

## New health-related resources for schools

June 2010

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This document contains a list of resources for schools that have been recently added to the NHS Sheffield Library. Subjects cover the following topics:

body systems  
child development  
hygiene  
physical disabilities  
social skills

bullying  
first aid  
learning disabilities  
safer sex  
substance misuse

cancer prevention/screening  
healthy eating  
mental health  
sex and relationships education  
teenage pregnancy

The listed resources are available for loan to anyone working within the education sector. You may borrow up to 15 resources at any one time for a 3 week period. Resources can be renewed after the initial loan period if they are not required by other users. If you require them for specific dates, you can book them in advance. Books and DVDs can be sent to schools using the internal post service, however, larger items such as models must be collected from the library as they are unable to be sent via the internal post. If you require any further information about any of these resources, please contact us using the details below.

**Please note that this is not a complete list of resources suitable for school use held in the library. We have many more books, DVDs, teaching packs, exhibitions and models of the body for loan. For further information on all our resources please contact the Library.**

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## Body systems

KS	TITLE	YEAR	SHELF	ABSTRACT
2	Health education collection	1999	WS150	<p>This DVD contains two series which highlight the benefits of staying healthy.</p> <p><b>Crunch Time: Dental Health</b> Follows four children through their individual dental treatment. Different procedures are shown including treatment for teeth chipped or broken in accidents. The importance of diet, personal hygiene and regular visits to the dentist in maintaining healthy teeth and gums is emphasised throughout.</p> <p>Programme 1. The dentist Programme 2. Looking after your teeth</p> <p><b>The Good Health Guide to Eating, Drinking, Working, Resting and Playing</b> Gives information and positive advice to help children make informed choices about their lifestyles.</p> <p>Programme 1. Decide for yourself Programme 2. Filling up and filling out Programme 3. A job well done Programme 4. Fun and games Programme 5. It's ok to be me</p>
1	Humphrey and his lost tooth Kasper and Jasper		QT107	<p>This DVD comprises 2 films:</p> <p><b>Humphrey and his lost tooth</b> This follows Humphrey the elephant as he searches high and low in the jungle for his missing tooth.</p> <p><b>Kasper and Jasper</b> This tells the story of two bacteria that live in Ben's mouth. Decay and fillings are explained in simple terms.</p>
1	Judy Bear goes to the dentist	1999	QT107	<p>This DVD follows Judy bear and her brother Edward on their visit to the dentist. It is a fun, informative introduction to dental health for children and is a useful tool for introducing young patients to the dentist and putting their possible fears at rest.</p>
1 & 2	Teeth model		WU110	<p>This model aims to make oral hygiene instruction to groups easy. It can be used to demonstrate types of teeth and how to keep them clean. Accompanied by a toothbrush. 3x life size.</p>
4	The virtual body	2004	QT107	<p>This series explains the workings of the human body. Presented from inside the body, the functions are viewed close up and explained as a series of connected systems. There are programmes on circulation, respiration and breathing, immune systems, homeostatis, sensory systems and genetic engineering.</p>

## Bullying

KS	TITLE	YEAR	SHELF	ABSTRACT
1	Bullying	2007	WS342	<p>This DVD contains three programmes: 'Bullying'; 'How to be a bully'; and 'How to make someone feel really bad'. The programmes cover: what a bully is, why people bully, types of behaviour shown by bullies, who might be bullied, how it feels to be bullied, how to prevent yourself from being bullied and how to help those being bullied. Includes a resource book which contains lesson plans, two activity sheets and two resource sheets.</p>
2	Beat the bullies		WS342	<p>This DVD portrays the various forms of bullying with cartoons, short dramas and interviews with pupils. It aims to introduce viewers to the subject of bullying and outline the different types of bullying with the intention of showing that these are all important, no matter how small an incident appear to be. It also illustrates the experiences of one child from the start of a cycle of bullying to its eventual conclusion and solution.</p>
2	Get your head round it: bullying, achievement, and anti-swot culture	2007	WS342	<p>This DVD is aimed at children aged 8-12. It looks at bullying, anti-swot culture and transition to high school and a range of films with lesson plans to support the issues raised.</p>

2 & 3	"Kick it": Bullying		WS342	This DVD introduces the corporate responsibility of sports culture into simple messages for tackling bullying in peer groups. It covers racism, disability, institutional and the more immediate forms of bullying for school children. A worksheet accompanies the DVD.
2, 3, & 4	Nutter: anti-bullying play for young people	2007	WS342	This DVD is about standing up against bullies and, as a bystander, doing something about it – being a 'Nutter'. The strong anti-bullying message shows how a mobile phone blog is used to prevent bullying. Accompanying the DVD is a one hour, 49-page play, with police scenes that are transcripts from actual cases. Pupils can act out the scenes and the power of the play is that it sides with the 'Nutter' from the outset. It offers a practical, dynamic way for young people to develop an anti-bullying attitude.
3	Bad behaviour: a drama about bullying made for young people by young people	2003	WS342	This film covers: what is bullying, why do people bully, what can you do about bullying and what can your school do about bullying?

### Cancer prevention/screening

KS	TITLE	YEAR	SHELF	ABSTRACT
3 & 4	BSE for teens	2009	WP820	This DVD encourages teenagers to learn how breasts look and feel in the present, so that they will be more likely to spot any changes at a later date. A multi-ethnic cast demonstrate the techniques of breast self examination.
3,4 & 5	Dying for a tan	2006	WR500	This DVD addresses why young people are not taking the necessary precautions to prevent skin cancer and are not aware of the risks of sunbathing. The film follows several young people who have skin cancer and how their condition developed.

### Child development

KS	TITLE	YEAR	SHELF	ABSTRACT
4 & 5	Baby and me: watch, listen and learn together	2007	WS210	This DVD has been made with families living within Westminster and it shows people from diverse cultures and backgrounds talking with, playing together and soothing their babies. The DVD is in English, Arabic and Sylheti.
4 & 5	Child development: an illustrated guide	2006	WS100	This pack includes a book and a DVD. The book provides an overview of all the stages of a child's development up to 16 years. For each developmental stage, the key changes are described. The DVD provides video clips of children's developmental stages from birth to 8 years.
4 & 5	Early socialisation: Max and Ellie 0-2 years, 2-5 years		WS230	This DVD follows two children's progress through their first five years of life concentrating particularly on their social development. We first meet Max and Ellie at a few days old. Their progress is followed at regular intervals in their homes and other familiar surroundings. The DVD is divided into sections which cover awareness, communication, attachment and socialisation. In the second film Max and Ellie can use complex language and are beginning to understand the social 'rules' that govern human interaction.
4 & 5	The not-so-terrible two's: the third year of life		WS100	This DVD covers Physical development: large and small muscle skills, how two-year-olds fine-tune their muscles through constant imitation, experimentation and repetition and progress in walking; Cognitive abilities: development from sensorimotor stage to pre-operational phase, greater awareness of personal agency and the development of drawing skills; Social and emotional development: the development of self awareness, concern for others and the realisation that people influence each other's feelings; and Toilet training: three developmental milestones, body awareness, language skills and motor skills
4 & 5	Observing children: a study in child development		WS100	This DVD covers play, language, socialising and intellectual and emotional development. The DVD is divided into three distinct observations: 1-3 years; 3-4 Nursery School, the foundation stage; and 4-5 Reception stages.
4 & 5	Physical development 0-12 months	2009	WS100	This DVD includes examples of the key stages of development from birth to 12 months. For each age bracket different aspects of physical development are illustrated, including primitive reflexes, gross motor skills, fine motor skills and vision.

4 & 5	The social baby: understanding babies' communication from birth	2004	WS210	This DVD about the development of infant communication aims to demonstrate that from birth, each baby is a unique individual with their own likes and dislikes, strengths and sensitivities, and that by carefully watching a baby, and learning the subtle cues and significance of behaviour, parents and others can become better able to provide the sensitive care that babies need.
4 & 5	The social toddler: understanding toddlers and why they do the things they do	2005	WS230	This DVD explains in simple terms why toddlers do the things they do - including those that parents find challenging and shows how best to avoid conflicts. It explains how the toddler's developing brain has such an impact on everything they do. Every day and every thing is a challenge to be met, explored and understood - an essential part of how toddlers learn.
4 & 5	The wonder year: first year development and shaping the brain	2009	WS100	This DVD follows one baby from birth to twelve months, looking at physical, social, emotional and cognitive development.

## First aid

KS	TITLE	YEAR	SHELF	ABSTRACT
3, 4 & 5	Life. Live it		W495	This DVD is set in a music festival and follows a group of friends living life. It aims to inspire young people to empower themselves with first aid skills that can take only minutes to learn but can mean the difference between life and death. Extra features include a downloadable PDF on basic first aid and a class act resource on stabbing.
3 & 4	Life. Live it (CD-Rom)		W495	This CD-Rom includes 10 flexible first aid lesson plans (30-90 minutes); schemes of work for basic first aid in 1-10 sessions; powerpoint presentations; video and audio clips; worksheets; a fun interactive quiz; and guidance on teaching first aid. Can be used with interactive whiteboards.
3, 4 & 5	Little Anne		W495	A lightweight training model for CPR consisting of head and torso only

## Healthy eating

KS	TITLE	YEAR	SHELF	ABSTRACT
1	The healthy bod squad		WS150	This DVD features Stinky Simon, who has personal hygiene problems, Lazy Laura, who piles on the pounds through physical inertia, and Junk Food Javed who is addicted to junk food.
1 & 2	I'm hungry, I'm not hungry		WS115	This DVD features a group of cartoon characters who explore not only the characteristics of the food they do like and the ones they don't like, but also that their bodies need all kinds of food to be healthy. It identifies food groups featured in the 'balanced plate' that are necessary for a daily diet, growth, health and enjoyment. It covers, fruit, vegetables, cereals, dairy products, meat, fish and fluids.
3 & 4	Fit to eat		WD22	This programme is in three sections: 1. What's healthy. This encourages pupils to develop their own definition of what good health means, not just in terms of food but in life activities. 2. Nutrition. This takes a serious look at what bodies need and how they can obtain the right balance from what they eat. 3. Food. This shows simple but healthy recipes which are very easy to make and good for you and contrasts this with some of the worst examples of processed food.
3 & 4	Smart fast food	2002	WD22	This DVD looks at different types of fast food and in particular at the fat content of the food.
2, 3, 4 & 5	Vat of fat	2001	WD22	This jar contains approximately 1 lb. of goeey, yellowish simulated fat which represents the amount of weight a person would gain in one week if they consumed an extra 500 calories each day. It demonstrates how caloric intake translates into weight gain and information on the back of the jar shows how much weight a person could gain in one year as a result of eating certain foods on a daily basis.

## Hygiene

KS	TITLE	YEAR	SHELF	ABSTRACT
1	The healthy bod squad		WS150	This DVD features Stinky Simon, who has personal hygiene problems, Lazy Laura, who piles on the pounds through physical inertia, and Junk Food Javed who is addicted to junk food.
3	Brush up on hygiene	2007	WS155	This DVD combines entertaining live action with animation as Dr Tidy teaches about the importance of good hygiene and how personal hygiene helps teens feel good about themselves. Specific emphasis is placed on handwashing and oral hygiene, and germs are investigated in detail.

## Learning disabilities

KS	TITLE	YEAR	SHELF	ABSTRACT
3 & 4	All about us: for people with learning disabilities	2008	WM890	This CD Rom for people with learning disabilities covers, growing up, bodies, personal and sexual relationships, contraception and sexually transmitted infections.
4 & 5	Asperger syndrome: a different mind	2006	WM122	This DVD considers the nature of Asperger syndrome (AS) from children and adults themselves who have AS, as well as doctors, school teachers and family members. It includes video footage from leisure time at home, lessons and break time at school, and individual accounts. The DVD looks at the lives of 6 individuals who range in age from 5 to 22 and introduces the viewer to the special interests, speech and language characteristics, social interaction difficulties and cognitive differences of people with AS. It also highlights some of the positive developments that have taken place in schools.
2, 3, 4 & 5	Talkabout: a social communication skills package	1996	WM877	This is a social communications skills package designed to be used with children or adults with social communication skills difficulties. It consists of an assessment procedure to evaluate the client's self awareness to enable the therapist to decide at which point of the six levels within the package the client should begin working. Each level concerns a particular aspect of communication, starting with self and general awareness, moving through general communication skills within a group, body language, talking, conversational and assertiveness skills. Includes work sheets.
Teachers	Talkabout DVD: social communication skills	2006	WM877	This DVD is intended to be used by teachers or therapists who are running social skills groups. It is designed as an additional resource to be used within the group setting to help bring the different social skills to life. It is particularly useful for teachers/therapists using the 'Talkabout' package. The DVD contains acted scenarios for each skill being taught, modelling both poor and good behaviour. It covers Me and you, communication, body language, the way we talk, conversations, assertiveness. Includes a 48 page booklet.
Teachers	Talkabout activities: developing social communication skills	2003	WM877	This activity book is suitable for use with children and adults using the 'Talkabout' package. It is designed to support 'Talkabout: a social communication skills package' providing suggestions for group activities at all levels and stages of therapy. It includes general group cohesion activities that can be used as a starting or finishing activity as well as activities for each level of 'Talkabout'.
Teachers	Talkabout relationships: building self-esteem & relationship skills	2004	WM877	This book includes a staff-rating assessment of a client's relationship skills and criteria for inclusion in a relationship group, as well as a self-esteem assessment and a self-rating assessment of relationship skills. It contains illustrated, photocopyable group activities and worksheets to address self-image, identity and self confidence as well as the different types of relationship, the qualities of friends and some of the skills in improving and developing relationships.
2, 3, & 4	You, your body and sex	2008	WM890	This DVD is for use by people with learning disabilities. The topics covered are: growing up, periods, masturbation, keeping clean, relationships, loneliness, consent, safer sex, condoms and sex and people's attitudes. Includes English subtitles.

## Mental health

KS	TITLE	YEAR	SHELF	ABSTRACT
3	Finding the edge: a mental health resource for use with young people	2009	WS700	This DVD includes three films either made by, or featuring users of mental health services: two short dramas made by young people and a series of discussions around mental health. The service users who helped with the making of this resource felt that it is important that young people understand that they are not alone when they feel upset by the issues they face and that there is no shame in seeking help for their problems. It includes lesson plans and teaching materials.
3 & 4	Mental health: Losing it; Winning the mind game; and Without you	2006	WS700	This DVD includes 3 films: <b>Losing it</b> One in five young people experience mental health problems, and one in ten have problems serious enough to need professional help. Losing it looks at stress and anxiety, depression and disorder, self-harm, suicide and despair. <b>Winning the mind game</b> This programme profiles three attractive, successful young people who have suffered and conquered mental illness (depression and anxiety). <b>Without you</b> This programme explores the lives of young people whose lives have been affected by bereavement.
4 & 5	Dealing with depression	2003	WM171	This DVD helps to demystify an illness that is increasingly affecting young people. A case study explains the tragic consequences of depression and advice from experts on ways to work with those needing support in fighting depression.

## Physical disabilities

KS	TITLE	YEAR	SHELF	ABSTRACT
3 & 4	Rush and Express	2006	WV635	This DVD contains the following programmes: <b>Rush</b> Rush follows six students, exploring, from a young deaf perspective, the themes of friendship, identity, tough choices, secrets and lies, love and losing it. The film has a cast of deaf and hearing actors and is filmed in a mix of speech and sign language. 1 x 65 minute programme <b>Express</b> This series looks at how communication works for deaf and hearing people and explores the power and expressiveness of sign language. 1. Why don't you listen?; 2. The Learning game; 3. Strong language; 4. The works; 5. Media messages 5 x 10 minute programmes

## Promoting health and well-being

KS	TITLE	YEAR	SHELF	ABSTRACT
Teachers	Promoting health and well-being through schools	2010	WS150	This book provides an overview, and intervention advice on alcohol use, drug use, mental health, sexual health and obesity. The book considers how schools can build partnerships with young people, parents and health professionals to promote their commitment to health and well-being.

## Safer sex

KS	TITLE	YEAR	SHELF	ABSTRACT
3 & 4	Sex, lies and DVDs	2009	WS855	This is a short film created by twenty young people from West London. The DVD looks at good sexual health practice amongst young people and sexually transmitted diseases.
3 & 4	STD Roulette Wheel		WS860	This roulette game encourages discussion around sexually transmitted diseases. The roulette wheel features common STDs and the game cards present real-life scenarios that address different sexual situations. Includes a teacher's guide.
3, 4, & 5	Safer sex box		WS855	This box displays 16 methods of contraception, 8 sexually transmitted infections, divided into 3 colour coded trays stored in a flight case. Each method or STI is contained within its own crystal case with factual information on the reverse. Accompanied by Safer sex USB stick (Shelf: 16588, 16678)
4 & 5	Wrappy meets Marc and Julia	2006	WS855	In this animated film, Wrappy, the talking condom, meets Marc and Julia, two young people who are in love and plan to have sex for the first time. Wrappy warns the couple of the risks involved, introducing fiendish characters who represent sexually transmitted infections, how to recognise the most common symptoms, and how to use a condom. Contains some mild swearing.

## Sex and relationships education

KS	TITLE	YEAR	SHELF	ABSTRACT
1	Birth, care and growth	2008	WS845	The DVD incorporates three programmes: Animals, Our babies and Caring and growing. The programmes are for children aged 5-7 and look at how it feels to 'grow up'. They explore the physical changes that accompany birth and growth, along with the caring and nurturing roles of parents and siblings. The programmes enable children to see that as they grow physically, they grow in independence and responsibility. The resource book contains lesson plans and 12 photocopiable activity sheets plus 3 posters to support the activities.
2	Sex and relationship education; PSHE 9-11	2007	WS840	This CD Rom and teacher notes includes images, photographs, interactive activities and games to help pupils understand the physical and emotional aspects of growing up.
2 & 3	Focus, Growing up (sex education)	1999	WS840	This DVD incorporates three programmes from the BBC School Television series Focus: Growing up. The three programmes are: What's happening to me?, How am I behaving? and How are other people behaving?. The programmes aim to support teachers working with children aged 9-13. The programmes cover physical changes during puberty, feelings and emotions that young people can experience during puberty and changing relationships with family, friends and peers. They offer practical guidelines for the development of self esteem and help children to make informed decisions about friendships, relationships and sexual behaviour. The resource pack contains 29 photocopiable activity sheets, teacher notes, planning grids and 3 posters to support activities.
2 & 3	The new guide to relationships and sex: a sex education /PSHE DVD for young people		WS845	This DVD is divided into five main subject areas: growing up, looking after yourself, sex, pregnancy and help and advice. Each has a menu featuring a series of video sequences that explore the issues facing young people.
3 & 4	Friday night shirt: a video resource about breaking the cycle of abusive relationships	1995	HQ675	This is a 15 minute drama, created with and starring a group of single mothers. It is the story of a young woman breaking the cycle of a violent relationship and setting out on a new life with her daughter. It considers the causes of domestic violence, different forms of abuse, the impact on a family and breaking the cycle. <b>Please preview before showing to a group.</b>

3 & 4	Sex and Relationships	2006	WS855	<p>This DVD contains the following series:</p> <p><b>In my Experience</b> These programmes explore adolescent relationships: 1. Just good friends; 2. Dating; 3. Pressure. 3 x 25 minutes</p> <p><b>Growing up Gay</b> These programmes take a lively, sensitive approach to a difficult subject. They are personal films made by young gay people: 1. School's Out: Covers homophobic bullying; 2. Friends and Lovers. 2 x 25 minutes.</p> <p><b>More Than Love</b> This series covers sex, love and relationships as experienced by three young couples over a two week period: 1. No respect; 2. Break-up; 3. Finding out; Same-sex love, coming out and how friends and family react. 3 x 25 minutes.</p> <p><b>Sex, Love and Video Diaries</b> This film covers attitudes and feelings and helping young people to think about choices. 1 x 30 minutes</p>
3 & 4	Walking away	2008	WS850	This film follows the story of 17 year old Falaise tackling issues around personal wellbeing. It considers personal identity, healthy lifestyles, risk and relationships.
4	The A-Z of love and sex: citizenship and PHSE for 14-19 year olds	2004	WS855	This is a fast moving, direct series that answers the questions young people are too embarrassed to ask. Each programme moves through a section of the alphabet as a way in to a range of questions and issues. The emphasis is on young people being able to make informed, responsible decisions.
4 & 5	Fathering: what it means to be a dad	2009	WQ222	This DVD includes interviews with young fathers and fathering expert, Steve Onell, and explains the impact and importance of a father in a child's life. It shows how being a father is a lifetime commitment that requires love, time and energy.
4 & 5	Why abortion?: Understanding why women choose to have an abortion	2008	WQ440	This resource pack is aimed at young people aged between 14 and 19 years. It seeks to help young people explore the realities and options faced by women, their partners and families when faced with an unplanned pregnancy. It considers the complexities of the decision making process and how different value systems can result in prejudice. It includes a 20 minute DVD and a handbook for the facilitator.

## Social skills

KS	TITLE	YEAR	SHELF	ABSTRACT
1	Our friends	2007	WS150	This DVD incorporates 2 programmes; special friends and school friends. The first programme looks at making and keeping best friends. It explores issues such as caring for each other, crossing language barriers and staying in contact. The second programme looks at making new friends, breaking up, making up and games to play together. There is also a specially devised Friendship Code on how to make and keep friends.
1	Staying safe and healthy	2006	WS150	These two programmes from the BBC series What?, Where?, When?, Why? raise awareness in children of the needs of others and helps them to understand that they can support others both practically and emotionally and show that a problem shared is a problem halved. The two programmes are 'A friend in need' and 'Scared of the dark'. The DVD includes question screens for each programme offering class discussions around questions such as what makes a good friend? and What is the safe way to cross the road?
1 & 2	Emotions bingo card game		WS700	These illustrated bingo cards help children recognise feelings and expressions. Covers, proud, sad, loved, excited, happy, afraid, hopeful, sorry, shy, hurt, surprised and angry.
2	Get your head round it!: Emotional wellbeing	2009	WS700	This DVD uses puppets with the voices of children to cover such subjects as: bullying, emotions, nerves, children's rights, healthy minds and adult opinions. Resource includes lesson plans.

2 & 3	Being different and That's my life: PSHE for 7-14 year olds	2008	WB600	<p>There are two films on this DVD:</p> <p><b>Being different</b> These stories include being adopted, being a newcomer, having a speech impediment, having divorced parents, having psoriasis, being a young carer, being a Christian, being a male ballet dancer and being a twin. 1. I'm different; 2. My family's different; 3. My Lifestyle's different; 4. My interests are different; 5. Surviving anorexia</p> <p><b>That's my life</b> These films feature young disabled people: 1. Carl - who has been blind from a young age; 2. Stacey - who has cerebral palsy; 3. Christopher - who has Asperger's syndrome; 4. Natalie - who has Down's syndrome; 5. Elliott - who has cerebral palsy.</p>
2 & 3	Stand up for yourself: assertive skills that work	2008	WS700	The DVD aims to enable young people to understand that being firm but polite is key to being assertive, know that everyone has a right to say 'no' without an explanation, realise the difference between assertive and aggressive behaviour, know that being assertive is not being selfish, and understand that being assertive can boost your self-esteem and confidence. It uses everyday examples including being asked by peers for money, to defy parents, to borrow personal effects, to be dishonest and to drink alcohol. Includes a Teacher's Guide, printable from the DVD, containing 28 discussion questions, six activities and five handouts.
3 & 4	Keep your cool: anger in conflict: student workshop	2005	WLM222	This DVD follows a group of teenagers who come into conflict with one another and have to learn the essential skills that help them take control of their lives and resolve conflicts peacefully.
3 & 4	Interpersonal DVD: an interactive DVD to engage young people in conversations about relationships		WS855	The aim of the pack is to engage young people (particularly young men) in conversations about relationships. Whilst the focus is on talking about a date, this can also be a useful route into talking about relationships in general. The pack includes a book and a DVD. The DVD scenes cover issues around power, communication, humour and body language. The book contains eight exercises which will help young people to explore appropriate boundaries, understand what men and women think, read body language and discuss what it means to be a man or a woman.
4	Social skills for life: managing strong emotions		WLM 222	This DVD demonstrates three styles of reacting in emotionally charged situations; aggressive, passive and assertive. They demonstrate strategies that can help young people to keep their cool when they are in danger of losing it or when someone is losing it with them. Students can learn how to identify their own emotional triggers and recognize patterns of responding to these triggers, both physically and emotionally. Scenario topics include romantic jealousy, a conflict with a co-worker and peers' reactions to a learning disability.
2, 3, 4 & 5	Talkabout: a social communication skills package	1996	WM877	This is a social communications skills package designed to be used with children or adults with social communication skills difficulties. It consists of an assessment procedure to evaluate the client's self awareness to enable the therapist to decide at which point of the six levels within the package the client should begin working. Each level concerns a particular aspect of communication, starting with self and general awareness, moving through general communication skills within a group, body language, talking, conversational and assertiveness skills. Includes work sheets.
Teachers	Talkabout DVD: social communication skills	2006	WM877	This DVD is intended to be used by teachers or therapists who are running social skills groups. It is designed as an additional resource to be used within the group setting to help bring the different social skills to life. It is particularly useful for teachers/therapists using the 'Talkabout' package. The DVD contains acted scenarios for each skill being taught, modelling both poor and good behaviour. It covers Me and you, communication, body language, the way we talk, conversations, assertiveness. Includes a 48 page booklet.
Teachers	Talkabout activities: developing social communication skills	2003	WM877	This activity book is suitable for use with children and adults using the 'Talkabout' package. It is designed to support 'Talkabout: a social communication skills package' providing suggestions for group activities at all levels and stages of therapy. It includes general group cohesion activities that can be used as a starting or finishing activity as well as activities for each level of 'Talkabout'.

## Substance misuse (alcohol, drugs and smoking)

KS	TITLE	YEAR	SHELF	ABSTRACT
2	Drug education: PHSE aged 9-11	2008	WM273	This CD Rom and accompanying resource notes, for children aged 9-11 cover different types of drugs and drug use, risk taking in relation to drugs and opinions and views about drugs.
2	Focus: substance misuse	2008	WM273	This DVD pack contains three programmes about substance misuse from the BBC School Television series 'Focus'. The three programmes cover Smoking, Alcohol and Drugs. They aim to encourage 9-11 year olds to examine their beliefs, attitudes and values towards the misuse of substances. The resource pack contains 27 photocopyable sheets, planning grids and 2 posters to support the activities.
2	Healthy choices		WD548	This DVD is about smoking and alcohol and aims to demonstrate to children how to make healthy choices that help them look after their bodies and keep themselves safe.
2 & 3	10 top reasons to stay smoke free	2008	WD540	This DVD presents ten reasons for not taking up tobacco. It considers the impact of tobacco on health, wealth, complexion, pollution, addiction, fitness and freedom. The film also demonstrates the effects of ageing on the skin.
2, 3 & 4	What's your poison? (smoking display)		WD540	This wooden display board (approx 65cm x 45cm) shows a giant cigarette with descriptions of 15 toxic chemicals in tobacco smoke and details of what these chemicals can do to the body. Alongside the description of each poison is a shelf with an object or jar of something to represent the common uses of the toxin. There is a bag of cigarette butts for nicotine, a container with 'rat poison' containing arsenic, disinfectant with phenol, insecticide spray with acrolein, toilet cleaner with ammonia and a lighter with butane. It has a car, petrol pump and batteries for carbon monoxide, benzene and cadmium.
3 & 4	Deadline: a programme that explores social issues associated with young people and drugs		WM273	The film is about a young girl, Max, who is desperate to be somebody and naively equates status with money. In the pursuit of money she chooses to become a small time drug dealer working with her supplier Steve and his jealous girl friend, Carla. When Max is unable to meet her deadline and pay what she owes, she finds herself lost in a circle of lies, deceit and physical threats from which there seems no easy way out. This resource aims to promote analysis and discussion on why young people become involved with drugs and how their involvement affects those around them. The resource book contains teacher notes and activity sheets.
2, 3, 4 & 5	Alcohol goggles	1999	WM275	These goggles demonstrate how drinking alcohol affects perception. They produce a sensation of dizziness, reduced hand-eye coordination and a diminished responsibility to perform motor tasks, which are all signs of drunkenness.
2, 3, 4 & 5	Clem's phlegm		WD540	This is a sealed jar containing the equivalent amount of phlegm as would be coughed up by smoker with lung disease or Chronic Obstructive Pulmonary Disease (COPD) in about two weeks.
2, 3, 4 & 5	Drug box		WM273	This box contains 24 simulated drugs. Each drug is in a removable case with details of the drug on the reverse. Accompanied by Drug USB stick (16676)
3, 4 & 5	Get your head round it: drug and alcohol education	2007	WM273	This DVD and CD Rom include a series of short films and themed lesson plans around drug and alcohol for 13 – 19 year olds
4 & 5	Drink spiking: awareness and avoidance	2008	WS850	This DVD explains what drink spiking is and how to recognise and avoid situations that may increase susceptibility to drink spiking. It uses scenarios to discuss the substances commonly used in drink spiking and the potential health consequences to the victim, both short and long term.
4 & 5	Introducing cannabis: risks, laws and habits	2007	WM276	This DVD delivers the facts about cannabis and the effect it has on users. It includes clear definitions of numerous drugs, patterns of risk-taking, the short and long-term effects of cannabis, the perspective of the law and how to kick the habit.
3 & 4	No smoking no butts	2007	WD540	This is a fast moving, funny DVD. The hard hitting visuals and wacky characters provide clever representations of some of the stark messages of health damage and smoking. Includes activities to accompany the DVD.
Teachers	School-based interventions to prevent smoking: quick reference guide	2010	WD548	This guidance outlines school-based interventions, such as a smokefree policy, demonstration of the health effects of tobacco and peer led interventions to prevent the uptake of tobacco smoking.
4 & 5	Tobacco and death: perfect together	2007	WD540	This DVD demonstrates that more people die every year from smoking related diseases than from alcohol, AIDS, car crashes, suicide, murder and fires combined. It shows how the chemicals in tobacco cause addiction and some of the main threats that smoking poses to health and how it affects the body.

4 & 5	The top ten myths of alcohol and drugs	2006	WM273	This DVD explodes the top ten common myths surrounding drug and alcohol use and explores the dangers of dependency and addiction. It gives a factual account of the impact of addiction on the brain and the body and the detrimental effect that alcohol dependency can have on all areas of a person's life.
4 & 5	The totally disgusting tobacco gross out video	2007	WD540	This DVD describes Josie, a middle school student, who is preparing a film on the dangers of tobacco use, despite the disbelieving attitude from her peers. As she produces her film, Josie shows her friends footage of the effects of smoking; hairy tongues, yellow teeth, dripping phlegm, oozing tar, diseased lungs, laryngectomies, wrinkled skin and cancerous tumours.
Teachers	Teenagers and tobacco: nicotine and the adolescent brain	2009	WD540	This book considers the relationship between how the adolescent brain works and the way it is affected by nicotine. It suggests that smoking cessation programmes for teens should be structured to take into account the way the teenage brain functions and that what works for adults, probably won't work for teens.

## Teenage pregnancy

KS	TITLE	YEAR	SHELF	ABSTRACT
4 & 5	Four carrier bags and a buggy		WQ222	This is a resource pack about being a young parent aimed at young people aged 14+. The DVD is divided into sections: having a baby (the physical and emotional effects); coping (the everyday struggles of managing); the cost of living (coping with everyday expenses); relationships (the strain that having a child puts on them); depression (how the situation can lead to mental stress); and looking forward (how the young parents view the future). Includes teaching notes with suggestions for exercises and guidance for leading discussions
3 & 4	KS3/4 PSHE: teenage pregnancy	2007	WQ222	This DVD shows two young mums-to-be in the weeks leading up to the birth of their babies: Kevani who is pregnant and in care, and Adelle, who has found that the support of her family has proved vital. Often portrayed negatively in the press, teenage mothers regularly find themselves the brunt of society's prejudices. The DVD shows that behind the statistics are young mums, some who cope admirably and others who struggle to deal with the consequences of their actions.
3 & 4	KS3/4PSHE: teenage dads	2009	WQ222	This DVD follows three young fathers in Sunderland, and looks at what is being done to help teenage fathers, who are often ignored in the issue of teenage pregnancy. The three teenage fathers share their stories and show that reliable support can have a profound impact on them, their children and their families.
4 & 5	School matters: teenage fathers	2008	WQ222	Society often regards teenage fathers as irresponsible individuals who get their girlfriends pregnant and then abandon them. The evidence shows, however, that when young fathers are offered reliable and sympathetic support, the impact on them, their children and their families can be profound. Three teenage fathers from Sunderland feature in the film.
4 & 5	School matters: teenage mothers	2006	WQ222	This programme follows three pregnant teenagers as they prepare for the birth of their babies. Kevani is pregnant and in care, Adelle has found the support of her family vital in coping with the stress of having a baby and Natalie, faced with the prospect of bringing a child into the world, has rediscovered the importance of education. Often negatively portrayed in the press, teenage mothers regularly find themselves the brunt of society's prejudices. The DVD shows that behind the statistics and the stereotypes are some who cope admirably and others who struggle to deal with the consequences of their actions.
3 & 4	Underage and pregnant	2009	WQ222	This DVD and book pack aims to facilitate a dialogue between youth workers and young people about the realities of teenage pregnancy and parenthood, exploring decisions teenagers have to make as they move into adulthood. The one-hour DVD comprises eight specially edited stories from the BBC three documentary series, underage and pregnant. Each chapter is accompanied by session plans, addressing different aspects of teenage pregnancy, sexual health, relationships and parenting.