

WHAT'S NEW

Alameda County Office of Education • 313 W. Winton Avenue, Hayward, CA 94544-1198 • (510) 670-4581

Note from the Director

—Deborah Wood, Ph.D.

After trying the online materials catalog teachers told us “Make it easier to use,” and “Put it all on one screen.” We got the message. The revised catalog is shown on page 2. Pop up menus and fewer categories improve searching. We hope you like it. Let us know what you think.

New materials that received high ratings from the Materials Review Board are highlighted in the newsletter. The Review Board recently took a special look at growth and development and parent education. New titles in these areas are described in this issue.

Register now for the 7th annual Health Framework Conference, January 10-12, 2001, in Sacramento (916/443-0218 or RDL@RDLEnt.com). There are more than forty high quality workshops scheduled. Remember to stop by the Healthy Kids Resource Center exhibit!

Happy holidays and best wishes for a healthy and safe new year.

VIOLENCE PREVENTION

Acquaintance Rape, Drugs and You (#2275)—This video explains what acquaintance or date rape is; the frequent role of drugs, especially alcohol, G.H.B. and Rohypnol; how young women can set limits, communicate them to dates, and protect themselves; and how young men can listen to and respect women. (18 min.)

Classroom Management (#3302)—This guide is designed to assist teachers and administrators of elementary and secondary schools to address classroom management issues. This manual presents classroom strategies that have empirical evidence of effectiveness, are practical, and are based on an analysis of why the behavior is occurring.

Crisis Response Planning (#6718)—This set includes a school planning manual, facilitator's guide, three in-service videos (6 sessions), and an in-service workbook that provides background information, planning and implementation tools for schools' crisis management. Resources are organized into pre-crisis, crisis, and post-crisis. Topics include student and staff death due to accident or illness, homicide, suicide; an HIV+ school member; catastrophic event deaths; grief management; student reentry; suicide prevention.

Discipline with Dignity (#5675)— This three video training set and implementation manual presents essential skills for preventing and dealing with angry, disruptive student behavior. Reproducible forms and a training outline are provided.

Homophobia in the Workplace (#1426)— This video points out many of the difficulties

living and working in today's world as a homosexual, defines homophobia, and raises sensitivity and understanding about the losses to everyone when homophobia, racism, and other forms of prejudice exist in the workplace, at school or anywhere in our society. (60 min.)

ALCOHOL AND DRUG PREVENTION EDUCATION

Health Resources Online: A Guide for Mental Health and Addiction Specialists (2nd Ed.) (#2297)— This book provides a comprehensive reference of web sites, news groups, mailing lists and other cyber resources related to health education. Each citation is annotated and cross-referenced in subject and alphabetical indexes.

My Pot Video (#7117)—Highly engaging video “created” by a teenager as part of his adjudication. Combines teen interviews, expert interviews and color graphics. Uses varied formats to provide accurate information. (16 min.)

Project Alert: A Drug Prevention Program for Middle Grades (#3107)—This drug prevention curriculum addresses alcohol, tobacco, marijuana and inhalant use in 11 core and three booster sessions. It uses a social influence approach emphasizing critical thinking about media and peer influences, resistance skills, accurate information about consequences of drug use, benefits of not using drugs, and alternatives to drug use. Includes session on smoking cessation. Includes nine videotapes for classroom use.

Reconnecting Youth: A Peer Group Approach to Building Life Skills (#7146)—Carefully

designed and researched life skills curriculum targeting high-risk youth. Has been shown to increase school performance, decrease drug involvement and decrease suicide risk. Includes curriculum, reproducible masters, information on establishing program support, selecting youth, involving parents, and assessing student outcomes.

NUTRITION

Generation Fit (#2294)—This action packet includes five health-related community action/service learning projects with supporting instructional materials. Students learn to try new recipes for the cafeteria, promote healthy eating and physical activity, plan meals for those in need, make physical activity a priority in the community and work with a partner to improve their own health habits.

Exercise Your Options (#5331)—Body image and building healthy bones are the feature topics of the two videos and two of the lessons in this curriculum set. The remainder of the curriculum is designed to help middle school students make healthier food and activity choices on a daily basis. Identifying problems, considering options, and developing plans to solve the problems are taught. (7 min.)

Children and Weight (#2097)— This resource training kit for workshops on children and weight emphasizes social and psychological issues related to weight problems in children. The kit includes a video program, parent activity guide, trainer's guide, concept paper, and case studies. (39 min.)

Anemia (#3500, English and #3501, Spanish)—Anemia can affect infants, children and teens, interfering with their ability to learn. The symptoms and definition of anemia are presented with nutritional guidance for preventing and treating this common problem. Recipes and cooking ideas are given to ensure an adequate intake of these nutrients as well as iron. (12 min.)

FOOD SERVICE

Culinary Techniques for Healthy Meals Series—There are four sets in this series: Preparation of Fruits, Cooked Vegetables and Salads (#4070); Seasonings (#4072); Meat, Poultry, Meat Alternatives and Sauces (#4073); Preparing Grains, Pasta, Rice and Baking Cakes (#4074). The series provides 7

one-hour lessons that present the best culinary techniques for preparing each food group in the food guide pyramid. Each lesson includes a 15 minute video, teaching guide and student worksheets. The program uses coaching techniques and the PROUD process of food preparation.

Cooking A World of New Tastes (#3437)—This set of four videos and a reference book introduces basic knife skills, dry and moist heat cooking methods and adding garnishes and spices to enhance mealtime enjoyment. Also includes an extensive glossary of culinary terms and recipes. (Videos are 15-24 min.)

Food Quality: Making the Grade in Child Nutrition, Part 2 (#3473)—This is the second part of the NFSMI teleconference on food quality. The hour-long video and accompanying booklet in this set show how to prepare and serve school meals with high quality flavor and flair. An enthusiastic chef shares her tips on preparing products and garnishes.

Managing Food Safety: The Next Step (#3474)—This hour long video and accompanying booklet from the NFSMI teleconference series presents three experts who outline the importance of proper food safety techniques to protect students from food borne illness. The HACCP system is described and thoroughly discussed as it applies to Child Nutrition Programs, as well as crisis management and food recalls.

TOBACCO USE PREVENTION EDUCATION

Anti-Tobacco Media Blitz: (#2089)—This resource supports the development of a campus-wide TUPE program of media education through student created audio bits, television spots, musical messages and high-interest classroom activities. Describes strategies students can use to create their own media messages and includes a video and two audio CD's.

The Perfect Time to Quit (#1484)—A pre-cessation/readiness to quit and cessation program for teens with background information, reproducible masters, supply list, and activity materials for specific activities. Participants work with a partner on relaxation, goal setting and art activities designed to decrease tobacco use.

Project SCAT, Schools and Community Against Tobacco (#3007)—Resource materials, lessons, audiotapes and a video of a model tobacco education and prevention program including parent education training, youth educator programs, radio PSA, and a mock trial for upper elementary, middle and high school grades. The activities can easily be adopted for individual schools or communities.

Smoke Screeners (#4892)—This video and moderator's guide

teaches media literacy skills focused on recognizing glamorized smoking in movies and on television. Activities include: a movie review, letter writing campaign, web site activity, role-playing and a story board sheet. (15 min.)

Smoking: The Burning Truth (#2916)—This video presents young adults discussing reasons why they do or don't smoke. It shows how young people see the tobacco companies, the impact of tobacco advertising, and how the choice to not smoke can be empowering. Includes teachers' guide. (12 min.)

Think it Over: Kids Tell the Truth About Tobacco (#1627)—This tobacco prevention video was made for students by students. Viewers learn about tobacco from health experts, other teens who smoke and testimony of survivors of tobacco-related diseases such as emphysema and cancer of the larynx. The video also dramatizes kids educating their peers. (30 min.)

HIV/AIDS EDUCATION

Laughing and Learning About HIV/AIDS: Reaching Teens with Honesty and Humor (#4904)—In this video Dr. Stephen Fallon explains HIV transmission, abstinence, safer sex, testing and treatment to a teen audience. He uses humor, story telling and on-screen footnotes to present accurate information, respond to headlines, and separate myth from fact. The presentation is followed by explicit (optional) Q & A session. (58 min.)

Lessons from the Quilt (#7098)—This curriculum kit provides a variety of resources for using the AIDS quilt as an educational tool. Students examine quilt panels, write letters, create memorials, chart statistics, and organize displays. Includes lesson plans, media information, book of letters to The Names Project, three videos, and instructions for bringing panels to your school.

Positive Prevention: HIV/STD Prevention Education for California Youth 2nd Ed. Level A: Middle School and Junior High (#3005), Level B: High School (#3606)—This is a comprehensive HIV/AIDS curriculum designed to provide adolescents with information and support to choose behaviors that reduce the risk of becoming infected. The six lessons covered are: Myths and Stereotypes Regarding Persons infected with HIV, HIV Disease: Effects on the Human Body, Transmission Myths and Facts, STD's, Recognizing Risk Situations/Methods to Reduce Risk, Peer and Media Pressures/Refusal Skills, and Community Resources and Personal Contracts. Additional sections include: Background Information for Teachers and Administrators, Parent Information and Education, Suggested Adaptations for Special Needs Students. Support materials can also be found on CD and hard copy.

NEW SEARCH PAGE FOR BORROWING MATERIALS

To search use any of the following alone, or in combination:

- 1) select a keyword (e.g., resiliency) from the pop up keyword list;
- 2) type in a word, title or ID#;
- 3) choose a subject (e.g., mental health)
- 4) narrow your search by selecting an audience or materials type.

Once you've found the materials you want, order them for four-week loan electronically, by phone (510/670-4583) or fax (510/670-4582). Free delivery in California.

This newsletter may be copied and distributed. This issue and back issues can be printed from www.californiahealthykids.org. For more information please call 510-670-4581.

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www.californiahealthykids.org

FAMILY LIFE EDUCATION

Fetal Development: A Nine-Month Journey (#6719)—This video uses animation and in utero photography to show the development of an embryo and fetus from fertilization to birth. (14 min.)

Get Organized: A Guide to Preventing Teen Pregnancy (#2190)—This manual is for those taking action to prevent teen pregnancy in their communities. Includes strategies for collecting data, raising money, involving youth, and program development.

Stick to Your Limits – Abstinence Version (#2276)—This video shows teens in a variety of “sex possible situations” thinking it over, deciding to stick to their limits and carrying it out. The video demonstrates decision-making and refusal skills in real life situations. (17 min.)

GROWTH AND DEVELOPMENT

Girl to Woman (4th edition) (#6029)—In this video an adult’s reminiscences provide the context for explaining variations in rate of physical development, mood swings, gender relations, the onset of sexual feelings, acne, and body odor. The video shows the anatomy of the female and male reproductive systems and the physiology of the primary and secondary changes in the bodies of boys and girls. (25 min.)

Human Growth V (#1910)—In this video young teens discuss developmental changes and healthy lifestyles. Using graphics and pictures a narrator traces the physical and emotional changes during puberty. The video also describes step-by-step how a baby grows into an adult. (21 min.)

Kids to Kids, Talking About Puberty (#1835, English and #4426, Spanish)—This video covers the facts and feelings about puberty. The video uses colorful graphics, information and teens to explain the many emotional and physical changes that occur during puberty. (34 min.)

Looking Good, Feeling Good (#5711)—This program offers students in the middle grades a positive approach to dealing with the changes of puberty by encouraging them to “take charge” of their bodies. Students are encouraged to take responsibility for their own nutrition, grooming and hygiene. Dental health is also discussed.

My Changing Body (#1909)—This video shows two groups of young people ages of 11-13 at a weekend camp. Using charts and visuals doctors explain to the campers the physiological and hormonal changes that occur during puberty. In an informal setting important questions are asked by the adolescents and explanations are provided by counselors. Other topics covered are sports injuries, diet and exercise. (19 min.)

Puberty and Reproduction (#6504)—The units in this comprehensive teacher and student resource book are designed to provide students with information they need to understand what’s happening to their bodies during puberty. Each lesson contains a teacher-friendly outline including length of lesson, activities, vocabulary, self-assessment and evaluation.

Talking Real About Puberty: Bodies in Progress for Boys (#1906)—This video covers physical and emotional changes in males during puberty. Information is presented in a direct yet comfortable setting. The production uses high-tech graphics, small group discussion and humor. (34 min.)

Talking Real About Puberty: Bodies in Progress for Boys and Girls (#1911)—Six teens at different stages puberty talk about how they feel about their changing bodies. A narrator and family life educator provide facts and insights to youth development. High-tech graphics, charts and small group discussion of young teens are used to present information.




PARENTING EDUCATION

Parents Who Care: A Step-by-Step Guide for Families with Teens (#6758)—This research-based set of parent education materials — video, written guide, and facilitator’s manual — provides information on risk and protective factors in the lives of American teens. It provides useful guidance and tools for family meetings, setting clear standards, coping strategies (refusal skills, asking for help) and communication strategies. The video models realistic family scenes and parenting strategies. (The video includes separate segments that correspond to meeting topics, the length of the segments range from 1-12 min.)

Healthy Teens: Focusing the Challenges of Young Lives (#1618)—This book about teen health is written with parents in mind. It covers a broad set of topics including mental health, depression and suicide, sexuality, puberty, physical activity, substance abuse (parties and driving), safety and violence. Each section includes practical information, strategies and resources for parents.

It Takes More Than Love (#7132)—This set of four videos focuses on the opportunities and responsibilities parents have to promote youths’ developmental assets. Parents and their children discuss promoting a sense of worth, shared values, and setting limits. Each video includes ten specific parenting strategies. Uses the book, “What Kids Need to Succeed” (#7112).

Skills for Families – Skills for Life (#2299)—This book teaches life skills to parents, caregivers and older teens that help families solve daily living problems. Outlined are 11 care-giving areas: nutrition, money management, housing, medical needs, home safety, education and child supervision. Also included are chapters on stress, sexual abuse, social support, and communication.



**Healthy Kids,
Successful Students,
Stronger Communities**

**Healthy Schools,
Healthy People VII**

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The Doubletree Hotel
Sacramento, California

For registration information contact:
RDL enterprises
(916) 443-0218 RDL@RDLe.com