

## Beware - Bad Food

All too often diners end up with more on their plates than they've chosen, and the first they know about it is when they end up with a nasty case of food poisoning. This program details some of the worst cases of food poisoning, as well as revealing some of the more unsavory things people have found in their food. We follow a health inspector as he uncovers some of the people and places that put the public's health at risk.

**Senior Secondary - Tertiary**  
*50 mins Produced in the UK 2000*  
**Secondary Schools Price \$86.90**  
**Universities & TAFEs Price \$141.90**



## Weighing In: A Look at Obesity

Obesity is a global epidemic, with the United States leading the way as the fattest nation on earth, where 55% of its people are considered heavy enough to seriously endanger their health. In this one-hour documentary special, we'll examine the genetic and environmental factors contributing to the alarming rise in obesity, and follow four patients fighting for their lives and their health.

**Senior Secondary - Tertiary**  
*50 mins Produced in the UK 2000*  
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## A Matter of Fat

Despite a cultural emphasis on being thin, there is a growing percentage of the world's population considered obese. This program reveals surprising new findings and challenges us to re-evaluate the way we think about fat. Cutting edge research implicates genetic, biological, psychological, even historical factors in weight gain and the associated health risks. Through their search for a remedy, the subjects of this program offer insight into self-esteem and health issues that make obesity a complex disease involving both mind and body.

**Senior Secondary - Tertiary**  
*48 mins Produced in Canada 1997*  
**Secondary Schools Price \$86.90**  
**Universities & TAFEs Price \$141.90**

## What kids want to know about sex & growing up

This is an extensively researched program for 10 - 14 year olds that makes it easier to talk to students about puberty and sex. In straightforward discussions, and using animation and other footage, sex educators offer reassuring answers to kids' questions and correct potentially dangerous misinformation. Topics covered include;

- .. the physical and emotional aspects of puberty,
- .. STD's,
- .. sexual intercourse,
- .. conception,
- .. peer pressure,
- .. parenting, and more.

**Senior Primary - Middle Secondary**  
*60 mins Produced in the USA 1992*  
**Secondary Schools Price \$75.90**  
**Universities & TAFEs Price \$108.90**

## Diets from Hell

Diets come in all shapes and sizes. Fast food junkies, faddy eaters, health food freaks and chocoholics. We're no longer eating to live, but living to eat. Or in some cases not eating at all. Like the little boy for whom mealtimes are a nightmare. We investigate the diet busting eating disorder that creeps up on people while they're fast asleep. And we expose a shocking cyber-world encouraging young girls to starve themselves. And the dramatic rescue of a 350kg man with a life threatening diet.

**Senior Secondary - Tertiary**  
*21 mins Produced in the USA 2003*  
**Secondary Schools Price \$86.90**  
**Universities & TAFEs Price \$141.90**

## Developing life Skills

Being self-confident, communicating effectively, getting along with people, making intelligent choices and setting goals and other life skills are examined in this program. It offers advice from other teenagers, and includes interviews with adult counsellors whilst also providing a number of important facts to help students develop and sharpen their life skills.

**Middle Secondary**  
*29 mins Produced in the USA 2002*  
**Secondary Schools Price \$75.90**  
**Universities & TAFEs Price \$108.90**

## Meningococcal: Don't Catch the Killer

Teenagers and young adults aged 15 - 20 years are at a high risk of catching meningococcal disease, primarily because of the social lifestyle. This educational video draws on the experience of a group of young adults who have battled the deadly disease, with varying outcomes. The program looks at both forms of the disease: meningococcal meningitis and meningococcal septicaemia.

**Senior Secondary - Tertiary**  
*20 mins Produced in Australia 2003*  
**Secondary Schools Price: \$86.90**  
**Universities & TAFEs Price: \$141.90**

## Dying High - Teens in the E.R.

Viewers of this program will receive a valuable opportunity to see what goes on in emergency rooms as doctors treat teens for drug overdoses, alcohol poisoning and traumas as a result of drunk driving. The goal of this high-powered program is to remind teens that risk-taking behaviours can often lead to serious injury or death. By helping teens to recognise the importance of identifying negative choices instead of making positive ones, we can help to equip teens with the necessary tools for making better decisions in the future.

**Senior Secondary - Tertiary**  
*26 mins Produced in the USA 2003*  
**Secondary Schools Price \$86.90**  
**Universities & TAFEs Price \$141.90**

## What is Alcoholism?

This video offers a glimpse into the struggles of teen alcoholics. The program defines alcoholism as an addictive disease that affects people of all ages, races and social classes, and offers important information on how easily teens can become addicted to alcohol, and explains some of the unique problems faced by youth who become addicted. The signs and symptoms of alcoholism are also identified. The program emphasises the pervasive negative impact that alcoholism can have on an individual, a family and on society at large.

**Senior Secondary - Tertiary**  
*22 mins Produced in the USA 2003*  
**Secondary Schools Price A: \$86.90**  
**Universities & TAFEs Price: \$141.90**

## Polio - The Last Word

Thirty five years ago, an intensive program of vaccination virtually eliminated polio from the developed world, but in the poorer countries the disease still claims 400,000 victims every year. This program documents the history of this epic human undertaking, from the terrifying polio epidemics that raged in the early years of the 20th century, to the development of the vaccines by Jonas Salk and Albert Sabin. It looks at the amazing effort by ordinary people to spread the vaccine throughout the world and the real possibility that remote regions can be reached and the disease eliminated forever.

**Senior Secondary - Tertiary**

*45 mins, Produced in the USA 1998*

**Secondary Schools Price: \$75.90**

**Universities & TAFEs Price: \$108.90**

## Aids - Truth or Dare?

This program explores what science is offering to the millions of sufferers, and computer graphics help explain the role of red and white blood cells and how the HIV infiltrates the body's immune system. We look at how new treatments affect the virus and some of the side effects of these drugs, and the potential for the body's immune to develop a natural immunity to the disease.

**Senior Secondary - Tertiary**

*30 mins, Produced in the UK 2002*

**Secondary Schools Price: \$86.90**

**Universities & TAFEs Price: \$141.90**

## The Nature Of Stress

This program visits people under stress - from the overworked and the out-of-work to survivors of suicide and homicide, to rape victims, to Vietnam war veterans who continually re-experience the stress of the battlefield. It explores the long-term effects of stress and what is known about how to reduce them.

**Senior Secondary - Tertiary**

*45 mins, Produced in the USA 1998*

**Secondary Schools Price: \$75.90**

**Universities & TAFEs Price: \$108.90**

## Self-Image & Eating Disorders

This program looks at the hidden behaviour, stress, denial, and the cycle of guilt and shame that underlie eating disorders. It shows how depression, low energy, desperation, serious illness and even death can result. The program shows the importance of proper treatment and professional help, and the effects on family and friends.

**Senior Secondary - Tertiary,**

*24 mins Produced in the USA 2002*

**Secondary Schools Price: \$75.90**

**Universities & TAFEs Price: \$108.90**

## Understanding Anorexia And Bulimia

Hosted by two teen narrators, this video introduces students to anorexia and bulimia. Viewers hear from several real teens who have successfully overcome their own eating disorders. The warning signs, symptoms and health risks of anorexia and bulimia are explained in a way that viewers will be able to comprehend. The program explains that eating disorders are serious yet curable illnesses that can happen to anyone and how eating disorders are often related to a person's concerns about body image and self-esteem.

**Senior Secondary - Tertiary**

*21 mins Produced in the USA 2003*

**Secondary Schools Price: \$86.90**

**Universities & TAFEs Price: \$141.90**

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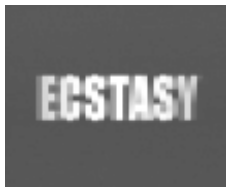
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Email: sales@avenueeducation.com.au

## Ecstasy: The Facts

This video explores the use of the psychedelic drug known as ecstasy. Viewers will learn that ecstasy is



derived from mescaline, a hallucinogenic drug obtained from the mescal plant. It can cause accelerated heartbeat, high blood pressure, fainting, muscle cramps and panic attacks. Experts also point out to viewers that ecstasy is psychologically addictive and can cause paranoia and psychosis - a dangerous drug to be avoided at all costs.

**Middle - Senior Secondary**

*Produced in the USA 2002*

**Secondary Schools Price \$86.90**

**Univerities & TAFEs Price \$141.90**

## Think Twice: Marijuana and Cancer

This vivid program points out new research that links marijuana smoking with head and neck cancers in addition to the already known risk of developing lung cancer. The video tells the story of a young man, a chronic marijuana smoker, who developed cancer of his tongue, neck and jaw and is now permanently disfigured. It also reveals the research of Dr. Paul Donald who has been studying head and neck cancers in young people. Pictures are shown of many young marijuana smokers who subsequently developed similar cancers. After viewing this video, viewers will think twice before lighting up another joint.

**Middle - Senior Secondary**

*25 mins Produced in the USA 1999*

**Secondary Schools Price \$86.90**

**Univerities & TAFEs Price \$141.90**

## Brain Scans – Alcohol & the teenage brain

This video takes teenagers on a tour of the University of California at San Diego where doctors are researching the effects of alcohol use in teenage brains. The young host of the show actually has a scan done on her own brain, and then has the chance to see how it compares with the brains of other teens who drink alcohol regularly. The studies highlighted in the video dramatically connect long term brain damage to teenage drinking. Students see first hand how alcohol affects teenagers as young as fourteen and fifteen years old. They will also learn why alcohol seems to effect younger brains more profoundly than older ones both in short term and long term.

**Middle - Senior Secondary**

*23 mins Produced in the USA 2001*

**Secondary Schools Price \$86.90**

**Univerities & TAFEs Price \$141.90**

## Club Drugs: The Real Deal

Drug use among teenagers is prevalent and now a new and dangerous menace known as club drugs offers an even greater threat to today's teens. The names for these easy-to-come-by drugs include Ecstasy, GBH, methamphetamine, Rohypnol (the date rape drug) and many others. With false promises of "safe" highs, the drugs are packaged specifically to appeal to trend conscious teenagers. The video provides teens with the latest up-to-date information on the dangers of these drugs (including death from overdose) as well as information on evaluating their choices at parties where adult supervision may be lacking. This program gives students a strong "no-use" message.

**Middle - Senior Secondary**

*Produced in the USA 2002*

**Secondary Schools Price \$86.90**

**Univerities & TAFEs Price \$141.90**

## No Ifs, Ands, or Butts: Smoking Kills

Hairy tongue, head and neck cancers, lung cancer, tar, phlegm, bad breath, yellow teeth, wrinkled skin, people with laryngectomies and many other sights and sounds are presented in this definitive look at the ravages of tobacco. The video introduces viewers to young victims such as twenty-year-old Michael Carmichael who lost half of his leg due to a tobacco related disease and his inability to quit smoking. The program also alerts teens to the newest tobacco dangers of herbal cigarettes and bidis.

**Middle - Senior Secondary**

*25 mins Produced in the USA 2000*

**Secondary Schools Price \$86.90**

**Univerities & TAFEs Price \$141.90**

## Club Drugs: Nothing to Rave About

This program provides teens with up-to-date information on the dangers of 'club drugs', including death from overdose. It gives students a strong no-use message and helps them avoid the temptation of club drugs while underscoring the importance of confronting life's various challenges in a positive way. After viewing the video, teens will realize that there is no such thing as a "safe recreational drug" and appreciate that drugs are not necessary in order to enjoy life.

**Junior - Middle Secondary**

*24 mins Produced in USA 2003*

**Secondary Schools Price \$86.90**

**Univerities & TAFEs Price \$141.90**



## Let's Clear The Air:

### What Smoking Says About You

This straight-talking video forces students to take an honest look at the destructive effects of smoking. Addiction, self-worth, health effects, the dangers of second hand smoke, peer pressure, advertising and tips on quitting are all part of this comprehensive program.

**Middle Secondary**

*20 mins Produced in the USA 2003*

**Secondary Schools Price \$86.90**

**Univerities & TAFEs Price \$141.90**

## How I Quit Smoking

### and Saved my Life

This program follows Jenny, a typical teenager who's trying to quit smoking. Through Jenny's eyes we learn first hand just how hard it is to break the addiction to both nicotine and the smoking culture. The video emphasises:

- The short and long term effects of smoking,
- Coping strategies to combat tobacco triggers,
- Pitfalls to be expected during and after quitting,
- Individual choices of quitting smoking.

**Middle - Senior Secondary**

*29 mins Produced in the USA 1999*

**Secondary Schools Price \$86.90**

**Univerities & TAFEs Price \$141.90**

## What is Alcoholism?

This video offers a glimpse into the struggles of teen alcoholics. The program defines alcoholism as an addictive disease that affects people of all ages, races and social classes, and offers important information on how easily teens can become addicted to alcohol, and explains some of the unique problems faced by youth who become addicted. The signs and symptoms of alcoholism are also identified. The program emphasises the pervasive negative impact that alcoholism can have on an individual, a family and on society at large.

**Senior Secondary - Tertiary**

*22 mins Produced in the USA 2003*

**Secondary Schools Price: \$86.90**

**Universities & TAFEs Price: \$141.90**

## Smoking Exposed

This program presents straightforward facts about virtually every harmful effect that smoking can cause in an effort to get teens to stop smoking before they start. Through hard-hitting interviews and information packed narration, students get an unblinking look at how smoking causes numerous diseases. Teens will also understand that billions of dollars are spent on advertising cigarettes and that teens are targeted in insidious and subtle ways. The program also exposes the new danger to teens of herbal cigarettes and Bidies.

**Junior - Middle Secondary**

*20 mins Produced in the USA 2000*

**Secondary Schools Price: \$86.90**

**Universities & TAFEs Price: \$141.90**

## Designer Drugs **NEW** Prescriptions for Happiness?

Miracle drugs have been credited with curing ailments, including depression, aberrant behaviour, obesity and a number of disorders now defined as diseases. This program examines the consequences of our medicated society, and explores the belief that chemicals can provide the answers to all our problems. It also examines how market forces influence the development of new drugs.

**Senior Secondary – Tertiary**

*30 mins, Produced in the USA 2002*

**Secondary Schools Price: \$86.90**

**Universities & TAFEs Price: \$141.90**

## Dying High: **BEST SELLER**

**Teens in the E.R**

Viewers of this program will receive a valuable opportunity to see what goes on in emergency rooms as doctors treat teens for drug overdoses, alcohol poisoning and traumas as a result of drunk driving. The goal of this high-powered video is to remind teens that risk-taking behaviours can often lead to serious injury or death. By helping students to recognise the importance of identifying negative choices instead of making positive ones, we can help to equip teens with the necessary tools for making better decisions in the future.

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*26 mins Produced in the USA 2003*

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**Universities & TAFEs Price: \$141.90**

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## Sex and Responsibility

Confusing messages about sex promulgated by the media, by peers, and ignorance are one of the least discussed aspects of adolescence. This program puts them into perspective with frank and open discussion. Topics explored include the mechanics of sex, emotional awareness, physical responsibility and birth control. Emphasised throughout are concepts of choice, consequences and how to avoid peer pressure.

**Junior Secondary**

*40 mins Produced in the USA 1998*

**Secondary Schools Price \$75.90**

**Universities & TAFEs Price \$108.90**

## Cyberbullies **NEW**

Chat rooms, blogs, and instant messaging have become standard form of communication for many young people. Unfortunately, they have also become popular ways to bully and harass others. This program is designed to prevent children and teenagers from falling to victim to cyberbullying, using dramatisations and Q&A discussions to expand awareness of the issue. The program discusses cyberbullying warning signs, common patterns of abuse, and questionable online activities and destinations to stay away from. It also presents strategies for responding when cyberbullying occurs.

**Senior Secondary - Tertiary**

*20 mins Produced in the USA 2006*

**Secondary Schools Price: \$86.90**

**Universities and TAFEs Price: \$141.90**

## Developing Life Skills

Being self-confident, communicating effectively, getting along with people, making intelligent choices and setting goals and other life skills are examined in this program. It offers advice from other teenagers, and includes interviews with adult counsellors while also providing a number of important facts to help students develop and sharpen their life skills.

**Middle Secondary**

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**Universities & TAFEs Price \$108.90**

## Understanding Anorexia and Bulimia

Hosted by two young teens, this program introduces students to anorexia and bulimia. Viewers hear from real teens who have successfully overcome their own eating disorders. The warning signs, symptoms and health risks of anorexia and bulimia are explained in a way that viewers will be able to comprehend. The program also examines the dangerous mindset that can arise when young people base their expectations for how their bodies should look upon the perfectly sculpted physiques of Hollywood actors and glamorous media figures.

**Senior Secondary - Tertiary**

*21 mins Produced in the USA 2003*

**Secondary Schools Price \$86.90**

**Universities & TAFEs Price \$141.90**

## Understanding Depression -

### Through the Darkness

This program explores clinical depression, explaining the symptoms, various treatment options and the need to erase the negative stigma this illness carries. The program features three patients who suffer from depression, examining the effect of the illness, how they have dealt with the social stigma and the roles played by family and friends. The program also talks to specialists about the illness.

**Senior Secondary - Tertiary**

*24 mins, Produced in the USA 2004*

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## Childhood **NEW** Obesity

### Reversing the Trend

This program examines the important issue of childhood obesity. Sufferers talk about what its like from a child's point of view to be overweight and how they have succeeded in adhering to a program of portion control and exercise to create a healthier lifestyle. We look at two different programs that are helping children to lose weight and keep fitter by setting realistic goals based on good health rather than on appearance.

**Senior Secondary - Tertiary**

*28 mins Produced in the USA 2005*

**Secondary Schools Price: \$86.90**

**Universities and TAFEs Price: \$141.90**

## Bully Girls **NEW**

Traditionally, bullying was considered a problem only among males, but experts are finding that girls can perpetuate bullying as well, although it often takes place on a more subtle or secretive levels. This program focuses on the increasing awareness of bullying among girls and educating viewers about how, when and why it occurs. The program explains the difference between teasing and bullying and identifies specific female bullying techniques and tactics. Recognising warning signals that help is needed, knowing the best ways to report incidents and getting school officials involved to combat the problem are all subjects thoroughly explored in the program.

**Senior Secondary - Tertiary**

*20 mins Produced in the USA 2006*

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## Battling Eating Disorders **NEW**

Anorexia and other eating disorders exert a frightening degree of control over millions of teenagers, especially young women. Manifested in so-called "Pro-Ana" websites, which actively promote anorexia, bulimia, and binge eating, the mental and physical grip of these sicknesses can prove impossible to break. 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. Special emphasis is placed on identifying anorexia, bulimia, and binge eating as actual diseases, not as misguided lifestyle choices - a realisation necessary for effective treatment.

**Senior Secondary - Tertiary**

*29 mins, Produced in the USA 2006*

**Secondary Schools Price \$86.90**

**Universities & TAFEs Price \$141.90**

## Reproduction - A Human Life Emerges

Human reproduction is a fascinating and complex process, especially when seen microscopically. This program presents a close-up view of reproduction beginning with the fertilisation of the female egg, through gestation and the millions of cell divisions and culminating with the birth of a fully formed individual. Each stage of development is visualised in sequence: when the heart begins to beat, when the limbs develop, when the child first moves and responds to stimuli, to when it offers its first cry to the world at the moment of birth. Sophisticated computer animation and narration are used in an effort to explain the processes.

**Senior Secondary - Tertiary,**

*35 mins Produced in the USA*

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**Universities & TAFEs Price: \$141.90**

## What kids want to know about sex & growing up

This is a program for 10 - 14 year olds that makes it easier to talk to students about puberty and sex. In straightforward discussions, and using animation and other footage, sex educators offer reassuring answers to kids' questions and correct potentially dangerous misinformation. Topics covered include;

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- .. STD's,
- .. sexual intercourse,
- .. conception,
- .. peer pressure, and more.

**Senior Primary - Middle Secondary**

*60 mins Produced in the USA 1998*

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## Self-Image & Eating Disorders

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*24 mins Produced in the USA 2002*

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**Universities & TAFEs Price: \$108.90**



## Peer Group Pressure

What is 'peer group pressure'? Who does peer group pressure influence? How does it affect us? Is 'peer group pressure' always a negative influence? This program examines most aspects of peer group pressure including peer pressure and family relationships, sexuality and individuality. We look at peer group pressure and the media, and peer group pressure and experimentation.

**Middle Secondary**

*26 mins, Produced in Australia 1995*

**Secondary Schools Price: \$75.90**

**Universities & TAFEs Price: \$108.90**

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# Health

## The SCIENCE OF SPORT

Science is playing an increasingly crucial role in today's competitive world of sport, with every new development making all the difference between winning and losing. This fascinating documentary investigates how science and sport interact - from the development of new equipment to improving an athlete's physical performance. Each program in the series focuses on one particular sport, examining the science and technology being brought into play in:

- ▷ **Winter Sports,**
- ▷ **Golf,**
- ▷ **Athletics,**
- ▷ **Tennis,**
- ▷ **Cricket and**
- ▷ **Soccer.**

### SOCCER

Soccer is the most popular sport on the planet and this program investigates how science is making football players fitter, stronger and mentally tough enough to compete at the highest level. We also use science to explain breathtaking skills and look out how technology has revolutionised football boots and balls.

### CRICKET

Cricket: It's a strange and alien world. Two teams compete. The players wear white. The ball doesn't seem to obey the laws of physics. The game is full of mysterious skills and baffling terms - googly, yorker, cutter, bakerloo, golden duck.

### ATHLETICS

In the Science of Athletics we explore the high octane world of the athlete and discover how science can help us understand athletics. What makes an athlete run faster, jump high? Are athletes born or made?

### GOLF

Golf - the rules are simple. Get a ball into 18 holes in as few shots as possible. But take a closer look and it's a complex game, where science is involved at every stage from the drive, to the putt, in the body and in the mind.

### TENNIS

The modern, powerful game of tennis is almost unrecognisable from the slower, more elegant game of 20 years ago. It has undergone a revolution of style, technique and training. Science of Sport looks at the impact of the technological leaps.

### WINTER SPORTS

In an action packed programme Science of Sport looks at the hi-tech science behind Winter Sports. We see how new technology, designs, sports psychology and training regimes combine to make supreme athletes.

#### Middle Secondary - Tertiary

6 x 47 mins, Produced in the UK, 2004

Secondary Schools Episode Price: \$64.90

Secondary Schools Series Price: \$250

Universities & TAFEs Episode Price: \$108.90

Universities & TAFEs Series Price: \$399

**New Lower Price!**



## SPORTS TECHNOLOGY

Higher, faster, stronger...today the quest for athletic excellence is as dependent on the scientist and engineer as it is on the athlete. At one of the world's foremost sports centres in Calgary, teams of psychologists, biologists, chemists, mathematicians, physicists, and bio-mechanists are fashioning elite athletes from the inside out, changing not only the way they perform but also the way they think.

#### Senior Secondary - Tertiary

48 mins Produced in Canada 2000

Secondary Schools Price: \$86.90

Universities & TAFEs Price: \$141.90

## Physical Education

### Childhood Obesity **NEW**

#### Reversing the Trend

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#### Senior Secondary - Tertiary,

28 mins Produced in the USA 2005

Secondary Schools Price: \$86.90

Universities and TAFEs Price: \$141.90

## Total Health: Becoming Physically Fit Series

This three-part video series will get students excited about the long- and short-term benefits of physical fitness. Total Health describes and illustrates the five main components of fitness: body composition, flexibility, muscle strength, muscle endurance, and cardiovascular endurance. Viewers will get all the facts about how physical activity improves performance, reduces risk of debilitating diseases, and improves emotional well-being.

### Body Composition and Flexibility

Physiologists and fitness experts describe what is meant by body composition and indicate some healthy ranges. Viewers are informed about the dangers of too much extra fat on their frames. Good nutrition and everyday physical activity are encouraged. In the segment on flexibility, viewers are told of the risk of injury that comes when stretching and flexibility are ignored.

### Cardiovascular Fitness

This video explores the cardiovascular system of the human body and its critical role in overall health. Students learn that above all, they should aim to live active, energetic lives and engage in some form of aerobic activity virtually every day. Emphasis is placed upon the high payoff that results from a heart-healthy lifestyle and on the fact that many aerobic exercises and activities are simple and fun.

### Muscle Strength And Endurance

This video demonstrates the importance of strength training in maintaining overall fitness. Students learn that muscle helps to metabolize calories faster and that strength training works hand-in-hand with the other components of fitness. Muscle endurance is singled out as an aspect of fitness that helps us perform at a high level whether we are doing day-to-day chores or trying to rise to one of life's most arduous challenges.

#### Middle Secondary - Tertiary

3 x 25 mins Produced in the USA 2000

Episode Price A: \$86.90 inc. gst

Episode Price B: \$141.90 inc. gst

Series Price A: \$196.90 inc. gst

Series Price B: \$284.90 inc. gst

**14 day  
preview  
available on  
all titles**

## Power Training Drills

This program shows you how to develop mental and physical agility for better sports performance. It provides valuable advice on planning agility training sessions, an explanation of the principles plus a selection of the best agility drills. Concentrating on instant movement decisions and intelligent footwork, the drills make use of tennis balls, agility ladders and hurdles for improved performance.

### Senior Secondary

40 mins Produced in the UK 2001

Secondary Schools Price: \$86.90

Universities & TAFEs Price : \$141.90

## Speed & Quickness Training Drills

In this program, an easy to follow outline is followed by 30m of the best speed training drills. You'll learn how to build speed into your students' training programs and how to improve acceleration, the mechanics of sprinting and nimble footwork. These drill are designed to bring challenges and variety into your training sessions.

### Senior Secondary

40 mins Produced in the UK 2001

Secondary Schools Price: \$86.90

Universities & TAFEs Price : \$141.90

## Developing Powerful Athletes

Power training has been scientifically identified as one of the most important factors in sports performance, resulting in improved strength, balance, speed and jumping ability. This video will allow you to choose training methods yourself. The video demonstrates a multitude of exercises and details the theory behind powerful athletes. Light, medium and heavy explosive training as well as plyometrics and complex exercises are shown.

### Senior Secondary - Tertiary

30 mins, Produced in the UK 1999

Secondary Schools Price: \$86.90

Universities & TAFEs Price : \$141.90

## Performance Enhancing Drugs

This video reveals the truth about many performance drugs such as steroids, Human Growth Hormone, diuretics, blood doping hormones and stimulants like amphetamines. We also investigate some of so-called "nutritional supplements" that claim to help users lose weight and gain muscle but in reality may set the stage for physical ailments like headaches, muscle weakness and irregular heartbeats. Interviews with student athletes emphasize that using drugs to win at sports is the same as cheating.

### Senior Secondary - Tertiary

21 mins Produced in Canada 2003

Secondary Schools Price: \$86.90

Universities & TAFEs Price : \$141.90

## Agility Training Drills

In this program, a straightforward introduction is followed by a selection of the best power drills, ideally suited to on the field training. The equipment used includes body weights, resistance trainers and medicine balls. This variety of drills will add valuable interest to your training sessions.

### Senior Secondary

40 mins Produced in the UK 2001

Secondary Schools Price: \$86.90

Universities & TAFEs Price : \$141.90

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*This series of videos is based on hundreds of interviews with Australians from all walks of life. They deal with issues that make a lot more difference to happiness and success than simply getting a job. The programs are designed to 'break the ice' in some sensitive areas of human and personal development classes. They do not present a single point of view, but a range of opinions and attitudes given by ordinary Australians. They are excellent for stimulating discussion in the classroom!*

## **Sex, self-respect and society**

Where did you learn about sex? Going from being a child to a teenager. With sexuality comes responsibility. The peer group. Who do you talk to about it? Role models. Sex and society.. Marriage and family. Virginity. How to say 'no'. Homosexuality.

## **Sex, the body and the mind**

Views of life after puberty and before puberty. The need for friends. Male thinking - the opposite sex. Female thinking - the opposite sex. Physical risks of sex. Emotional risks. Planning a family .

## **Building trusting relationships**

What is trust? The only way to have a friend is to be one. Taking a risk - differences in level of comfort. Acceptance of another. Openness. Sharing. How do you know if you trust someone? Being trustworthy. Trusting in a group situation. Trusting appropriately. Behaviours that undermine trust. Trust - hard to build, easy to destroy. Punishment, penance and forgiveness.

## **Avoiding the abuse of alcohol**

The consequence of becoming an alcoholic. Al-anon member. Lachlan - Teen Challenge. Alcoholics Anonymous. A writer. An ex-drug dealer. Joffa - Vital Youth Victoria. Alateen members. Shaun - Teen Challenge.

## **Regrets from smokers (who wish they'd never started!)**

How did it all begin? The pressure to keep going. The feeling - in control or not? The money spent. Addiction - how easy it is to slip into. Relief of tension... the mental effects. The health effects. How do you stop? Advice. Regrets.

## **Getting balance in your life**

What things make up your life ? Stages of life. How do you handle pressure? Self-discipline. Part of a balanced life's work. Health...recreation...family...relationships...spirituality. Monitoring balance.

## **Regrets from people who have wrecked their lives through drugs**

Based on interviews with addicts who wished they could have their lives over again. The effect on their families. Friends they have seen die or go insane. Lying, deceit and betrayal. Lack of realisation of the enormous consequences of stupid risks. Money and opportunities wasted. Why they started. Michelle. Steve. Jo. Daniel. Sharm. Paul. Nancy. Mark. Darren. Shaun - Teen Challenge. Leanne - Youth Worker. George - counsellor, St Kilda Gatehouse.

## **Expressing your feelings**

When feelings are not expressed. Knowing what you feel. Saying what you feel. Different ways of communication. Checking others' understanding of your feelings. Creating a good listening environment for others to express their feelings.

## **Finding true value in friendship**

Finding your own level of security. The catch 22 of insecurity. What do people have in common? Common interests and common views. Approaching people with an open mind. Dealing with new situations and new people. Putting time into a relationship. What is really valuable to you? Reciprocal relationships. Keys to relationships: honesty, trust, loyalty. Good relationships.

## **Leadership**

Definition of Leadership. Different levels of leadership. Your role-models. A leader's self-discipline. Setting priorities. Communication and leadership. Problem solving. A leader's attitude. A leader's ego. Developing other people to lead. A leader's vision.

## **Getting motivated**

How do you get motivated? Setting goals. Monitoring achievement. Dealing with distractions. Persistence. Motivators. A desire for recognition and acclamation. Having a love for what you do.

## **Making a success of life**

Leading a balanced life. What are your priorities? Success at work. Success in play. Success in health. Success in love. The respect others give you. Fulfilling your potential. When potential isn't being fulfilled. Accepting your limitations. Success in life.

## **Planning your career**

When did you know this was what you wanted to do? Getting fully informed career. Balancing ambition against realism.

## **Social skills for the workplace**

Differences between school and work. Basic manners in the workplace. Being open and friendly. Relations with peers. Handling criticism. Relationship with your boss. Developing a co-operative mindset. Blue-collar vs white-collar environments. Gender issues in the workplace.



## Getting your first job

How did you get your first job? Cold calling vs contacts. Presentation. Interview. developing a thick skin for rejection. Keeping your job. Planning a work future. Employer's advice.

## Staying physically and mentally healthy

Healthy mind, healthy body. Exercise. Eating properly. Sleep. Monitoring your own body. Relationship with a doctor. Coping with the death of someone close. Stages of grief.

## When families break apart

The death of a dream. Grief. Nothing is simple. Some people behave stupidly. Communicating your feelings. Negotiating the best solutions. Changes over time. The effect on kids. Why do families break apart? Step families. The positives - understanding and growth.

## Is love better than money?

What does money mean to you? What does love mean to you? Parental love. Romantic love. Unconditional love. Trust. Sex and love. Fame and reputation - priorities. What is really worthwhile?

## Feeling OK in social situations

First impressions do matter. Accepting anxiety. Calming yourself.. Small talk. The opposite sex. Trying not to try too hard. Being 'easygoing'. Making a mistake and starting again. Enjoyable social situations. Enjoying life.

## Confidence

Where does confidence come from? Different situations - different levels of comfort. Starting something y new. Knowing who you are. Self image. A healthy form of self-love. Body language. Voice and speaking. Assertiveness. Managing stress.

## Handling criticism

What is criticism? Separating the emotional from the logical. A healthy critical attitude. Constructive vs destructive criticism. Past experiences of criticism. Seeking second opinions. Giving criticism. The problem with perfectionism. Making decisions about what can and can't be changed. An audit of one's self.

## Relating to parents

Parental love. Rights and responsibilities. The generation gap. Discipline. Appearance. Friends. The opposite sex. Independence versus dependence. Money. Homework. Personal space. Career. Communication blocks. Negotiation skills.

**All programs are approximately 25 - 30 mins each  
Produced in Australia 2000**

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Individual Program Price B: \$108.90**

**Any 3 Programs Price A: \$125  
Any 3 Programs Price B: \$225**

**4 or More Programs Price A: \$25 each  
4 of More Programs Price B: \$50 each**

*Price Group A = Secondary Schools  
Price Group B = TAFE/Tertiary Institutions*

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## Beware - Bad Food

All too often diners end up with more on their plates than they've chosen, and the first they know about it is when they end up with a nasty case of food poisoning. This program details some of the worst cases of food poisoning, as well as revealing some of the more unsavory things people have found in their food. We follow a health inspector as he uncovers some of the people and places that put the public's health at risk.

**Senior Secondary - Tertiary**

*50 mins Produced in the UK 2000*

**Secondary Schools Price \$86.90**

**Universities & TAFEs Price \$141.90**

## Developing Life Skills

Being self-confident, communicating effectively, getting along with people, making intelligent choices and setting goals and other life skills are examined in this program. It offers advice from other teenagers, and includes interviews with adult counsellors while also providing a number of important facts to help students develop and sharpen their life skills.

**Middle Secondary**

*29 mins Produced in the USA 2002*

**Secondary Schools Price \$75.90**

**Universities & TAFEs Price \$108.90**

## First Impressions: NEW

### Etiquette and Work Habits for New Employees

A bad first impression is hard to shake...something Jason, Marita, and Chris are about to find out on their first day at work. This video will save your students from common workplace blunders by showing them how to present a polished appearance, use positive body language, and demonstrate a 'can-do' work ethic. A professional corporate image consultant shares her knowledge while the Wall of Wasted Opportunities - an animated rogues' gallery of employees who blew their first impression - memorably drives the program's message home.

**Middle Secondary - Tertiary**

*22 mins Produced in the USA 2005*

**Secondary Schools Price \$86.90**

**Universities & TAFEs Price \$141.90**

## Social Skills on the Job Series

Designed to help students obtain skills and strategies that will allow them to compete successfully with their peers in the job market, this series offers high school students a smoother transition to the workplace. The series features realistic depictions of both blue and white collar jobs. Filmed in actual work settings, this vignettes propel viewers into real-world, real-work situations - offices, warehouses, restaurants and retail - adding authenticity to the heart of each lesson.

Typical workplace issues covered include:

- Ⓟ the art of interviewing,
- Ⓟ getting to work on time,
- Ⓟ responding to introductions,
- Ⓟ knowing who to ask for help,
- Ⓟ fulfilling job requirements,
- Ⓟ greeting authority figures,
- Ⓟ skills and strategies necessary for keeping a job,
- Ⓟ dealing with criticism from an employer,
- Ⓟ good health habits and proper hygiene for the workplace.

**Middle Secondary - Tertiary**

*3 x 40 mins Produced in the USA 2003*

**Secondary Schools Price: \$199.90**

**Universities & TAFEs Price: \$299.90**

## Brave New Workplace NEW

The laws that will transform the nation's industrial relations landscape - and round out the Howard prime ministerial legacy - are still being feverishly honed by platoons of officials and lawyers. But the Government's opponents aren't waiting to see the fine detail. The trade union movement has pounced on an opportunity for renewed relevance, mounting a strong public campaign against the new laws. More individual contracts and less collective bargaining; fewer minimum conditions; a windback of unfair dismissal laws... these are among the key changes that have galvanised the unions. When the legislation is finally released, the Government will counter with its own publicity onslaught. Flexibility, choice and prosperity will be among the buzzwords. Will John Howard win the public relations battle? Or could he find himself imposing radical reform on an unwilling, even hostile, electorate?

**Senior Secondary - Tertiary**

*45 mins, Produced by the ABC 2005*

**Secondary Schools Price \$97.90**

**Universities & TAFEs Price \$178.90**

## Information Literacy: NEW

### The Perils of On-line Research

In a world of information overload, information literacy has become a survival skill. But what exactly does information literacy mean? With a focus on the Internet, this video explains how to conduct solid online research by collecting information in an organized, efficient, and ethical way. Professor Maurita Holland of the University of Michigan School of Information provides expert commentary and guidance on a range of research activities, including evaluating the credibility of Web content, documenting online sources, and paraphrasing—not copying—the words of others. Additionally, a high school teacher and a graduate student demonstrate real-world examples to reinforce the challenges and rewards of online research. The consequences of plagiarism and shaky facts are emphasized.

**Middle Secondary - Tertiary**

*21 mins Produced in the USA 2006*

**Secondary Schools Price \$86.90**

**Universities & TAFEs Price \$141.90**

**14 day  
preview**

## Communication Skills for the Workplace

This program delivers a clear message to students - that the number one asset for virtually any employee is the ability to communicate effectively. Whether speaking or writing, it is essential for employees to be able to relate information and thoughts clearly. Recruiters, managers, and communications experts provide useful information on such topics as one-on-one communication, breaking down barriers to communication, listening skills, group meetings, memo writing, phone etiquette, and more.

**Middle Secondary - Tertiary**

*35 mins, Produced in the USA 1999*

**Secondary Schools Price \$86.90**

**Universities & TAFEs Price \$141.90**

## Leadership

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5 x 25 mins each

Produced in Australia 2000

Secondary Schools Price \$75.90 each

Univerities & TAFEs Price \$108.90 each

## How to Land Your First Job

Many young people feel like they are facing a Catch-22 as they try to land their first job. Employers are often looking for experience, but you can't gain experience until someone takes a chance on you. This video gives students critical information on what they can do to tip the scales in their favor as they try to obtain their first meaningful employment. Recruiters, managers, job seekers, and those who have already found their dream job all offer their perspectives on the job-search experience. All reinforce the same themes: be prepared, be honest, and be yourself. Strategies that work with employers are detailed, which include constructing the proper resume, writing cover letters, making follow-up phone calls, finding internships, and more.

Middle Secondary - Tertiary

25 mins Produced in the USA 1998

Secondary Schools Price \$86.90

Univerities & TAFEs Price \$141.90

**NEW**

## Homework & Study Skills

In this comprehensive 2-part program, which skillfully interweaves a highly entertaining story with realistic characters, students will learn:

- \* Time management skills
- \* How to become a more active listener
- \* Effective note taking methods
- \* Abbreviation skills
- \* How to improve reading comprehension
- \* Tips on how to study and learning strategies
- \* Effective memorisation techniques

In this two-part series we meet four young people having difficulty in the homework and study skills department; Kiley, who's always assumed that she could coast through school on talent alone; Manny, who hasn't completed an assignment on schedule in months; Rainey, who lives to study; And Jo Jo who is trying to deal with low self-esteem issues Watch what happens as the group starts applying their new skills in this highly educational and entertaining program.

Middle Secondary - Tertiary

2 x 40 mins Produced in the USA 2004

Secondary Schools Price \$86.90

Univerities & TAFEs Price \$141.90

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