up, we all look fairly similar. The human body grows and changes during our whole life, but at a certain age a lot of things happen in only a few years. This period is called puberty. In this humorous, animated film we will learn more about what happens when you hit puberty.



Secrets of the Human Body: Puberty

Grades 4-12 2017 7:11 min BBC Learning
By the time you reach puberty, your brain is almost fully developed. Looking at a gymnastics troupe, we witness the changes inherent in puberty and how the body changes. Each girl takes their own unique path to adulthood. What determines when you start on this journey? Puberty occurs when a part of the brain called the hypothalamus begins to produce a hormone (gonadotropin) that has an effect on the testes and ovaries causing an increase sex hormone — estrogen in girls and testosterone in boys.



The Puberty Workshop and Curriculum

Grades 4-8 2011 Human Relations Media

This five-part program developed by experienced health educators and physicians, features captivating animation, a mix of diverse kids, teen hosts plus Peter Richel, MD and Lisa Thornton, MD. Designed to work in coed as well as single gender classes, the program arms students with everything they need to know about the emotional and physical changes of puberty.

Includes these video programs:

- What Is Puberty? (14 Minutes)
- Girls and Puberty (15 Minutes)
- Boys and Puberty (13 Minutes)
- New Emotions, New Feelings (16 Minutes)
- The ABC's of HIV and AIDS (10 Minutes)

Includes PDF Resource Guide.



Understanding Gender: Identity, Biology and Expression

Grades 6-12 2018 20 min Human Relations Media

This program explores the modern gender spectrum. Experts Dr. Eli Green, Jaymie Campbell, and Alessia Palanti define pertinent terms like cisgender, transgender, gender identity, gender expression and pronouns. Viewers learn about gender norms and stereotypes that affect all people, no matter how they identify on the gender spectrum. Students also hear from Nicole and Wayne Maines, a father-daughter pair who explain their family's unique journey with gender. A panel of young people also describes their experiences with gender and explain how viewers can become allies to someone in need.

Includes PDF Resource Guide.



Grades 6-12 2022 8 min Revealing Media Group

"There's no beauty without difference and diversity." –

Rasheed Ogunlaru, Life Coach, Speaker, Author

Who are you? How do you see yourself? How do other people see you? What labels and pronouns do you use to describe yourself or others use to describe you? In this short important film, a group of teens question who they are. We follow a transgender boy who deals with cyber bullying, as straight, gay, non-binary and trans kids explore their gender and pronouns, discovering the true value of friendship and support.

Part of the series: Inside the Minds of Tweens and Teens Series

Also includes the following titles:

- #RMG001 Bystander
- #RMG002 Excluded
- #RMG003 Viral
- #RMG004 Pressure
- #RMG005 Help
- #RMG006 Blackout
- #RMG007 Unsafe
- #RMG008 Identity

Includes PDF Resource Guides.



Handling Bullies When You're LGBTQ

Grades 7-12 2019 22 min Human Relations Media

Did you know that young people who identify as LGBTQ are at an increased risk for bullying? Young people who do not adhere to gender norms or typical heteronormative behavior are much more likely to be targeted for being different, even if they aren't out. This program takes an in-depth look at the consequences of bullying in the LGBTQ community, including depression, truancy, substance abuse, and even suicide. In fact, LGBTQ youth contemplate suicide at 3x the rate of heterosexual peers. Viewers hear from LGBTQ young people who have experienced bullying first hand. Psychologist Robert Eckstein discusses the emotional and physical toll of bullying on LGBTQ youth. All viewers will learn what they can do to push back on bullying and create safe spaces.

Includes PDF Resource Guide.

The Basic Hygiene Video

Grades 3-6 2014 19:05 min Human Relations Media



Using clever animation along with entertaining comments from real students, as well as expert commentary from a pediatrician, this straight-forward program teaches the basics of good hygiene.

Throughout the video, students are reassured that body odor, bad breath, tooth decay, oily hair, skin break outs and acne can all be managed by developing good habits of personal care. A racial and ethnically balanced group of teens speak directly to students and weigh in with personal advice and hygiene tips.

Includes a Girls Only section on menstrual hygiene.

Includes PDF Resource Guide.

Macro-Germs (Germs/Hand Washing)

Grades 1-3 2019 3:30 min GAPC Productions

Did you know you have millions of microbes on your hands? In



this STEM episode Eric discovers how microbes travel from one object to another and how important hand washing is to prevent the spread of germs. It's not magic, it's science! Educational

Gist: how easily germs and viruses are spread; proper hand washing can prevent the spread of germs.

Washing Hands: 16 Hudson ER Series



Grades K-2 2020
1:18 min Big Bad Boo
Studio

Sam rushes home as usual and forgets to wash his hands. His elderly grandmother makes sure he corrects this and

informs him that he needs to protect her as well.

Wash Up: It's In Your Hands

Grades 3-6 2008 12 min McIntyre Media



Hands spread 80% of common infectious diseases like the common cold and flu.

So how can we prevent this? It's simple! Hand washing is the most important thing we can do from getting sick. It's a fact! Health Canada and the Centers for Disease Control and Prevention have proven it. This video gives simple facts about hand washing - why it's important, when to do it, and most important how to do it properly. Along the way, they also learn about microorganisms, viruses,

and bacteria. In addition, students learn about other simple things they can do to stay clean - washing their hair, caring for the clothes they wear, brushing their teeth (braces included!). Simple things, but all too often forgotten!

Teepee Brushes His Teeth

Grades JK-2 2019 11 min Animiki See Distribution



Today in Teepeeville, little Teepee learns to brush his teeth! Then, Teepee dances to a song about a funny Teepee who loves to brush his teeth before getting into bed to listen to the story of the magic beaver.



Say No To Negative Peer Pressure

Grades 3-8 2015 20 min Human Relations Media

This three-part series shows students how and when to say, "No!" Viewers follow along with three narrative scenarios as the protagonist decides what to do and how he/she will resolve the problem by saying "No." These true-to-life scenarios pertain to peer pressure, sibling trouble, and bullying. Hosts introduce each section and emphasize key information. After watching, students will be able to demonstrate various ways to say "no" in any appropriate scenario.

PART 1: WHEN TO SAY NO

PART 2: HOW TO SAY NO

PART 3: AFTER YOU SAY NO

Includes PDF Resource Guide



In the Heat of the Moment: Making Difficult Decisions about Sex

Grades 6-12 2017 20 min Human Relations Media

Teens and college students are often confronted with difficult and complex choices when it comes to making important sexual decisions. This program features real young people describing their personal experiences, as well as expert commentary from Jamie Campbell of Access Matters, Robert Eckstein Psy.D and Maggie Wells of the University of New Hampshire.

Includes PDF Resource Guide



Am I Ready? Making Healthy Sexual Decisions

Grades 6-12 2011 20 min Human Relations Media

In this edgy, true-to-life program, real teenagers and health experts talk frankly about the importance of healthy decision-making when it comes to sexual activity. The program unpacks the many factors that go into a young person's decision to become sexually active or not, beginning with a discussion of sexual pressure from the media, peers and partners.

Includes PDF Resource Guide.

ABCs of STIs

Grades 6-12 2019 19 min Human Relations Media

With over 20 million new cases of sexually transmitted infections every year, it's more important than ever that your students get the facts. Real young people and a specialist in teen sexual health describe the causes, symptoms, and treatment options for HIV, chlamydia, HPV, genital warts, gonorrhea and more using current medical data and best practices. Important information since many of these cases require quick treatment to avoid serious complications. Nonjudgmental prevention methods and precautions are presented to help viewers learn how to avoid being infected and keep their bodies healthy.

Includes PDF Resource Guide

Straight Talk about Sexual Harassment

Grades 6-12 2019 18 min Human Relations Media

This program encourages viewers to reflect on the cultural messages that have shaped their own attitudes, beliefs, and behaviors about sexual harassment. Viewers learn that harassment is a symptom of someone misusing power and that harassment can take different forms, including touching and groping, name calling and rumors, and harassment on social media. Viewers hear first-hand accounts from victims of harassment and from people who are trying to change the culture that encourages harassment. It arms young viewers with the knowledge and skills they need to engage in healthy relationships.

Includes PDF Resource Guide.

How to Say No and Really Mean It

Grades 5-10 2012 20 min Human Relations Media

Saying NO and sticking to it is one of the most difficult challenges in a tween's world. In the high peer pressure environment of a school party, it's almost impossible for many teens to do what they know is right. This information-packed video opens on just such a party. Five teens face situations that test their ability to say NO in a convincing manner.

Includes PDF Resource Guide.

You Are in Charge of Your Body

Grades 3-6 2013 12 min each Human Relations Media

You Are In Charge of Your Body is an age-appropriate, comprehensive curriculum (video and print) developed by elementary school educators and sexual abuse experts. The goal is to protect young children from abuse by helping them to understand what sexual abuse is, how they can recognize it, how and whom to tell, and empowering kids to take charge of their bodies.

Part One: Recognizing Sexual Abuse

Part Two: Stopping an Abuser

Part Three: Telling Someone



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- ✓ Foster creative thinking
- ✓ Encourage discussion
- ✓ Inspire critical thinking
- ✓ Promote inquiry skills

