

# DVD Catalogue

**February 2019**

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## Aboriginal Health / Issues

**"After school I'll marry you" (DVD)**

**# 3.3 AFT RC**

2009

This Australian DVD explores the struggles of relationships, peers, parents and parties from a young person's point of view. Primarily for use by educators, the film aims to provide a culturally relevant way to begin a discussion with or among young people about sexual health and staying safe. Includes handbook. This DVD was made by a Western Australian Youth Theatre group with young African people.

**Suitable for middle secondary school and up.**

**Alcohol and your body (DVD)**

**# 3.34 ALC RC**

26 minutes - 2006

An Australian animated DVD about alcohol and the effect that it has on people's health. It was developed by Aboriginal Drug and Alcohol Council (SA). Covers the effects alcohol has on the body, the health risks, and the outcomes of alcohol abuse.

**Suitable for all young people as well as young people from an Aboriginal and Torres Strait Islander background.**

**Artscape: Anatomy 2 - eye. "Sistergirls" of the Tiwi Islands (Staff only) (DVD)**

**# 3.34 ART RC**

30 Minutes - 2011

Indigenous photographer Bindi Cole travels from her Melbourne home to the far north of Australia to document the beautiful transgender 'Sistergirls' of the Tiwi Islands. It is a journey that defies existing stereotypes of what it means to be an Indigenous Australian today. It is the story of Bindi's attempt to tactically question what constitutes an Aboriginal identity.

**Suitable for secondary school students and up.**

**Big shame: a story about child sexual abuse (DVD)**

**# 3.33 BIG RC**

20 Minutes - 1999

This is the story of Emma who is being sexually abused by her grandfather, and the effect this has on her. The DVD shows the difficulties facing a family and the community where sexual abuse is happening and encourages discussion about what needs to happen to protect children.

**Suitable for Aboriginal workers and people working with Aboriginal communities.**

**Chlamydia: combating the epidemic (DVD)**

**# 3.24 CHL RC**

75 Minutes - 2007

This program alerts health practitioners to the prevalence of chlamydia and the need to take appropriate measures. It aims to facilitate health professionals in asking sexual health questions, discussing preventative measures, and performing chlamydia screening and treatment. The program includes role play where a general practitioner conducts opportunistic screening of a patient at a rural surgery. It also presents a location based study on the Snake Condom Social Marketing Initiative which involves Indigenous young people and the community to encourage safe sex and prevent the transmission of sexually transmitted infections such as chlamydia in a culturally-appropriate manner.

**Suitable for health professionals.**

## Aboriginal Health / Issues

### Choosin right with sex, grog and drugs (DVD)

# 3.34 CHO RC

18 Minutes - 2012

This short educational film has been produced, directed and acted locally in Alice Springs and explores the choices that young people face regarding sexual health, alcohol and drug use. The DVD comes with a student workbook and facilitators guide which will aid facilitators to explore the issues raised throughout the DVD with young people in a fun and interactive environment.

**Suitable for Aboriginal youth.**

### Contact (DVD)

# 3.33 CON RC

55 Minutes - 2010

In 1964, Yuwali was 17 years old when her first contact with "whitefellas" was filmed. Now 62 years old she tells the story behind this extraordinary footage. Her group of twenty were the last remnant Aboriginal mob still traditionally, without any contact or knowledge of modern Australia, in the remote Great Sandy Desert. Includes handbook.

**Suitable for secondary school students.**

### Cover your tracks (DVD)

# 3.34 COV RC

10 minutes - 2002

This video tells the story of nine Indigenous young people whose lives are connected through family, community and sex. Throughout the film the characters discuss their views on safe sex and relationships and shows the consequences of unprotected sex. Includes handbook.

### Don't be buntha: Hep C - don't let it be (DVD)

# 3.34 DON RC

13 minutes - 2008

A South Australian animation DVD about hepatitis C for Aboriginal and Torres Strait Islander communities. The stars of the DVD are three 'claymation' characters Rose, Shaun and Ernie, yarin' about hep C, with messages about prevention and testing. The DVD also contains background interviews with Aboriginal health care workers.

**Suitable for use with Aboriginal and Torres Strait Islander people.**

### Down there: a film about women's bodies, contraception and reproduction (DVD)

# 3.3 DOW RC

25 Minutes - 2008

This updated DVD is aimed at women from a culturally and linguistically diverse background. It addresses a broad range of reproductive and sexual health issues such as women's bodies, reproduction, contraception, cervical screening and breast health awareness. Includes segments aimed at women from Aboriginal and Torres Strait Islander background.

### Drinking for two? (DVD)

# 3.34 DRI RC

26 Minutes - 2007

This documentary poses the question "Is it safe to drink at all when you're pregnant?" To answer this, we hear from a number of people with this problem, their families and experts. The program includes cases studies to illustrate the issues for children, adults and Indigenous communities in particular.

**Suitable for health professionals.**

## Aboriginal Health / Issues

### First Australians: the untold story of Australia (DVD)

# 3.33 FIR RC

382 Minutes - 2008

First Australians chronicles the birth of contemporary Australia as never told before, from the perspective of its first people. First Australians explores what unfolds when the oldest living culture in the world is overrun by the world's greatest empire. Over seven documentaries, First Australians depicts the true stories of individuals - both black and white - caught in an epic drama of friendship, revenge, loss and victory in Australia's most transformative period of history.

### Gammin love (DVD)

# 3.34 GAM RC

15 Minutes - 2009

Two Indigenous teenage girls get caught in the cultural cycle of domestic and sexual violence. Includes handbook.

**Suitable for use with Aboriginal students over 15 years supervised by an adult.**

### Have a well women's check (DVD)

# 3.34 HAV RC

65 minutes -

A well women's check is an important part of staying healthy. It's the best way for women to keep track of good health and to see if they are healthy on the inside. This updated DVD also includes the four original videos in the series, Mammograms for women - Dee Dee's story; A story for women - Pap smears and Women's Pap smear results.

**This DVD contains Aboriginal Women's Business and is to be viewed by women only.**

### How to have a healthy pregnancy and a healthy baby (DVD)

# 3.34 HOW RC

2 Hours - 2010

This two DVD set has been produced to assist Aboriginal families prepare for the birth of a baby. It follows the experiences of an Aboriginal mother, Cissy, as she progresses through the different stages of her pregnancy, showing the lifestyle choices she has to make to keep herself and her baby healthy. Through Cissy's eyes, Aboriginal women can familiarise themselves with the health system, feel confident and comfortable with the midwives and obstetricians and learn about the importance of good diet and exercise. This program looks at pre and post-natal care provided by midwives and doctors including important checks such as blood tests, ultrasounds and physiotherapy treatments. There is discussion of positions for birth, labour medications and other self-help techniques, Cissy's labour and the birth of her 5th baby is shown. Post-natal topics include the importance of breastfeeding, post-natal checks for the mother and newborn tests and procedures.

**Suitable for use with Aboriginal women.**

### HURT project: the shame of domestic and family violence in Australia (DVD)

# 6.5 HUR RC

2009

This Australian training and education DVD explores and interprets the experiences of families and individuals, from diverse backgrounds, who have endured violence and sexual assault at the hands of a family member. It focuses on the interviews and stories told from the points of view of the people involved - victims, perpetrators and witnesses, offering a unique opportunity to see through the eyes of those who have experienced domestic violence first hand. It uses actors to recreate original interviews and situations, preserving the anonymity of the people involved and facilitating greater access to true stories told in the most engaging way possible. Includes handbook.

## Aboriginal Health / Issues

### Join the fight against cervical cancer (DVD)

# 3.16 JOI RC

4 Minutes 30 Seconds - 2009

This short Australian DVD covers the essential issues for discussion with young Indigenous and non-Indigenous people about cervical cancer. It outlines some important messages about cervical cancer protection including Human Papillomavirus (HPV) vaccine and having regular Pap smears.

**Suitable for girls aged 12 years.**

### Journeys from heartache to hope (DVD)

# 3.33 JOU RC

2007

Journeys from Heartache to Hope features 8 powerful stories portraying the strength of Aboriginal women. These stories journey through the extraordinary challenges of domestic violence, removal from family, drug addiction, mental illness, loss of children, home, culture and community. In embracing the healing love for their families and through reconnection with culture, each woman's story is a testament to living life with pride and purpose.

### Kaiyai girl: a story about making different choices to be boss of your body and keep in control of your life (DVD)

# 3.34 KAI RC

30 minutes (each story) - 2008

This interactive DVD is a story about Missy and her young friends from Broome and the Dampier Peninsula in the west Kimberley. Throughout the story Missy and her best mate Coco face various choices and consequences around the use of drugs and alcohol and how it affects the decisions to be boss of your body and keep in control of your life.

**Suitable for use with Aboriginal and Torres Strait Islander secondary students.**

### Let's talk about sex (DVD)

# 3.34 LET RC

22 minutes - c2000

This Australian Aboriginal educational DVD addresses, without shame, issues surrounding teenage sexuality, puberty, relationships, STIs and pregnancy.

**Suitable for for Aboriginal sexual health workers, youth workers, health professionals, teachers, parents and community groups.**

### Listen you women: your breasts are precious (DVD)

# 3.34 LIS RC

33 Minutes - 2011

Aboriginal women from central Australian communities share their stories of diagnosis, treatment, support and recovery from breast cancer. Also includes information on how to check your breasts for lumps. Can be played in English, Pitantjatjara, Arrernte, Warlpiri and Anmatyerre.

**Suitable for use with Aboriginal women, husbands of women diagnosed, and all health professionals and health workers.**

## Aboriginal Health / Issues

**A lot of Aboriginal men sort of keep it to themselves: a health education resource talking about specific men's business (DVD)**

# 3.34 ALO RC

2013

This DVD provides health professionals with the knowledge and skills to initiate dialogue and engage with Aboriginal and Torres Strait Islander males about the potentially tricky topic of male reproductive health. The DVD includes a series of interviews with a number of health professionals working with Aboriginal and Torres Strait Islander males and medical specialists with expertise in male reproductive health issues.

**Suitable for Aboriginal and Torres Strait Islander service providers.**

**Message stick: Snakefest (DVD) (Staff only)**

# 3.34 MES RC

27 minutes - 2006

This is the story about promoting sexual health awareness with young aboriginal people in Mildura, Victoria and the development of the Snake condom brand.

**Staff only.**

**The new black: 7 Indigenous short films (DVD)**

# 3.34 NEW RC

77 Minutes - 2009

The New Black is a series of seven new short films, each around 10 minutes long, made by Indigenous writers, directors and producers. The films have themes about family, friendships and relationships.

**Not in my house (DVD)**

# 6.5 NOT RC

2012

This Australian DVD is a series of short dramatised stories about how domestic violence harms women, children and relationships, regardless of cultural background. The stories are drawn from a wide cross section of Australian society including Aboriginal women, newly arrived migrants and many other cultural groups.

**Suitable for educators involved in training workers to respond to domestic and family violence and for use in men's behavioural change programs.**

**Put it on: a tale of attraction, flirtation, fun and important choices around sex (DVD)**

# 3.34 PUT RC

15 Minutes - 2005

This DVD is an interactive story about a group of teenagers from Cape York and the islands of the Torres Strait, facing choices and consequences around sex and the health implications of unsafe sex.

**Suitable for Aboriginal and Torres Strait Islander secondary school students.**

**Ready, willing and able: a young person's guide: consent and sexual activity (DVD)**

# 6.5 REA RC

9 Minutes - 2006

This Australian DVD for young people contains information about, and dramatic illustrations of, consent to sexual activity. It gives definitions of consent, sexual assault and sexual abuse, and discusses drink spiking, Internet safety, alcohol and other drugs, date rape and the effects of sexual assault. The accompanying training notes include suggestions for group discussion.

**Suitable for use with adolescents.**

## Aboriginal Health / Issues

<b>Responding to sexual violence: working with Aboriginal adolescents and adults (DVD)</b>	<b># 6.5 RES RC</b>
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25 minutes - 2005

This Australian DVD features two counselling sessions. Program 1 the counsellor meets an adolescent Aboriginal girl who raises concerns about sexually inappropriate behaviour from a relative. The client also raises concerns about previous experiences of sexual abuse. Program 2 illustrates responding to a disclosure of child sexual abuse by an Aboriginal adult women.

**Suitable for professional workers.**

<b>Shout it loud (DVD)</b>	<b># 3.34 SHO RC</b>
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20 minutes - 2005

In this Australian DVD, Aboriginal people talk about how to make children safer and encourage adults to take responsibility for what could happen to children in their communities. It does not however explain what "sexual abuse" is or look at gender/power relations. These issues may need to be examined after viewing the film.

**Suitable for Aboriginal health workers.**

<b>Smart and deadly: sexual health promotion for Aboriginal young people</b>	<b># 3.34 SMA RC</b>
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2012

In this Australian DVD respectful relationships, sexual health and feeling proud to be an Aboriginal teenager are some of the topics covered. The DVD is a guide for professionals and organisations wanting to collaborate with Aboriginal communities to deliver sexual health promotion to rural Aboriginal youth. It also includes six short educational YouTube clips and two rap songs developed by the Aboriginal young people and organisations involved in the project.

**Suitable for Aboriginal workers and young people.**

<b>Telling it like it is: the realities of being an Indigenous teenage parent (DVD)</b>	<b># 3.34 TEL RC</b>
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14 Minutes - 2007

This DVD aims to improve the sexual and reproductive health of Indigenous young people through providing culturally appropriate sexual health peer education given by Aboriginal teenage parents. The Indigenous parents tell the highs and lows of having children as a teenager.

**Suitable for use with Indigenous youth.**

<b>Through young black eyes workshop kit (DVD)</b>	<b># 3.34 THR RC</b>
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2008

This Australian kit is designed to help you run workshops to prevent family violence, child abuse and neglect, and develop child safe communities. The kit contains many practical ideas to help you run workshops, share stories and take local actions to help Aboriginal and Torres Strait Islander children be safe and happy.

**Suitable for use with Aboriginal and Torres Strait Islander communities.**

## Aboriginal Health / Issues

**White skin, black spirit: my search for identity (DVD)**

**# 3.34 WHI RC**

47 Minutes - 2008

Terri-Anne has white skin, blue eyes and light hair. Abandoned as a baby with her two sisters, she grows up in a tangled series of orphanages and foster homes, finally meeting her mother again in her mid-teens. But when she is 28 her mother shares the biggest secret: her father, who died when she was a baby, was Aboriginal. Over the next two decades, Terri-Anne travels a passionate journey of self-discovery that changes her life's direction completely. Her Aboriginal identity grows stronger and more meaningful as she gradually develops confidence and finds her new role as an ambassador for other white skinned Aboriginals.

**Why me? Five stories of removal from family and country (DVD)**

**# 3.33 WHY RC**

2006

This DVD features five Aboriginal people in four stories, selected at random, showing the human costs of a policy which removed children from their families and country. The film shows the careful work of restoring meaning and connection to dislocated lives. Re-enacted scenes from the 1950s and 60s in three stories puts viewers in touch with the emotional journey of the children of the stolen generation. Some scenes may be distressing for viewers and debriefing should be available.

**Suitable for all ages.**



## Adolescence Health / Issues (includes Reproduction)

**10x14 bricks: stories from youth in lock-up: a crime prevention resources (DVD)**

# 3.16 TEN RC

2009

This interactive South Australian resource comes with session planners, activities, and additional support material. It is a fantastic tool to generate group and class discussions about crime, justice, values and peer pressure. Talking about the choices that led to crime and its consequences open possibilities for learning, growth and change.

**Suitable for teachers and youth workers.**

**6 mates, 6 stories (DVD)**

# 3.16 SIX RC

2007

This DVD consists of six short films that are approximately seven-to-nine minutes long. It is aimed at the elusive adolescent male. The professionally-produced short films can be used as catalysts to provoke discussion among young men in high schools and outreach services as well as encouraging resiliency and development of life skills. The films centre around a group of 17 year olds, each character facing their own demons with themes ranging from self-esteem to crime and drink driving. The stories depict a way out for young men in despair while encouraging help-seeking behaviour. Includes a handbook with lesson outlines.

**Suitable for young men over 15 years.**

**9 steps to become a successful underage drinker (DVD)**

# 3.16 CHA RC

7 Minutes - 2010

The Karoonda community commissioned the Hero Project team to work with a group of local youth to produce a documentary about the impact of drink driving on small rural towns. This discussion starter about underage drinking '9 steps to become a successful underage drinker' is a comedic take on 'how-to-' videos and drug education with a high impact ending. Using humour and a satirical reversal this South Australian film drives a serious punch to support teachers and youth workers to tackle the issues of underage drinking.-

**Suitable for upper secondary school students.**

**Adolescents and alcohol: a comprehensive teaching resource (DVD)**

# 3.16 ADO RC

36 Minutes - 2008

Many teen parties have a lot in common - alcohol abuse, bad choices and trying to fit in. This Australian program breaks down what teens really get up to at parties and why they do it. A resource to facilitate thought and discussion on alcohol related issues with a comprehensive teaching resource included. There is input from peak teen alcohol abuse services, and features three individual lessons with unique insights for students.

**Suitable for upper secondary school students.**

**"After school I'll marry you" (DVD)**

# 3.3 AFT RC

2009

This Australian DVD explores the struggles of relationships, peers, parents and parties from a young person's point of view. Primarily for use by educators, the film aims to provide a culturally relevant way to begin a discussion with or among young people about sexual health and staying safe. Includes handbook. This DVD was made by a Western Australian Youth Theatre group with young African people.

**Suitable for middle secondary school and up.**

## Adolescence Health / Issues (includes Reproduction)

**Beautiful? A DVD resource for young women addressing the impact of the sexualization of girls (DVD)**

**# 9.0 CHO RC**

2009

By exploring the pressures of a highly sexualised media culture and its effects in the lives of girls, Beautiful offers young women a chance to listen to a deeper voice. A voice often drowned out by the noise of a world that exploits them for profit and ignores their silent hope of something better. Many young women are facing extraordinary pressures. Powerful media driven messages about body image, relationships, intimacy and sexual decision-making are leaving many girls confused, isolated and at risk. We have never seen worse outcomes for girls across a range of indicators from mental and physical health to sexual assault and self-harm. Includes manual.

**Suitable for use for use by teachers, youth workers and others working with young women.**

**The beauty backlash (DVD)**

**# 9.0 BEA RC**

2007

Beauty is a worldwide, multi-billion dollar industry yet much of this demand is generated by making women feel insecure about their bodies. In this program, Libby Porter examines how this is done through image manipulation and blanket advertising. She also looks at how companies like Dove are bucking the trend and using 'real women' of a normal body range to sell through inspiration not insecurity. Interviews with marketing experts at Saatchi and Saatchi, genuine consumers, a psychologist and a representative from the Eating Disorders Association make this program one that will inspire and empower young women and educate and inform everyone else. Includes handbook.

**Suitable for secondary school students.**

**Before you hook up: dating rights and responsibilities**

**# 3.16 BEF RC**

22 Minutes - 2012

For teens who are just beginning to date, knowing how to behave in a relationship can be tricky. In this program, teens learn the essentials of a healthy partnership, including trust, communication, respect, and conflict resolution. Real teens and experts emphasize the rights every young person has in a relationship. These include the right to disagree, the right to one's own life, and the right to be treated with respect. This enlightening video and print curriculum delivers a strong message against dating abuse and violence. Teens learn to recognize the signs of abuse in a relationship and how to become empowered to get out of an unhealthy partnership or help a friend do the same.

## Adolescence Health / Issues (includes Reproduction)

**Being me: Episodes 1-8 (DVD) (Staff only)**

**# 3.16 BEI RC**

160 Minutes - 2004

This Australian series features eight programs which explore issues that concern young people and present a range of skills to help them manage their lives. Episode 1: Identity. This program looks at our identity. What is identity and what factors influence it? It explores the idea that there are many parts to our personalities and that we are all individuals with our ideas, own choices to make and something special to offer. Episode 2: Happy to be me. This program sets up the idea that our self-esteem is something that can change depending on the situation and how we manage it. It looks at the benefits of high self-esteem and identifies skills for boosting self-esteem such as; knowing our strengths, taking on challenges, staying calm and helpful thinking (self talk). Episode 3: Belonging. This program looks at the benefits of belonging, whether it's in our family, a team, with friends, with a pet or through a connection with a special place. It looks at ways we can make connections with others, at our roles and responsibilities as members of different groups and explores ways to help other people feel included. Episode 4: Making friends. Being a friendly person and learning how to make friends involves important life skills. This program explores why we need friends, how to be friendly and how to treat other people with respect. It also looks at ways to make friends including using conversation skills such as ice breakers, question asking and active listening. Episode 5: Keeping friends. Once friendships have been made is it all smooth sailing? This program looks at common friendship challenges like arguments, exclusion, gossiping and teasing. It presents strategies to help children deal with these situations, communication, negotiation, assertiveness, co-operation and staying calm. Episode 6: Power and responsibility. This program examines the idea of responsibility and power in relationships and identifies times where power is abused by someone, such as in a bullying situation, and looks at how that can affect us. The program presents a range of strategies, including staying calm, being assertive, helpful thinking and help- seeking to assist young people in managing difficult situations. Episode 7: Changes. This program identifies change as a normal part of life that can present special challenges. The program looks at transitions in young people's lives. eg to high school, to adolescence, or to another state or country. Strategies are presented to help young people manage change including preparing for changes they know will happen. Episode 8: Taking risks. This program explores the idea that intelligent risk-taking helps children learn, grow and gain confidence. It shows children that everything from sticking up for a friend to overcoming a disability can be risky and that there can be positive and negative outcomes. It encourages risk assessment and explores the importance of decision-making.

**Suitable for students in middle to upper primary school.**

**Best enemies (DVD)**

**# 8.1 BES RC**

12 Minutes - 2011

This Australian DVD is inspired by true events, it tells the story of sixteen-year-old Rebecca whose world is thrown into chaos when overnight her best friend becomes her 'best enemy'. Feeling isolated and depressed, Rebecca quickly develops a romance with a boy she meets online, leading to grave consequences. The film explores teenage relationships (especially between girls) and underage drinking and delves into the motives behind bullying and the use of SMS and social networking websites to disseminate cruel information. Includes handbook.

**Suitable for students from year 7 and up.**

## Adolescence Health / Issues (includes Reproduction)

<b>Body hits: Love bug (DVD) (Staff only)</b>	<b># 3.24 BOD RC</b>
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30 Minutes - 2005

Do you know what you're sharing your bed with? With over 25 different sexually transmitted infections and infestations out there, 1 in 10 of us will pick up an STI at some point in our lives. Julie's one night stand led to months of pain and embarrassment; Jason agonises about telling his girlfriend he's picked up an infection; and Matthew - a senior STI nurse - reveals that he and his colleagues don't always practice what they preach. Plus Body Hits road tests condoms and John pays a visit to a factory to find out how the latest latex can help prevent infection.

**Suitable upper secondary school students**

<b>Body Image (Theme Pack) (DVD) (Staff only)</b>	<b># 9.0 BOD RC</b>
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2007

This four DVD set Includes a variety of programs that address society's obsession with body image and the dangers of eating disorders. Programs include - Insight: Bras, Bratz and Tweens (60 minutes); Difference Of Opinion: Sex Sells (55 minutes); The Truth About Size Zero (60 minutes); Body Hits: Body Beautiful (30 minutes)

**Suitable for secondary and tertiary students.**

<b>Butterfly stories: Not waving, drowning (DVD)</b>	<b># 6.8 BUT RC</b>
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2007

This South Australian educational DVD package contains two short films "Butterfly Stories" and "Not Waving, Drowning". "Butterfly Stories" is an inspirational short documentary of same-sex attracted young people talking candidly about life, love and living in the Northern suburbs of Adelaide. "Not Waving, Drowning" is a dramatic short film about a young man struggling with his emerging sexuality in a school setting.

**Suitable for upper secondary school students.**

<b>Catalyst: Don't die young - the female reproductive organs (DVD)</b>	<b># 3.16 CAT RC</b>
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35 Minutes - 2008

In this DVD Dr Roberts takes a closer look at the female sexual organs to find out exactly what people know about them. Again, she asks people in pubs to complete female sexual anatomy jigsaw puzzles and hops into a giant plastic hamster ball to re-enact the journey of an egg travelling down an oviduct. Dr Roberts undertakes one of her trademark dissections - this time of a female pig's reproductive organs - straps on an 'empathy belly' to find out just what it feels like to be pregnant, and attends a live birth. She then takes a look at an MRI of her own internal organs to help explain exactly where you can find the ovaries, fallopian tubes, uterus and other girlie bits; puts sexually transmitted infections under the microscope; and provides some practical advice on preventing cervical and breast cancer.

**Suitable for use with upper secondary school students.**

## Adolescence Health / Issues (includes Reproduction)

### Catalyst: Don't die young - the male reproductive organs (DVD)

# 3.16 CAT RC

35 Minutes - 2008

In this episode, Dr Roberts takes a closer look at the male sexual organs to find out exactly what people know about them. She takes a fresh approach, asking people in pubs to complete male sexual anatomy jigsaw puzzles and answer quizzes about the prostate. Thirty-something Mark, an events manager who admits he only has a very basic understanding of how the male sexual organs work, volunteers himself - submitting to a nationally broadcast test of his sperm count, conducting a mock rectal examination and dissecting pigs' testes with Alice's help. And to explain the anatomical process leading to pregnancy, a team of marathon runners help out, dressing up as sperm to re-enact - on foot - the race to fertilise an egg.

**Suitable for use with upper secondary school students.**

### Chlamydia: the secret is out (DVD)

# 3.24 CHL RC

24 Minutes - 2008

This Australian DVD can be used to inform young people aged 16 to 20 years about chlamydia testing, and to demystify the process of going to health services to have the test carried out. Includes teaching manual

**Suitable for young people 16 to 20 years.**

### Choices: stories of young women's experiences with binge drinking (DVD)

# 3.28 STO RC

8 Minutes - 2006

Choices is designed to support young women, and to help them reduce the risks associated with alcohol use. It was created primarily by young women from the Paralowie High School, working in association with their teachers, workers from Shopfront Youth Health and Information Service and RevMedia. Includes booklet.

**Suitable for use with secondary school students.**

### Concealed (DVD)

# 3.16 CON RC

9 Minutes - 2009

This Australian DVD looks at concealed pregnancy. Struggling in an environment that strips her of her innocence, a vulnerable Esther suppresses her burden by trying to forget the trauma. She flees the house, desperate, and gives birth alone in the dark to a healthy baby. She abandons the baby outside the local hospital. The story is very confronting and should not be shown without appropriate warning to the audience and opportunities for anyone who is upset to seek support or counselling.

### Cyberbullies (DVD)

# 8.1 CYB RC

19 minutes - 2006

Chat rooms, blogs, and instant messaging have become standard forms 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 victim to cyberbullying, using dramatizations and Q & A discussions to expand awareness of the issue. The video discusses cyberbullying warning signs, common patterns of abuse, and questionable online activities.

**Suitable for secondary school students.**

## Adolescence Health / Issues (includes Reproduction)

### Decisions 2 destiny (DVD)

# 3.16 DEC RC

35 minutes - 2012

Decisions 2 Destiny' is an Australian program about choices. In this film we follow Charlotte as she goes to a friend's house party and there she is presented with a number of difficult situations where she needs to make the correct decision. A wise decision will keep her safe and a poor decision will see Charlotte play out the consequences, expressions of regret from Charlotte and an overview of relevant facts from a health professional. This program is designed to assist students in seeing the ramifications of making well thought out and poor decisions.

**Suitable for middle secondary students and up.**

### Difference of opinion: sex sells (DVD) (Staff only)

# 9.0 DIF RC

55 Minutes - 2007

Are we sexualising kids and young women through ads, magazines, video clips and popular culture? It's claimed that there has been a proliferation of sexualised images of girls that are teaching girls to be sexually desirable and this has led to eating disorders, poor body image, depression and anxiety. Popular culture is being blamed for these developments, but is the issue more complex, and indeed worth getting worried about? What's going on? Who or what is to blame? And what's the solution? A group of eminent panel discuss these issues.

**Suitable for educators and general public.**

### Dreamworlds 3: desire, sex and power in music video (DVD)

# 9.0 DRE RC

54 Minutes - 2007

This DVD examines the stories contemporary music videos tell about girls and women, and encourages viewers to consider how these narratives shape individual and cultural attitudes about sexuality. Illustrated with hundreds of up-to-date images, Dreamworlds 3 offers a unique and powerful tool for understanding both the continuing influence of music videos and how pop culture more generally filters the identities of young men and women through a dangerously narrow set of myths about sexuality and gender. In doing so, it inspires viewers to reflect critically on images that they might otherwise take for granted. Includes study guide.

**Suitable for upper secondary schools.**

### Education of Shelby Knox (DVD) (Staff only)

# 8.2 EDU RC

65 minutes - 2006

A self-described "good Southern Baptist girl," 15-year-old Shelby Knox of Lubbock, Texas has pledged abstinence until marriage. But she becomes an unlikely advocate for comprehensive sex education when she finds that Lubbock, where high schools teach abstinence as the only safe sex, has some of the highest rates of teen pregnancy and sexually transmitted infections in the state.

### The family: let's talk about sex (DVD) (Staff only)

# 3.16 FAM RC

60 minutes - 2011

The family is the story of three months in the life of an ordinary Australian family. In this episode the men in the household have sex on the brain. David is annoyed that he is forbidden from sleeping in the same room with his girlfriend at the family home; Stefan is beginning a new romance with Marlana; and Adrian is checking out the men's magazines. Then there is Angelo, who is frustrated that his wife won't sleep with him. Includes study guide.

**Suitable for upper secondary school students.**

## Adolescence Health / Issues (includes Reproduction)

### **FIT (DVD)**

# **6.8 FIT RC**

2010

This DVD was developed to help tackle homophobic bullying in Britain's schools, FIT is an intelligent, powerful and entertaining film, FIT tells the individual stories of six young people who think that all they have in common is dancing. The story follows them as they battle through a minefield of exploding hormones, awakening feelings and homophobia as they attempt to fit in, stand out, discover their own identities and accept each other.

**Suitable for secondary school students.**

### **The gathering (DVD)**

# **3.16 THE RC**

27 Minutes - 2010

In this Australian DVD a group of friends organise a spontaneous 'gathering' when parents are away for the weekend. Fuelled by an abundance of alcohol and gate crashers, events spiral out of control with consequences that will impact on the lives of the friends and their families forever. Through realistic drama and storyline, The Gathering shows ways to prevent and minimise alcohol related harm and assists in making the decision not to drink alcohol easier. The DVD contains frequent course language and adult themes. Includes teacher resource.

**Suitable for people 15 years and over.**

### **Geography club**

# **6.8 GEO RC**

80 Minutes - 2013

Based on Brent Hartingers best-selling critically acclaimed novel, Geography Club is a smart, fast, and funny account of contemporary teenagers as they discover their own sexual identities, dreams, and values. 16-year old Russell is still going on dates with girls while having a secret relationship with football quarterback Kevin, who will do anything to prevent his football teammates from finding out. Min and Terese tell everyone that they're just really good friends. And then there's Ike who can't figure out who he is or who he wants to be. Finding the truth too hard to hide, they all decide to form the Geography Club, thinking nobody else in their right mind would ever want to join. However, their secrets may soon be discovered and they could have to face the choice of revealing who they really are. Rated M

**Suitable for people over 15 years.**

### **Herpes: the secret is out (DVD)**

# **3.24 HER RC**

12 Minutes - 2011

In this Australian DVD, Julie and Dan are young people who are dating. Julie has herpes (HSV) virus. She contemplates how to tell Dan that she has herpes. Information is given by a health professional on how herpes is transmitted, testing and treatment, and how to talk about safer sex with sexual partners. Includes handbook.

**Suitable for middle secondary school students and up.**

### **His and hers: gender and sexuality (DVD)**

# **3.16 HIS RC**

19 Minutes - 2009

In this Australian-made DVD, a teenage female and a teenage male presenter candidly and comfortably explain the changes that go on for adolescents during puberty, making these sometimes difficult topics accessible for older children and teenagers alike. English captions for deaf and hearing impaired. Include handbook.

**Suitable for upper primary school students.**

## Adolescence Health / Issues (includes Reproduction)

<b>The human body: Episode 4: Raging teens (DVD) (Staff only)</b>	<b># 2.61 HUM RC</b>
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49 Minutes - 1998

Puberty is a time of phenomenal change within the human body. This episode follows a young girl and her friends as they undergo the human body's dramatic transformation process called puberty.

**Suitable for students from year 7 to year 12.**

<b>The human body: the incredible journey from birth to death (DVD)</b>	<b># 2.61 HUM RC</b>
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2001

The story of the journey from conception through life to death is told in 8 separate sections of this triple DVD pack. Includes conception, birth, the "raging teens", puberty reproductive physiology, brain power, ageing and much more. Can be used selectively by choosing the appropriate section. Include subtitles.

**Suitable for students from year 7 to year 12.**

<b>The impression that you get</b>	<b># 8.1 IMP RC</b>
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15 Minutes - 2012

This Australian short film explores the influence of easily accessible pornography and sexualised content on young people growing up today. The film draws heavily on the observations and experiences of real teenagers. There is also an interview with Lee Burton, cyber safety and media issues expert, who summarises research about young people's exposure to pornography and the effects of pornography on boys and girls, the importance of media and digital literacy, and how to respond to an incident. Also features two PowerPoint files for teachers to use with students. Includes study guide.

**Suitable for high school students 16 years and above.**

<b>It's elementary: talking about gay issues in school (DVD)</b>	<b># 6.8 ITS RC 2</b>
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77 minutes - 1999

Using inspiring classroom footage, this American film shows what actually happens when teachers lead class discussions that address anti-gay prejudice. It makes a powerful case that children need to be taught respect for all and that this kind of education needs to start in elementary (primary) school. This resource is more appropriate for teachers and workers rather than young people.

**Suitable for teachers and workers.**

<b>Join the fight against cervical cancer (DVD)</b>	<b># 3.16 JOI RC</b>
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4 Minutes 30 Seconds - 2009

This short Australian DVD covers the essential issues for discussion with young Indigenous and non-Indigenous people about cervical cancer. It outlines some important messages about cervical cancer protection including Human Papillomavirus (HPV) vaccine and having regular Pap smears.

**Suitable for girls aged 12 years.**

<b>Killing us softly 3: advertising's image of women (DVD)</b>	<b># 9.0 KIL RC</b>
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34 Minutes - 2002

Jean Kilbourne continues her ground-breaking analysis of advertising's depiction of women in this most recent update of her pioneering Killing Us Softly series. In fascinating detail, Kilbourne decodes an array of print and television advertisements to reveal a pattern of disturbing and destructive gender stereotypes. Her analysis challenges us to consider the relationship between advertising and broader issues of culture, identity, sexism, and gender violence.

**Suitable for upper secondary school students.**



## Adolescence Health / Issues (includes Reproduction)

### **Killing us softly 4: advertising's image of women (DVD)**

# 9.0 KIL RC 2

45 minutes - 2010

In this new, update of her pioneering Killing Us Softly series, Jean Kilbourne takes a fresh look at how advertising traffics in distorted and destructive ideals of femininity. The film marshals a range of new print and television advertisements to lay bare a stunning pattern of damaging gender stereotypes -- images and messages that too often reinforce unrealistic, and unhealthy, perceptions of beauty, perfection, and sexuality.

**Suitable for upper secondary school students.**

### **The kiss (DVD)**

# 3.16 KIS RC

15 Minutes - 2010

In this Australian DVD two teenage girls returning home through the scrub after a night out seek respite from the stifling heat. Fuelled by cheap alcohol and teenage hormones they make their way to an isolated fire-water tank, lured by the promise of cool water. Once inside the tank the intimate mood takes a dangerous turn when they discover they are trapped with no way out. The Kiss explores the themes of youth, gender, risk taking, the effects of alcohol consumption and teenage sexuality.

**Suitable for secondary school students.**

### **Knowing when to say no (DVD)**

# 3.16 KNO RC

27 Minutes - 2008

Students today face an enormous amount of choices - and pressures. Whether it be drugs, alcohol, driving or sex, all choice and risk-taking has consequences. This fun and information-packed Australian program takes students through the dangers and the decision-making processes that will help them to make the right decision for them and develop the skills to say 'no'. With a look at what adolescence is, the factors influencing values, legal and illegal drugs, sex and the right time for you, and safe driving, and the services available to help young people deal with these pressures, this program is a fantastic resource for students as they navigate life's pathways. Includes handbook.

**Suitable for secondary school students.**

### **Let's fight it together: what we can all do to prevent cyberbullying**

# 8.1 LET RC

20 Minutes - 2008

This film depicts the story of a teenager who becomes the target of bullying via the internet and his mobile phone. The film shows how cyberbullying might occur, who it involves, the impact it can have, and how it might be resolved. Let's Fight It Together can help young people, their parents or carers and teachers better understand the issues surrounding cyberbullying. A comprehensive teaching resource including a seven minute film and a user guide with lesson plans.

**Suitable for teachers, and tips for parents and carers.**

### **Let's talk about sex (DVD)**

# 3.34 LET RC

22 minutes - c2000

This Australian Aboriginal educational DVD addresses, without shame, issues surrounding teenage sexuality, puberty, relationships, STIs and pregnancy.

**Suitable for Aboriginal sexual health workers, youth workers, health professionals, teachers, parents and community groups.**

## Adolescence Health / Issues (includes Reproduction)

**Like it is: 8 part series (DVD)**

**# 3.16 LIK RC**

160 Minutes - 2005

This Australian, 2 disc DVD series provides some key skills that are presented and reinforced throughout the series including optimistic self-talk, decision-making, communication skills and help seeking. The programs present the development of these skills as a lifelong process. Ep. 1 "Belonging" looks at the importance of belonging. Ep. 2 "Feeling good" looks at self-esteem (self-worth). Ep. 3 "Where am I going?" Looks at the benefits of goal setting in developing future pathways. Ep. 4 "Friends" looks at the importance for young people of making and keeping friends. Ep. 5 "More Than Friends" looks at the importance of liking yourself as a prerequisite to entering a relationship. Ep. 6 "Managing stress" looks at some positive and challenging aspects of stress in our lives. Ep. 7 "Managing Change" explores the idea that change is part of life and that sometimes we can initiate positive changes in our lives. Ep. 8 "Taking risks" looks at the idea that taking risks is a natural part of growing up and can present positive challenges which test developing coping skills. Includes handbook.

**Suitable for use with year 8 and 9 students.**

**Love and sex in the age of pornography (Staff only)**

**# 9.0 LOV RC**

60 minutes - 2013

The internet age has revolutionised the porn business. On televisions, laptops and mobile phones, porn is increasingly accessible and free to view for all. Love and Sex in an Age of Pornography follows a group of young people who, with unflinching honesty and realism, reflect on the influence of porn on their lives. The documentary explores their sexual tastes and behaviours, the differences between boys and girls in their approach to porn, and the effect of the porn industry's move into even more hard-core scenes. With exclusive behind the scenes access to the stars and directors at the centre of the international porn industry in Los Angeles and Budapest, the film provides intimate insights into all sides of the porn industry - from the gritty details of porn's production to its effects on curious youngsters - exposing the bare reality behind the fantasy.

**Suitable for upper high school students.**

**Love control (DVD)**

**# 6.5 LOV RC**

4.3 Minutes - 2010

Love Control is an innovative short DVD that increases young women's awareness of the early warning signs of abusive and controlling relationships. The script is taken directly from young women's experiences of abusive relationships, which shows how violence can get quickly out of hand. Includes handbook.

**Suitable for secondary school students.**

**Loves me, loves me not: Angela Baker's story (DVD)**

**# 6.5 LOV RC**

16 Minutes - 2004

An Australian documentary depicting the story of Angela Barker, a teenager who fell victim to relationship violence. Angela's story raises awareness of the indicators of destructive relationships and is designed to stimulate discussion on violence within relationships.

**Suitable for use by professional counsellors, health professionals and educators.**

## Adolescence Health / Issues (includes Reproduction)

**The method of shared return: a staff training resource for dealing with bullying in schools (DVD)**

# 8.1 MET RC

50 minutes - 2006

A staff training resource for dealing with bullying in schools. Dr Ken Rigby interprets, and describes in detail, this internationally recognised Method originated by Swedish psychologist Dr Anatol Pikas. The DVD and accompanying user's guide present a step-by-step group training session for staff, built around two case studies enacted by practitioners trained by Dr Pikas.

**Suitable for training staff in schools.**

**Miss Understood (DVD)**

# 3.3 MIS RC

2011

This film is about Sarah and Zane, a young couple that fall in love at first sight. Everything in their world is perfect. Six months later they decide to celebrate their anniversary at Zane's best friend's party. The party is the night where everyone has the time of their life. Everyone wants something great to happen but all Sarah wants is to remember the night forever. Will her dreams come true or will her perfect bubble pop? This DVD is a great resource to bring about discussion around relationships, peers, date rape and HIV. Includes handbook. This DVD was made by a Western Australian Youth Theatre group with young African people.

**Suitable for upper secondary school students.**

**My changing life series: The physical changes: boys and girls (DVD)**

# 3.16 MYC RC

33 minutes - 2007

This program consists of two DVDs with common elements, one focusing on the sexual changes for boys and the other for girls. It also comes with a vocabulary list of terminology related to puberty. Chapters Disc One: 1. Puberty Basics (Boys and Girls) 2. Sexual Changes (Boys) 3. Vocabulary Chapters Disc Two: 1. Puberty Basics (Boys and Girls) 2. Sexual Changes (Girls) 3. Vocabulary. Include handbook.

**Suitable for upper primary school students.**

**Not so straight (DVD)**

# 6.8 NOT RC

60 Minutes - 2010

This Australian DVD is a candid and engaging exploration of contemporary issues facing same sex attracted young people in Melbourne. This film will inspire you to make your schools and youth settings more supportive and inclusive of same sex attracted young people.

**Suitable for teachers, youth workers and other service providers working with young people.**

**Oral sex is the new goodnight kiss: the sexual bullying of teenage girls (DVD)**

# 8.1 AZA RC

2008

This Canadian documentary film by Sharlene Azam, is about the recent emergence of teenage prostitution rings in affluent suburbs. It shows girls who have been recruited, their mothers, their "friends" who recruited them (the new pimps), and the vice cops and experts who are trying to make sense of this new middle-class phenomenon.

**Suitable for parents and educators.**

## Adolescence Health / Issues (includes Reproduction)

### Out in the bush (DVD)

# 3.161 OUT RC

52 Minutes - 1997

Documentary confronting the need for immediate action against enormous damage done to young gay men and lesbians by bush culture. Many attempt to take their lives and many complete the act because the support systems open to others are closed to them such as church, school, home towns and home itself.

**Suitable for use with young people.**

### Personal hygiene (DVD)

# 3.16 PER RC

25 Minutes - 2004

This DVD explores issues associated with young people and personal hygiene. It examines ways of achieving and maintaining healthy hygiene practices and focuses on keeping the skin clean, looking after hair, dental hygiene, nasal care and hand washing. A separate section at the end of the program covers aspects of personal hygiene during menstruation.

**Suitable for secondary school students.**

### Photograph: how to deal with the problems of sexting and cyberbullying (DVD)

# 8.1 PHO RC

60 minutes - 2010

Photograph is an Australian DVD-ROM for teachers and community groups to use to promote discussion about what can be sensitive issues involving teenagers, sex and repercussions. It tackles the problems of sexting (the sending of sexually explicit photographs or messages electronically) and cyberbullying. It also examines the social, emotional and legal issues around sexting.

**Suitable for students from year 7 to year 12.**

### The primary guide to growing up, relationships and sex (DVD)

# 3.16 PRI RC

2011

Based on the "New Guide to Relationships and Sex", this DVD is tailored to the needs of primary aged children. Produced using 3D animation throughout, the DVD is divided into 5 main topics. Each subject area has a menu featuring a series of video sequences that illustrate the essential 'facts of life' in an informative and stimulating way. Includes handbook.

**Suitable for upper primary school students.**

### Ready, willing and able: a young person's guide: consent and sexual activity (DVD)

# 6.5 REA RC

9 Minutes - 2006

This Australian DVD for young people contains information about, and dramatic illustrations of, consent to sexual activity. It gives definitions of consent, sexual assault and sexual abuse, and discusses drink spiking, Internet safety, alcohol and other drugs, date rape and the effects of sexual assault. The accompanying training notes include suggestions for group discussion.

**Suitable for use with adolescents.**

## Adolescence Health / Issues (includes Reproduction)

**Safe and free to be me: raising awareness and developing skills to respond to homophobia (DVD)**

# 6.8 SAF RC

2011

This South Australian DVD was produced to support teachers and other staff working with young people to raise the issue of homophobia, and specifically, the use of the homophobic language such as the commonly used phrase "that's so gay".

**Suitable for secondary school students from year 9 onwards.**

**Scope: Puberty (DVD) (staff only)**

# 3.16 SCO RC

22 minutes - 2011

Pimples, growth spurts, mood swings, voice breaking, body hair, body odour, body changing shape... puberty! Strap yourself in for a rollercoaster ride. But fear not, science will deliver you to adulthood in one piece - albeit in a slightly altered form. Join Dr Rob as goes back to school and SCOPES out all the science behind puberty.

**Suitable for young people in upper primary school.**

**Secrets: a film about teen sexuality (DVD) (Staff only)**

# 3.16 SEC RC

55 Minutes - 2005

In a world of hyper-sexualised media and shifting sexual ethics, enter the realm of the new norms of teenage sex. Teenagers discuss the new casual sex revolution, what it means to 'hook up' and who are 'friends with benefits'? The teenagers talk about when friends decide to sleep together with no emotional commitment. The documentary is a frank and provocative expose of the new norms of teenage sexuality and features expert sex educator, Saleema Noon. (From Canada, in English)

**Suitable for use with upper secondary school students.**

**Sex and sensibility (DVD)**

# 3.16 SEX RC

50 minutes - 2009

This UK DVD contains a series of dramas. Drama 1: Introduction - demonstrates how easily relationship misunderstandings can occur. Drama 2 : Why? Impresses the need to take time before embarking upon a sexual relationship and compares the different attitudes of 2 girls towards becoming sexually involved. Drama 3: Why not? This drama features a girl who regrets allowing herself to be taken advantage of by an unsuitable older boy. Drama 4: What if? Looks at the effect that peer group pressure can have on individual decision making often encouraging the individual to make a choice that they may not be ready for. Lesson plans deal with the biological basis of reproduction, the timing of deciding when and if to have sex, being assertive, peer group influences, double standards between boys and girls, what are the ingredients of a good relationship, contraception, sexually transmitted infections and pregnancy. Includes printable lesson plans, pupil's notes and further classroom material such as tests and quizzes on PDF File on disc.

**Suitable for middle secondary school students.**

## Adolescence Health / Issues (includes Reproduction)

### **The sex education show vs pornography (DVD) (Staff only)**

# 9.0 THE RC

50 Minutes - 2011

Accompanied by a team of sexual health experts, presenter Anna travels to secondary schools across Britain to present sex education. She meets people whose lives have been affected by porn and talks to adults and young people alike about their attitudes and experiences. Along with startling new statistics, the show will paint a revealing portrait of sexual behaviour in Britain today. Common sexually transmitted infections are discussed as well as explicit images of sexually transmitted infections are shown to students. Footage is shown of a male and female being tested for sexually transmitted infections.

**Suitable for upper secondary school students.**

### **Sexual health services for young people (DVD)**

# 3.16 SEX RC

16 minutes - 2011

This South Australian DVD features young people speaking honestly and positively about sexual health services and support, including SHine SA. Information includes sexually transmitted infection and pregnancy testing; contraception and counselling. The resource is best used as part of a comprehensive relationships and sexual health program. Includes a handbook with a lesson plan that outlines discussion points and an activity for young people to identify sexual health needs and local health services.

**Suitable for secondary school students.**

### **Sexual Identity (DVD)**

# 3.16 SEX RC

17 Minutes - 2013

This Australian program addresses the changes youth undergo as their sexuality and sexual identity develop during adolescence. The first half of the program discusses the complex nature of personal identity, gender, and sexual orientation. The second half looks at ways in which viewers can make informed, responsible choices about sex and examines key elements of healthy relationships like respect and open communication. The program also promotes the acceptance of diversity and highlights the importance of making decisions that are best for your health and wellbeing.

**Suitable for junior to middle secondary health students.**

### **Sexy inc: a critical look at the phenomenon of hypersexualization (DVD)**

# 9.0 SOP RC

35 Minutes - 2007

Are children being pushed prematurely into adulthood? Sophie Bissonnette's documentary Sexy Inc. analyses the hypersexualization of our environment and its noxious effects on young people. Psychologists, teachers and school nurses criticize the unhealthy culture surrounding our children, where marketing and advertising are targeting younger and younger audiences and bombarding them with sexual and sexist images. These stereotypes treat girls of all ages as sexual objects, and exercise a damaging effect on their identities. Because they see degrading images of sexuality on the Internet, some children confuse sexual relations with pornography. Sexy Inc. suggests various ways of countering hypersexualization and the eroticization of childhood and invites us to rally against this worrying phenomenon. Includes handbook.

**Suitable for teachers, educators, trainers and young adults.**

## Adolescence Health / Issues (includes Reproduction)

### Share my secret: untold stories of young Australians (DVD)

# 3.25 SHA RC

2009

This DVD contains a series of short animated films using the interviews with HIV positive teenagers as the soundtrack in order to bring these poignant and touching stories to life. The vignettes can be watched individually or in succession, and emphasize the need for building social inclusion and community understanding of HIV's impact on young Australians.

**Suitable for secondary school students.**

### Shredded: what would you risk for the perfect body? (DVD)

# 6.24 SHR RC

22 Minutes - 2005

This DVD is about a group of teenage boys who want to transform their bodies so that they become "shredded" like the muscle-filled bodies of their media heroes. The film reveals the risks they're willing to take to achieve the ideal male shape, exploring supplement use and the temptations of steroids. With complete frankness, the boys relate their experiences, desires and motivations to the audience, who must draw their own conclusions.

**Suitable for use with young men.**

### Spin the bottle: sex lies and alcohol (DVD)

# 3.28 SPI RC

44 Minutes - 2004

This DVD offers an indispensable critique of the role that contemporary popular culture plays in glamorizing excessive drinking and high-risk behaviours. Award-winning media critics Jackson Katz and Jean Kilbourne contrast these distorted representations with the often disturbing and dangerous ways that alcohol consumption affects the lives of real young men and women. Illustrating their analysis with numerous examples, Katz and Kilbourne decode the power and influence these seductive media images have in shaping gender identity, which is linked to the use of alcohol. Includes study guide. (from Publisher's website)

**Suitable for secondary students.**

### Spittin image: body perception (DVD)

# 3.16 SPI RC

32 minutes - 2005

In this DVD, you get to eavesdrop on John Safran, Sue Turnbull, Associate Professor Eleanor Wertheim and Adam Elliot talking about their perceptions of the body.

**Suitable for secondary school students.**

### Stand up 4 u! Making positive choices in relationships (DVD)

# 3.16 STA RC

2007c

Stand Up 4 U is an Australian DVD for young women on the early signs of potentially abusive relationships. It demonstrates behaviour which is controlling, isolating and undermines confidence. It aims to raise awareness of the need to develop healthy relationships. It also provides details about where young women can get more information and support if they need it.

**Suitable for teachers, youth workers and other professionals working with young women.**

## Adolescence Health / Issues (includes Reproduction)

### STI's: facts and fiction (DVD)

# 3.24 STI RC

20 minutes - 2009

This Australian DVD takes a detailed look at sexually transmitted infections, commonly known as STIs. It focuses on the facts and myths, decisions and getting help, symptoms and consequences, and treatment and protection. Also discussed are the differences between STD's and STIs, and how to deal with a STI should you contract one. Being aware and remaining vigilant to the threat of STIs can reduce the likelihood of suffering long term damage or passing the infection onto someone else.

**Suitable for middle secondary school students.**

### Stories of us: belonging (episode 5) (primary school) (DVD)

# 8.1 STO RC P2

55 Minutes - 2006

The aim of this South Australian resource is to motivate students to discuss and explore the dynamics of belonging and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including the factors which contribute to a child's sense of belonging; how to recognise and develop friendships; how to help others feel that they belong; the factors which undermine a sense of belonging; who to turn to for support; different types of friendship; supportive and non-supportive friendships and the dynamics of friendship groups. Includes handbook.

**Suitable for upper primary school students.**

### Stories of us: bullying (episode 1) (DVD)

# 8.1 STO RC

47 Minutes - 2005

The aim of this South Australian program is to motivate students to discuss and explore the dynamics of bullying and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including the critical role of bystanders in both perpetuating and resolving bullying; how situations escalate; supportive and non-supportive friendship; the dynamics of the group; power and control; consequences of bullying; where to turn for support; effective ways to seek help and options for dealing with typical bullying situations. This education resource is composed of a dramatised video and a teacher's guide. The video is in two sections, a "play section" which is designed to be played the whole way through and a "segmented section" which repeats the main program but with a series of pause points (with workbook questions) for a more in-depth discussion. Includes manual.

**Suitable for secondary school student.**

### Stories of us: bullying (episode 4) (primary school) (DVD)

# 8.1 STO RC P1

55 Minutes - 2006

The aim of this South Australian program is to motivate students to discuss and explore the dynamics of bullying and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including the critical role of bystanders in both perpetuating and resolving bullying; how situations escalate; supportive and non-supportive friendship; the dynamics of the group; power and control; consequences of bullying; where to turn for support; effective ways to seek help and options for dealing with typical bullying situations. This education resource is composed of a dramatised video and a teacher's guide. The video is in two sections, a "play section" which is designed to be played the whole way through and a "segmented section" which repeats the main program but with a series of pause points (with workbook questions) for a more in-depth discussion. Includes manual.

**Suitable for upper primary school students.**



## Adolescence Health / Issues (includes Reproduction)

### Stories of us: relationships (episode 2) (DVD)

# 8.1 STO RC 2

33 Minutes - 2005

The aim of this South Australian program is to motivate students to discuss and explore the dynamics of relationships and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including friendship groups; emerging sexual relationships; the need to belong; peer pressure; power and control; social standing; shared values; communications skills; supportive and unsupportive friendship. This education resource is composed of a dramatised video and a teacher's guide. The video is in two sections, a "play section" which is designed to be played the whole way through and a "segmented section" which repeats the main program but with a series of pause points (with workbook questions) for a more in-depth discussion. Includes handbook.

**Suitable for secondary students.**

### Stories of us: stress (episode 3) (DVD)

# 8.1 STO RC 3

48 minutes - 2005

The aim of this South Australian program is to motivate students to discuss and explore the dynamics of stress and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including family, school work and financial pressures; emerging sexual relationships; peer pressure; privacy and shared personal information; changing friendships and alliances; social standing; supportive and unsupportive friendships; positive versus negative ways to deal with stress; consequences of stress and associated behaviour; alcohol and driving and building resilience. This education resource is composed of a dramatised video and a teacher's guide. The video is in two sections, a "play section" which is designed to be played the whole way through and a "segmented section" which repeats the main program but with a series of pause points (with workbook questions) for a more in-depth discussion. Includes handbook.

**Suitable for secondary school students.**

### Tagged: what you do online could tag you for life (DVD)

# 8.1 TAG RC

14 Minutes - 2011

When a group of high-school friends post a rumour about a rival it sparks a chain reaction that leaves no one untouched. Cyberbullying, sexting, filmed fights and police action ensue — will these friends avoid being tagged forever? Tagged is supported by lesson plans and compelling character reflection interviews. It explores themes of personal and peer safety and responsibility that are crucial to maintaining positive online behaviours and digital reputation into adulthood. Includes handbook.

**Suitable for middle and upper secondary school students.**

### The talk: a sexual health and ethics DVD aimed at parents, carers and teenagers (DVD)

# 3.16 THE RC

70 minutes - 2010

This DVD talks about sex and relationships in a frank, informed and non-threatening way. Hosted by Nelly Thomas, the DVD features a mixture of humorous and entertaining sketches, songs, celebrity interviews and comedy, as well as interviews with health and other experts from relevant fields. It also covers the physical aspects of sex, the nuts and bolts of anatomy and sexual health, but importantly, it also addresses the emotional aspects of sex. The Talk recognises that sometimes the hardest part about sex is not about the physical but the mental, and talks about establishing and maintaining respectful relationships. (from Publisher's website)

**Suitable for use by parents and carers with young people aged 13 years and up.**

## Adolescence Health / Issues (includes Reproduction)

### Teen truth: an inside look at body image

# 3.16 TEE RC

24 Minutes - 2009

What do teens see when they look in the mirror? Regardless of how closely their actual bodies match their perception, teenagers' body image can dramatically affect their self-esteem, eating and exercise habits, relationships with others and ultimately their health. Three compelling personal stories reveal how peer and media influences drove these teens to engage in life-threatening behaviours. Teasing and exclusion led Emily to develop an eating disorder and Kayla to binge eat her way to obesity, while Nolan's desire to be bigger, stronger and faster ended in health hazards due to his performance enhancing drug use. Includes handbook.

**Suitable for secondary school students.**

### Teenage transsexuals (DVD) (Staff only)

# 3.16 TEE RC

55 Minutes - c2005

Explores the ethical debate surrounding the issue of young people with gender dysphoria through the stories of four teens and pre-teens who want to be the opposite sex.

**Suitable for upper secondary school students.**

### Trusted moments (DVD)

# 8.1 TRU RC

9.5 Minutes - 2012

This South Australian short film was developed to raise awareness in young people about the importance of forming relationships based upon respect and consent, and to draw attention to the adverse legal consequences of using mobile phones for producing sexualised images. Includes study guide.

**Suitable for young people 15 years and up.**

### Understanding prejudice (DVD)

# 3.16 UND RC

29 Minutes - 2008

This Australian DVD explores the issues associated with prejudice and the reasons why prejudice is perpetuated in society. The individual's role in dealing with prejudice is investigated and the program looks at ways to promote a more tolerant society where diversity is encouraged and respected. The program also includes information about the experiences of those who have suffered prejudice because of their difference - people with a physical disability, people with a mental illness and those who are socially disadvantaged because of poverty, race or religion. Andrew Fuller, clinical psychologist, provides thought-provoking and stimulating ideas for class discussions on the impact of prejudice on the individual in our society. The program does not discuss prejudice against people because of their sexuality but this concept could be introduced in class discussions. Includes handbook.

**Suitable for secondary school students.**

### Unplanned pregnancy: the choices (DVD)

# 2.3 UNP RC

26 Minutes - 2010

An unplanned pregnancy can be a major crisis for a woman of any age. For a young person it is an especially confronting event. Even though many pregnancies are planned, in other cases the pregnancy is unplanned. If the proper support and knowledge is not available, the choices can seem entirely overwhelming. This practical and informative program takes rational approach to this very sensitive topic and discusses the implications of an unplanned pregnancy. Viewers will come to understand the options for both the mother and father, and also receive suggestions on where to get further help and advice. Includes handbook.

**Suitable for upper secondary school students.**

## Adolescence Health / Issues (includes Reproduction)

### Websex: What's the harm

# 8.0 WEB RC

60 minutes - 2012

Would you show yourself naked, on video camera or live on your mobile phone to a complete stranger or someone you know? This documentary looks at the growing trend of young people using the internet for sexual relationships. What are they getting out of it and what are they risking? Thousands of teenagers and young adults do this regularly and for most, it's one of the highlights of their week. Websites and apps such as Facebook, Skype, Cam4, Stickam, Omegle and Facetime all let you connect visually with whoever you like, to do what you like. In this revealing documentary, Nathalie Emmanuel, star of hit soap Hollyoaks, investigates this growing phenomenon and gains some insights into the trend.

**Suitable for upper secondary school students.**

### What's happening to me? (DVD)

# 3.16 WHA RC 1

29 Minutes - 1986

This animated program is not a dull medical look at sex education but presents the facts of life during puberty with honesty, sympathy and a sense of humour.

**Suitable for primary school students.**

### Whatever! The science of teens (DVD)

# 3.16 WHA RC

125 Minutes (5 episodes) - 2009

Teenagers seem to live in a world of their own design and creation– a world summed up best with one very commonly used word -'Whatever!' We all know the clichés but are teens just designed to defy? Or is this latest batch of Australian teenagers really a 'new teen order'? Consists of five episodes. The Episode 1: Risk: Why do they do such reckless things? Sex, drugs and alcohol aren't the greatest threat to teenagers - it's their own brain. Episode 2: Binging: Why should we worry about teens experimenting? It's a natural phase of development isn't it? Actually, teenage binge drinking may leave you with few fond memories. Episode 3: Sex: Teens are re-writing the rules of sex but while their bodies suddenly become adult, they're not necessarily in sync with their chief sex organ - the teen brain. Whether they're having sex or not, whether their parents like it or not, teenagers are sexual beings. Today's teens are having sex earlier, clocking up more partners and are more sexually adventurous than ever. It all starts with puberty, the human sexuality switch, but it's the teen brain that drives this change, influencing teen sex lives in surprising ways. Episode 4: Mood: Why are they so moody? Sulking is actually good for teenagers, but only in the right doses. Whatever! Episode 5: Sleep: Why won't they get out of bed in the morning? They may like to sleep in, but teenagers are often actually chronically sleep deprived. Includes English captions.

**Suitable for upper secondary students, parents and teachers.**

### Where did I come from? (DVD)

# 3.16 WHE RC 1

29 Minutes - 1985

From the sperm race to the fertilisation tango, from the comforts of womb service to the joys of the birthday, the facts of life are presented in this animated program with the humour and care that made the title a bestselling book all over the world. Sex education can be fun and this program gives the answers in an informative, educational and entertaining way.

**Suitable for primary school students.**

## Adolescence Health / Issues (includes Reproduction)

<b>Why abortion? Understanding why women choose to have an abortion (DVD)</b>	<b># 2.3 WHY RC</b>
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20 minutes - 2008

A United Kingdom DVD which explores the realities faced by women with an unplanned pregnancy and considering abortion. Using short drama pieces the viewer is asked to make choices based on the information presented to them. It comes with a manual to help professionals who work with young people or adults examine how unplanned pregnancy impacts on the lives of those involved, the options available when facing an unplanned pregnancy, and the factors that influence the decision making process. Includes manual for professionals to use with the DVD.

**Suitable for young people aged 14 and over.**

<b>XS stress: teens take control (DVD)</b>	<b># 3.16 XSS RC</b>
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28 minutes - 2005

Meet Sarah - the punk rocker with heart, smarts and more tattoos than you can count... they hide the scars. Say hi to Jarrel. At school everyone calls him "faggot". Then he fights back. And then there's "bad kid" Kira. Well, it turns out she has dyslexia and nobody knew it. Three youths tell their stories in in this DVD - an essential guide to staying afloat while navigating the choppy waters of adolescence.

**Suitable for students from year 8 and up.**

<b>Young people and sexual assault: common myths (DVD)</b>	<b># 6.5 YOU RC</b>
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14 Minutes - 2010

One in three women will be sexually assaulted at some time in their lives. One in six men will experience some type of sexual violence by the time they are 16-years-old. Sexual assault is a very real part of young people's lives today. But what is it really? In this program, we tackle the myths and misconceptions of sexual assault, address some of the key issues and explore strategies young people should put in place to avoid it. Made by sexual assault health workers and featuring perspectives from young people, the police and health workers, this is a practical and informative look at this very important topic. Includes manual.

**Suitable for secondary school students.**

<b>Your shout: an honest discussion about alcohol by young people for young people (DVD)</b>	<b># 3.16 YOU RC</b>
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24 Minutes - 2010

An Australian educational, entertaining and honest look at alcohol, by young people for young people. It features a range of young Australians and health experts discussing the way they feel about alcohol and how it affects our physical, mental and social wellbeing. The DVD and classroom activities are structured to fit within a standard class period or can be viewed in chapters across four unique periods.

**Suitable for upper secondary school student.**

## Disability

**Billy grows up: a guide to puberty for boys and young men with intellectual disabilities (DVD)**

# 3.14 BIL RC

2010

In this DVD, Billy, 11, is a young man with an intellectual disability who is in a hurry to grow up and be as tall and strong as his dad. Dad realises it's time to talk to Billy about puberty and he involves Billy's mum and 17-year-old brother Max to help Billy learn about the changes he will go through. The film provides basic information about the physical changes, including getting taller and stronger, the growth of the genitals and body and facial hair. It covers hygiene; a demonstration of how to shave; experiencing wet dreams, erections and orgasms. It also deals with changes in emotion.

**Suitable for boys approaching puberty, their families and carers.**

**Creative conversations: communicating with people with profound learning disabilities (DVD)**

# 3.13 CRE RC

35 minutes - 2005

This DVD shows how Intensive Interaction is used to find ways of communicating with people who have multiple and profound learning disabilities, enabling them to express their feelings as well as their needs. It shows care staff and family carers learning to use a number of simple Intensive Interaction techniques with four adults.

**Suitable for carers and support people working with people with disabilities.**

**Feeling sexy - feeling safe; a training package for teaching sexuality education to people with intellectual disabilities (DVD)**

# 3.13 FEE RC

33 minutes - 2002

The basic message of this DVD is that for sex to occur it must be in a private place, there must be consent, and it must be safe. Provides a teaching resource that can be used in different ways in the context of a broader sexuality program. It is intended to be shown only in short segments in different teaching sessions interspersed with different activities and resources and with discussion to process each segment.

**Sexually explicit. Teachers need to be selective in its use.**

**Finger tips: teaching women with disabilities about masturbation through understanding and video (DVD)**

# 3.14 FIN RC

19 minutes - 2003

This manual and DVD is aimed at teaching women with developmental disabilities about masturbation. It also confronts typical myths about female sexuality. A gentle, positive film that is clear, graphic and dignified. The manual includes a step by step photographic essay about masturbation, and the joy of private time. The manual must be read by the parent or carer before the woman with a disability views the DVD.

**Suitable for women over 18 years with a disability.**

## Disability

<b>For one night only (DVD) (Staff only)</b>	<b># 3.13 FOR RC</b>
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50 Minutes - 2007

Asta is intelligent, funny and charming. He has a good job and goes out most weekends with his mates. But he is severely disabled and by the age of 24, had not had a sexual experience of any kind. This changed however, when he visited a brothel while on holiday with his family in Spain. Now Asta is making the trip again - and this time, he wants to help other disabled men have their first sexual experience too. Told with striking honesty and without judgement, For One Night Only follows the three men as they openly discuss their hopes, fears and desires. (from DVD cover)

**Suitable for use with adult people with a disability, disability workers and those interested in disability and sexuality issues.**

<b>Four Corners: Walk in our shoes (DVD)</b>	<b># 3.13 FOU RC</b>
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45 minutes - 2003

This Australian program explores the fraught issue of whether under some circumstances, people with a disability should be sterilised. In the last two decades the legal pendulum has swung against sterilisation in favour of the rights of people with a disability. The producer speaks to women who have been sterilised without their knowledge or their consent. She also speaks to the parents of profoundly disabled woman who see sterilisation as an essential procedure for their daughters.

**Suitable for people with a disability, their parents and carers.**

<b>Friendships and dating: information about relationships for parents, carers and young people with a disability (DVD)</b>	<b># 3.13 FRI RC</b>
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2009

This Australian DVD provides information on meeting and making friends, relationships and dating, safer sex and contraception. Includes handbook.

**Suitable for use with young people with a disability.**

<b>Getting together (DVD)</b>	<b># 3.13 GET RC</b>
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12 Minutes - 2010

This short cartoon is for people who have learning disabilities. The DVD contains six stories about people making friends or starting relationships. They all have learning disabilities and one is unable to walk or talk. It shows how people with learning disabilities can - meet new people; fall out and make friends again; look for a partner if they are gay; say no to a relationship they don't want; keep themselves safe and take the time to get closer to somebody. All the voices on the soundtrack are those of actors with learning disabilities. Can be viewed with subtitles and sign language. Includes handbook.

**Suitable for people with a learning disability.**

<b>Handmade love: a guide for teaching about male masturbation through understanding and video (DVD)</b>	<b># 3.14 HAN RC</b>
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16 minutes - 1998

This manual and DVD is aimed at men with developmental disabilities and discusses privacy, pleasure and the realities of sharing living spaces with others. The narrator of the video talks about myths and suggests that masturbation can be a way of learning about sex, while the book discusses masturbation from the point of view of both health and pleasure. The manual must be read by the parent or carer before the man with a disability views the DVD.

**Suitable for men over 18 years with a disability.**

## Disability

### Insight: Sex and disability (staff only)

# 3.13 INS RC

60 Minutes - 2016

Imagine you've been married to your partner for 25 years. You live with them, love them, are sexually attracted to them, but physical intimacy? Almost impossible. This is the reality for David and Jenni Heckendorf, who both have profound cerebral palsy that greatly limits their mobility. In order to have sex, they must use the services of a sex worker; a process of extreme trust, vulnerability and financial cost. They lobbied to use their NDIS funding to access their sex worker, but others are restricted by state laws and regulations around sex work. Rachel Wotton is one such sex worker, who works with clients with physical and intellectual disabilities.

### Jason's private world (DVD)

# 3.13 JAS RC

18 minutes - 2002

An animated DVD for carers to watch with young men who have learning difficulties. Jason discusses aspects of growing up a man, body changes and personal hygiene. The program delves into relationships, love, and sexual interactions. There is an emphasis on safety, cleanliness and being private.

**Suitable for carers or educators to watch with young men with a learning disability.**

### Kylie's private world (DVD)

# 3.13 KYL RC

24 minutes - 2002

An animated DVD program for carers to watch with young women who have learning difficulties. Kylie discusses aspects of growing up a women, periods and personal hygiene. The program delves into relationships, love, and sexual interactions. There is an emphasis on safety, cleanliness and being private.

**Suitable for carers or educators to watch with young women with a learning disability.**

### Love & kisses: relationships & sexuality (DVD)

# 3.13 LOV RC

2007

This Australian DVD gives a positive look at the intimate lives of people with a disability. Personal stories are told through drama and interviews and reveal the joys and heartbreak of love, sex and relationships.

**Suitable for people with a disability.**

### Mirrorball (DVD)

# 3.13 MIR RC

29 Minutes - 2012

In this Australian DVD young people with a disability and their carers talk about love and relationships.

**Suitable for disability workers.**

### The new guide to relationships and sex: a sex education/PSHE DVD for young people (DVD)

# 3.13 NEW RC

2009

A sex education DVD for young people with a disability. Divided into 5 main topics each with a menu featuring a series of video sequences that explore the issues facing young people going through transition in an informative and stimulating way. Complete with subtitles.

**Suitable for young people with a disability.**

## Disability

<b>The puberty video for boys with Asperger syndrome</b>	# 3.13 THE RC
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48 minutes - 2014

This DVD is narrated by a young man with Asperger Syndrome and a female co-host and features anatomical drawings and animation. It describes how male and female bodies change during puberty and how to deal with these changes (and urges) in appropriate ways that avoid social, ethical, and legal pitfalls. It includes information about intercourse, periods, pregnancy, birth control, sexually transmitted infections, and more. The program emphasises the value of young men waiting to engage in sex until they are mature enough to understand the consequences and make decisions they won't regret. The sections on dating and sexuality include demonstrations of socially expected interactions by age-appropriate male and female actors. This program can help young men deal confidently with a turbulent time in their lives by sharing candid information about what to expect and how to deal with it.

**Suitable for boys with Asperger Syndrome who are over 10 years of age.**

<b>Responding positively to sexual behaviours: the traffic light model (DVD)</b>	# 3.13 RES RC
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18 Minutes - 2007

This resource is designed to assist staff in school environments to respond positively to sexual behaviours. It helps educators to promote a healthy sexuality as well as protect them from harm or abuse. The package includes a DVD, a fact sheet on "Sexual behaviours in children and adolescents" and a CD Rom with supporting materials and resources.

**Suitable for disability educators.**

<b>Scarlet road: a sex worker's journey (DVD) (Staff only)</b>	# 3.13 SCA RC
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60 minutes - 2011

Impassioned about freedom of sexual expression, Australian sex worker Rachel Wotton has become highly specialized in working with clients with disability. Rachel's philosophy, that human touch and sexual intimacy can be some of the most therapeutic aspects to our existence, is making a dramatic impact on the lives of her clients. (from Publisher's website). Includes handbook.

<b>Sexuality after spinal cord injury (DVD)</b>	# 3.15 SCI RC
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2008

This DVD features Dr Michael Dunn and Dr John Lavelle discussing a range of subjects for men and women who have spinal cord injuries. Topics include sexual response, fertility, positions and communication.

**Suitable for people with spinal cord injuries, their partners and health professionals.**

<b>Sexuality reborn (DVD)</b>	# 3.15 SEX RC
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48 Minutes - 2007

Spinal cord injury causes a number of changes in sexual functioning. Despite these changes, SCI individuals can participate in and enjoy an active and fulfilling sex life. In this DVD, Sexuality Reborn, which was funded by the Paralyzed Veterans of America, the physical and emotional effects of spinal cord injury are frankly discussed by four couples. These couples demonstrate and share their personal experiences concerning: self-esteem, dating, bowel and bladder function, sexual response and varying types of sexual activities. This DVD includes explicit sex scenes and is only suitable for people over 18 years.

**Suitable for people with a disability, their partners and health professionals.**



## Disability

**Stop! Don't cross the line**

# 3.13 DON RC

10 minutes -

A South Australian educational film about healthy and unhealthy relationships. The aim is to teach people with a disability how to avoid bullying and violence. Five scenarios are depicted, showing dating behaviour, close relationships at work, a couple having a day out, a carer in a household sharing the tasks, and a disrespectful, abusive carer. Each scenario has a series of questions for reflection and guided discussion.

**Suitable for people with a disability.**

**Supporting women with learning disabilities through the menopause (DVD)**

# TER2864

2003

This illustrated CD Rom and DVD pack provides a comprehensive introduction to the physical, emotional, psychological and social effects of menopause and how it might affect women with an intellectual disability to those in the general community. The pack also includes staff training exercises, photocopyable loose-leaf leaflets, and a CD Rom of the manual.

**Suitable for training workers and people with an intellectual disability.**

**Tara grows up: a guide to periods and puberty for young women with intellectual disabilities (DVD)**

# 3.14 TAR RC

2010

In this DVD, Tara, 11, is a young woman with an intellectual disability who has not yet had her first period. Her mum, who is a bit unsure about how to talk to Tara about periods, enlists the help of the family. The information on the DVD is in three parts: there is basic information about menstruation; demonstrations of how to use sanitary pads; and repetitions of the key messages.

**Suitable for girls approaching puberty, their families and carers.**

**Under cover dick: teaching men with disabilities about condom use through understanding and video (DVD)**

# 3.14 UND RC

2003

This book and DVD set provides clear direction regarding condom use. The video discusses disease transmission as well as demonstrates how to wear a condom, plus the book includes photographs of each step involved.

**Suitable for men with an intellectual disability.**

**Untold desires (DVD)**

# 3.13 UNT RC

52 Minutes - 1994

Untold desires offers positive images of people with a disability as well as breaking down stereotypes that render people with a disability as non-sexual or perverse in the eyes of the non-disabled world.

**Willing and able: love, sex and disability (DVD) (staff only)**

# 3.13 WIL RC

46 Minutes - 2005

This documentary features interviews with disabled people from Canada, the United States and Australia. Sharing their personal stories, they explore the unique challenges and rewards of those with physical disabilities seeking a satisfying life.

## Disability

**You, your body and sex (DVD)**

**# 3.13 YOU RC**

15 Minutes - 2002

An animated video program for carers to watch with young men or women who have entered into or may be entering into a relationship. The viewer is taken through Kylie and Jason's relationship, and how they matured into having a sexual relationship. Significance is given to saying "no" to sexual advances you don't want from strangers, friends or within a relationship.

**Suitable for carers or educators to watch with young men or women with a learning disability.**

## Foetal Development / Birth

**The human body: the incredible journey from birth to death (DVD)**

# 2.61 HUM RC

2001

The story of the journey from conception through life to death is told in 8 separate sections of this triple DVD pack. Includes conception, birth, the "raging teens", puberty reproductive physiology, brain power, ageing and much more. Can be used selectively by choosing the appropriate section. Include subtitles.

**Suitable for students from year 7 to year 12.**

**The odyssey of life (DVD) (Staff only)**

# 2.61 ODY RC

Complete series 3 x 60 minutes - 2006

This ground-breaking mini-series is a panorama of the current state of our awareness of embryonic and foetal development, intra-uterine life and the bonds between the mother and baby. It explores the latest mysteries of fertilisation, the subtle play of heredity, the chemical exchanges between mother and foetus and the factors that trigger the actual birth.

## Gay, Lesbian, Bisexual, Transgender, Intersex & Queer Issues

<b>Artscape: Anatomy 2 - eye. "Sistergirls" of the Tiwi Islands (Staff only) (DVD)</b>	<b># 3.34 ART RC</b>
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30 Minutes - 2011

Indigenous photographer Bindi Cole travels from her Melbourne home to the far north of Australia to document the beautiful transgender 'Sistergirls' of the Tiwi Islands. It is a journey that defies existing stereotypes of what it means to be an Indigenous Australian today. It is the story of Bindi's attempt to artistically question what constitutes an Aboriginal identity.

**Suitable for secondary school students and up.**

<b>Butterfly stories : Not waving, drowning (DVD)</b>	<b># 6.8 BUT RC</b>
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2007

This South Australian educational DVD package contains two short films "Butterfly Stories" and "Not Waving, Drowning". "Butterfly Stories" is an inspirational short documentary of same-sex attracted young people talking candidly about life, love and living in the Northern suburbs of Adelaide. "Not Waving, Drowning" is a dramatic short film about a young man struggling with his emerging sexuality in a school setting.

**Suitable for upper secondary school students.**

<b>FIT (DVD)</b>	<b># 6.8 FIT RC</b>
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2010

This DVD was developed to help tackle homophobic bullying in Britain's schools, FIT is an intelligent, powerful and entertaining film, FIT tells the individual stories of six young people who think that all they have in common is dancing. The story follows them as they battle through a minefield of exploding hormones, awakening feelings and homophobia as they attempt to fit in, stand out, discover their own identities and accept each other.

**Suitable for secondary school students.**

<b>Four corners: Being me (DVD) (staff only)</b>	<b># 6.7 FOU RC</b>
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45 Minutes - 2014

This Australian program tells the story of girls and boys, born in the wrong body and their struggle to be who they are. There are any number of self-help books that will tell you how to find yourself but what if truly being yourself involved changing your gender? Would you have the courage to do it? (from DVD cover)

**Suitable for secondary school students.**

<b>Geography club</b>	<b># 6.8 GEO RC</b>
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80 Minutes - 2013

Based on Brent Hartingers best-selling critically acclaimed novel, Geography Club is a smart, fast, and funny account of contemporary teenagers as they discover their own sexual identities, dreams, and values. 16-year old Russell is still going on dates with girls while having a secret relationship with football quarterback Kevin, who will do anything to prevent his football teammates from finding out. Min and Terese tell everyone that they're just really good friends. And then there's Ike who can't figure out who he is or who he wants to be. Finding the truth too hard to hide, they all decide to form the Geography Club, thinking nobody else in their right mind would ever want to join. However, their secrets may soon be discovered and they could have to face the choice of revealing who they really are. Rated M

**Suitable for people over 15 years.**

## Gay, Lesbian, Bisexual, Transgender, Intersex & Queer Issues

### Head first: the wrong body (DVD)

# 6.7 HEA RC

45 Minutes - 2013

What happens when you're born in the wrong body? Biological sex doesn't always match up with 'brain sex' and when that happens you can either spend your life in torment or you can make the decision to transition and become the person you know you are inside. Sabour Bradley, in this Australian DVD, sets out to get inside the 'trans' world and he meets with a number of 'trans' people who invite him to follow them on their journeys as they move through different stages of transitioning.

**Suitable for a mature audience.**

### Intersexion (DVD)

# 6.8 INT RC

68 Minutes - 2012

This New Zealand documentary explores intersex. It looks at what it is like to grow up in a body that doesn't fit neatly into the male or female category.

### It's elementary: talking about gay issues in school (DVD)

# 6.8 ITS RC 2

77 minutes - 1999

Using inspiring classroom footage, this American film shows what actually happens when teachers lead class discussions that address anti-gay prejudice. It makes a powerful case that children need to be taught respect for all and that this kind of education needs to start in elementary (primary) school. This resource is more appropriate for teachers and workers rather than young people.

**Suitable for teachers and workers.**

### Louis Theroux: Transgender kids (staff only)

# 6.7 LOU RC

60 Minutes - 2016

Award-winning journalist Louis Theroux travels to San Francisco, where pioneering medical professionals are helping kids who say they were born in the wrong body to transition from boy to girl or girl to boy at younger ages.

### Love in full colour: a film about coming out, coming of age and falling in love

# 6.8 LOV RC

43 Minutes - 2015

Love in full colour was shot over close to four years. In 2012, director Suzi Taylor came across a small news story about the 'Same Sex Formal' – an event held in Melbourne each year for same sex attracted and gender diverse students and their allies. It was for the high school students who missed out on their own school formals or debutante balls - either because they didn't feel safe or comfortable to attend, or because their schools had explicitly forbidden them from bringing a same sex partner. In the lead-up to the same sex formal, Suzi met and interviewed some young organisers of the event, along with others who were attending for the first time.

**Suitable for secondary school students.**

## Gay, Lesbian, Bisexual, Transgender, Intersex & Queer Issues

### **My shocking story: Which sex am I? (DVD) (Staff only)**

# 3.13 MYS RC

45 minutes - 2008

Is it a boy or a girl? It's the first thing a mother wants to know after giving birth. Sometimes doctors can't answer. One in 500,000 of babies are born with genitals with some degree of ambiguity. They are not clearly male or female. These children are categorised as intersex, a group that includes many conditions, each one a group of its own. This is the story of Jacob a baby born in the Philippines. Doctors call him a hermaphrodite because he was born with organs of both sexes – a penis, testes and a uterus. This DVD follows his parent's journey to USA and the decisions they make.

### **Not so straight (DVD)**

# 6.8 NOT RC

60 Minutes - 2010

This Australian DVD is a candid and engaging exploration of contemporary issues facing same sex attracted young people in Melbourne. This film will inspire you to make your schools and youth settings more supportive and inclusive of same sex attracted young people.

**Suitable for teachers, youth workers and other service providers working with young people.**

### **Orchids: my intersex adventure (staff only) (DVD)**

# 3.13 ORC RC

60 Minutes - 2012

Documentary filmmaker, Phoebe Hart, comes clean on her journey of self-discovery to embrace her future and reconcile the past shame and family secrecy surrounding her intersex condition. Despite her mother's outright refusal to be in the film, Phoebe decides she must push on with her quest to resolve her life story and connect with other intersex people on camera. With the help of her sister Bonnie and support from her partner James, she hits the open road and reflects on her youth.

**Suitable for middle secondary students and up.**

### **Out in the bush (DVD)**

# 3.161 OUT RC

52 Minutes - 1997

Documentary confronting the need for immediate action against enormous damage done to young gay men and lesbians by bush culture. Many attempt to take their lives and many complete the act because the support systems open to others are closed to them such as church, school, home towns and home itself.

**Suitable for use with young people.**

### **Out in the line-up**

# 6.8 OUT RC

70 Minutes - 2014

An Australian documentary about two gay surfers embarking on a global journey to uncover the taboo of homosexuality in surfing. They become part of an emerging community prepared to step out of the shadows of secrecy and create a more open and accepting surfing culture.

### **Out there (DVD)**

# 6.8 OUT RC

25 Minutes - 2007

This UK DVD highlights the positive aspects of gay, lesbian and bisexual lives and can be used in both formal and informal education settings. The DVD provides positive images of gay, lesbian and bisexual people, using real life abstracts and focusing on people's hobbies, passions and daily activities. Includes handbook.

## Gay, Lesbian, Bisexual, Transgender, Intersex & Queer Issues

**Safe and free to be me: raising awareness and developing skills to respond to homophobia (DVD)**

# 6.8 SAF RC

2011

This South Australian DVD was produced to support teachers and other staff working with young people to raise the issue of homophobia, and specifically, the use of the homophobic language such as the commonly used phrase "that's so gay".

**Suitable for secondary school students from year 9 onwards.**

**Sexual Identity (DVD)**

# 3.16 SEX RC

17 Minutes - 2013

This Australian program addresses the changes youth undergo as their sexuality and sexual identity develop during adolescence. The first half of the program discusses the complex nature of personal identity, gender, and sexual orientation. The second half looks at ways in which viewers can make informed, responsible choices about sex and examines key elements of healthy relationships like respect and open communication. The program also promotes the acceptance of diversity and highlights the importance of making decisions that are best for your health and wellbeing.

**Suitable for junior to middle secondary health students.**

**What's your story? (DVD)**

# 6.8 WHA RC

2009

This Australian DVD is a compilation of digital stories from individuals who have come together to share their true-live experiences of gender, sexual orientation and alternative family structures. Includes facilitator's manual.

## Gender Issues

### **About men, about women (DVD)**

# 6.22 ABO RC

312 Minutes - 2009

Disc One - About Men: A series that examines what it means to be an Australian man in contemporary society. It asks vital questions about what a man needs to thrive and survive and examines the obstacles that are in his way. Here boys and men tell compelling stories of development, maturation and wisdom. Entertaining as well as informative, this three-part series includes moments of insight, diversity of experience, emotional intensity and ultimately, revelation. Disc Two - About Women; Reflecting our times, women of all ages, backgrounds and circumstances open up on screen about what really matters to them. We meet them at a time of uncertainty for some, a turning point for others and for a lucky few, a time of accomplishment and happiness. This three-part series presents a mirror to all viewers and the women in their lives.

**Suitable for mature audiences.**

### **The codes of gender: identity and performance in popular culture (DVD)**

# 6.22 COD RC

72 Minutes - 2009

This DVD focuses on how our perceptions of what it means to be a man or a woman get reproduced and reinforced on the level of culture in our everyday lives. This program contains violence, nudity and sexual themes.

**Suitable for upper secondary school students.**

### **Dreamworlds 3: desire, sex and power in music video (DVD)**

# 9.0 DRE RC

54 Minutes - 2007

This DVD examines the stories contemporary music videos tell about girls and women, and encourages viewers to consider how these narratives shape individual and cultural attitudes about sexuality. Illustrated with hundreds of up-to-date images, Dreamworlds 3 offers a unique and powerful tool for understanding both the continuing influence of music videos and how pop culture more generally filters the identities of young men and women through a dangerously narrow set of myths about sexuality and gender. In doing so, it inspires viewers to reflect critically on images that they might otherwise take for granted. Includes study guide.

**Suitable for upper secondary schools.**

### **Four corners: Being me (DVD) (staff only)**

# 6.7 FOU RC

45 Minutes - 2014

This Australian program tells the story of girls and boys, born in the wrong body and their struggle to be who they are. There are any number of self-help books that will tell you how to find yourself but what if truly being yourself involved changing your gender? Would you have the courage to do it? (from DVD cover)

**Suitable for secondary school students.**

### **Four corners: The gender puzzle (DVD) (staff only)**

# 3.13 FOU RC

45 Minutes - 2005

Science is on the cusp of discovering the origins of gender - the old mantra, girls have XX chromosomes and boys have XY is no longer reliable. Scientists believe that transsexuals may hold the key to the gender puzzle. This Australian program also talks to people who were born with indeterminate genitalia at birth and the consequences of being allocated a gender by doctors.

**Suitable for all ages.**



## Gender Issues

<b>I am a girl</b>	<b># 6.22 IAM RC</b>
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88 Minutes - 2014

There is a group of people in the world today who are more persecuted than anyone else, but they are not political or religious activists. They are girls. Being born a girl means you are more likely to be subjected to violence, disease, poverty and disadvantage than any other group on the planet. As each girl moves closer to coming of age, I AM A GIRL, a feature length documentary, reveals what it means to grow up female in the 21st century. Our journey takes the audience through a pastiche of diverse cultures and societies around the globe including Cambodia, Papua New Guinea, Cameroon, Afghanistan, USA and Australia.

**Suitable for students in middle secondary school and up.**

<b>Intersexion (DVD)</b>	<b># 6.8 INT RC</b>
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68 Minutes - 2012

This New Zealand documentary explores intersex. It looks at what it is like to grow up in a body that doesn't fit neatly into the male or female category.

<b>Killing us softly 4: advertising's image of women (DVD)</b>	<b># 9.0 KIL RC 2</b>
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45 minutes - 2010

In this new, update of her pioneering Killing Us Softly series, Jean Kilbourne takes a fresh look at how advertising traffics in distorted and destructive ideals of femininity. The film marshals a range of new print and television advertisements to lay bare a stunning pattern of damaging gender stereotypes -- images and messages that too often reinforce unrealistic, and unhealthy, perceptions of beauty, perfection, and sexuality.

**Suitable for upper secondary school students.**

<b>The mask you live in (staff only)</b>	<b># 6.22 MAS RC</b>
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90 Minutes - 2015

The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence. These gender stereotypes interconnect with race, class, and circumstance, creating a maze of identity issues boys and young men must navigate to become "real" men.

**Suitable for secondary school students.**

<b>My shocking story: Which sex am I? (DVD) (Staff only)</b>	<b># 3.13 MYS RC</b>
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45 minutes - 2008

Is it a boy or a girl? It's the first thing a mother wants to know after giving birth. Sometimes doctors can't answer. One in 500,000 of babies are born with genitals with some degree of ambiguity. They are not clearly male or female. These children are categorised as intersex, a group that includes many conditions, each one a group of its own. This is the story of Jacob a baby born in the Philippines. Doctors call him a hermaphrodite because he was born with organs of both sexes – a penis, testes and a uterus. This DVD follows his parent's journey to USA and the decisions they make.

## Gender Issues

<b>Sexual Identity (DVD)</b>	<b># 3.16 SEX RC</b>
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17 Minutes - 2013

This Australian program addresses the changes youth undergo as their sexuality and sexual identity develop during adolescence. The first half of the program discusses the complex nature of personal identity, gender, and sexual orientation. The second half looks at ways in which viewers can make informed, responsible choices about sex and examines key elements of healthy relationships like respect and open communication. The program also promotes the acceptance of diversity and highlights the importance of making decisions that are best for your health and wellbeing.

**Suitable for junior to middle secondary health students.**

<b>Teen truth: an inside look at body image</b>	<b># 3.16 TEE RC</b>
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24 Minutes - 2009

What do teens see when they look in the mirror? Regardless of how closely their actual bodies match their perception, teenagers' body image can dramatically affect their self-esteem, eating and exercise habits, relationships with others and ultimately their health. Three compelling personal stories reveal how peer and media influences drove these teens to engage in life-threatening behaviours. Teasing and exclusion led Emily to develop an eating disorder and Kayla to binge eat her way to obesity, while Nolan's desire to be bigger, stronger and faster ended in health hazards due to his performance enhancing drug use. Includes handbook.

**Suitable for secondary school students.**

<b>Teenage transsexuals (DVD) (Staff only)</b>	<b># 3.16 TEE RC</b>
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55 Minutes - c2005

Explores the ethical debate surrounding the issue of young people with gender dysphoria through the stories of four teens and pre-teens who want to be the opposite sex.

**Suitable for upper secondary school students.**

## Genital Mutilation

<b>Female genital mutilation (FGM) in clinical practice: a resource for health professionals (DVD)</b>	<b># 3.01 FEM RC</b>
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46 Minutes - 2008

This Australian DVD aims to improve the provision of health services to members of the community affected by female genital mutilation (FGM) by promoting awareness and understanding of clients' cultural needs and differences. It has been developed to assist health professionals provide antenatal and postnatal care to women affected by female genital mutilation. It contains interviews with patients and specialist clinicians on the topics of de-infibulation procedures and postnatal healing, cultural considerations and communication strategies, patient experiences and expectations.

**Suitable for health professionals.**

## Hepatitis C

**Don't be buntha: Hep C - don't let it be (DVD)**

# 3.34 DON RC

13 minutes - 2008

A South Australian animation DVD about hepatitis C for Aboriginal and Torres Strait Islander communities. The stars of the DVD are three 'claymation' characters Rose, Shaun and Ernie, yarnin' about hep C, with messages about prevention and testing. The DVD also contains background interviews with Aboriginal health care workers.

**Suitable for use with Aboriginal and Torres Strait Islander people.**

**Everybody's business: a resource in HIV/AIDS for multicultural Australia (DVD)**

# 3.3 EVE RC

2007

An Australian DVD on HIV/AIDS for multicultural communities with a choice of languages to play them in. Languages include English, Arabic, Chinese (Mandarin), Indonesian, Khmer, Somali, Spanish, Thai and Vietnamese. Also includes a facilitators CD-Rom containing training activities and handouts in English, Arabic, Chinese (Mandarin), Indonesian, Khmer, Somali, Spanish, Thai and Vietnamese.

**Suitable for use with people from multicultural communities.**

**Staying safe in prison: hepatitis C education resource (DVD)**

# 3.24 STA RC

2007

This South Australian DVD consists of role play scenarios, interviews with prison inmates and moving graphics detailing how Hepatitis C effects the body, how it is transmitted, and the statistics of contracting it while in prison and preventative measures to be taken to avoid contracting it. This DVD contains some course language.

## HIV / AIDS

<b>A closer walk (DVD)</b>	<b># 3.25 ACL RC</b>
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85 Minutes - 2005

In this DVD there are incisive interviews with individuals from all walks of life, including Dalai Lama, Kofi Annan, and Bono, combined with stories, portraits and vignettes of children, women and men living with AIDS, and those caring for them, on four continents. Includes a study guide.

**Suitable for people 15 years and over.**

<b>Everybody's business: a resource in HIV/AIDS for multicultural Australia (DVD)</b>	<b># 3.3 EVE RC</b>
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2007

An Australian DVD on HIV/AIDS for multicultural communities with a choice of languages to play them in. Languages include English, Arabic, Chinese (Mandarin), Indonesian, Khmer, Somali, Spanish, Thai and Vietnamese. Also includes a facilitators CD-Rom containing training activities and handouts in English, Arabic, Chinese (Mandarin), Indonesian, Khmer, Somali, Spanish, Thai and Vietnamese.

**Suitable for use with people from multicultural communities.**

<b>Mates: HIV/AIDS related discrimination (DVD)</b>	<b># 3.25 MAT RC</b>
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23 minutes - 1993

This Australian video has a realistic storyline which deals with HIV/AIDS related discrimination. One aspect of this discrimination stems from homophobia and learning to recognise and understand difference is a first step towards countering homophobia. Includes a handbook.

**Suitable for secondary students.**

<b>Miss Understood (DVD)</b>	<b># 3.3 MIS RC</b>
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2011

This film is about Sarah and Zane, a young couple that fall in love at first sight. Everything in their world is perfect. Six months later they decide to celebrate their anniversary at Zane's best friend's party. The party is the night where everyone has the time of their life. Everyone wants something great to happen but all Sarah wants is to remember the night forever. Will her dreams come true or will her perfect bubble pop? This DVD is a great resource to bring about discussion around relationships, peers, date rape and HIV. Includes handbook. This DVD was made by a Western Australian Youth Theatre group with young African people.

**Suitable for upper secondary school students.**

<b>Share my secret: untold stories of young Australians (DVD)</b>	<b># 3.25 SHA RC</b>
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2009

This DVD contains a series of short animated films using the interviews with HIV positive teenagers as the soundtrack in order to bring these poignant and touching stories to life. The vignettes can be watched individually or in succession, and emphasize the need for building social inclusion and community understanding of HIV's impact on young Australians.

**Suitable for secondary school students.**

## HIV / AIDS

**Stepping stones: a training package on HIV/AIDS, communication and relationship skills (DVD)**

**# 3.25 STE RC**

70 Minutes - 2007

This video is part of the Stepping stones training package, which focuses on HIV/AIDS, gender issues, communication and relationship skills. The DVD does not tell a story, it is intended for use as a discussion tool in a workshop setting, and will make sense only if used with the Stepping stones manual. The DVD consists of 15 short clips, each linked to a section of the training manual and presenting a new issue for discussion. Please consult the manual on how to use the video most effectively, as a springboard for discussion by workshop participants.

**Understanding HIV and AIDS (DVD)**

**# 3.25 UND RC**

17 minutes - 2007

This program arms students with the facts about HIV and AIDS. It presents an age-appropriate review of the basic terms, definitions and biology of the HIV virus, plus means of infection, treatment, and protection. It includes a dialogue with school students and two HIV+ young people on issues that impact their lives: What are the common misconceptions about how HIV is acquired? What strategies and life skills can young people use to stop the pressures that might expose them to HIV? Hosted by multi-platinum recording artist Bow Wow. Includes handbook.

**Suitable for secondary school students.**

## Men's Health / Issues

### **6 mates, 6 stories (DVD)**

# 3.16 SIX RC

2007

This DVD consists of six short films that are approximately seven-to-nine minutes long. It is aimed at the elusive adolescent male. The professionally-produced short films can be used as catalysts to provoke discussion among young men in high schools and outreach services as well as encouraging resiliency and development of life skills. The films centre around a group of 17 year olds, each character facing their own demons with themes ranging from self-esteem to crime and drink driving. The stories depict a way out for young men in despair while encouraging help-seeking behaviour. Includes a handbook with lesson outlines.

**Suitable for young men over 15 years.**

### **About men, about women (DVD)**

# 6.22 ABO RC

312 Minutes - 2009

Disc One - About Men: A series that examines what it means to be an Australian man in contemporary society. It asks vital questions about what a man needs to thrive and survive and examines the obstacles that are in his way. Here boys and men tell compelling stories of development, maturation and wisdom. Entertaining as well as informative, this three-part series includes moments of insight, diversity of experience, emotional intensity and ultimately, revelation. Disc Two - About Women; Reflecting our times, women of all ages, backgrounds and circumstances open up on screen about what really matters to them. We meet them at a time of uncertainty for some, a turning point for others and for a lucky few, a time of accomplishment and happiness. This three-part series presents a mirror to all viewers and the women in their lives.

**Suitable for mature audiences.**

### **Catalyst: Don't die young - the male reproductive organs (DVD)**

# 3.16 CAT RC

35 Minutes - 2008

In this episode, Dr Roberts takes a closer look at the male sexual organs to find out exactly what people know about them. She takes a fresh approach, asking people in pubs to complete male sexual anatomy jigsaw puzzles and answer quizzes about the prostate. Thirty-something Mark, an events manager who admits he only has a very basic understanding of how the male sexual organs work, volunteers himself - submitting to a nationally broadcast test of his sperm count, conducting a mock rectal examination and dissecting pigs' testes with Alice's help. And to explain the anatomical process leading to pregnancy, a team of marathon runners help out, dressing up as sperm to re-enact - on foot - the race to fertilise an egg.

**Suitable for use with upper secondary school students.**

### **Shredded: what would you risk for the perfect body? (DVD)**

# 6.24 SHR RC

22 Minutes - 2005

This DVD is about a group of teenage boys who want to transform their bodies so that they become "shredded" like the muscle-filled bodies of their media heroes. The film reveals the risks they're willing to take to achieve the ideal male shape, exploring supplement use and the temptations of steroids. With complete frankness, the boys relate their experiences, desires and motivations to the audience, who must draw their own conclusions.

**Suitable for use with young men.**

## Men's Health / Issues

**Talking about sexuality, body image and cancer: a teaching resource for health professionals (DVD)**

**# 3.0 CAN RC**

35 Minutes - 2002

This interactive skills-based training package includes a manual and DVD. It provides a framework and 'hands on experience' for tackling this sensitive issue with patients. It addresses topics such as understanding body image, the impact of cancer on sexuality and supportive interventions. It also demonstrates the application of the PLISSIT model as a framework for talking about sexuality. Includes handbook.

**Suitable for health professionals.**

## Multicultural Issues

<b>"After school I'll marry you" (DVD)</b>	<b># 3.3 AFT RC</b>
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2009

This Australian DVD explores the struggles of relationships, peers, parents and parties from a young person's point of view. Primarily for use by educators, the film aims to provide a culturally relevant way to begin a discussion with or among young people about sexual health and staying safe. Includes handbook. This DVD was made by a Western Australian Youth Theatre group with young African people.

**Suitable for middle secondary school and up.**

<b>Bridging the differences, enhancing understanding</b>	<b># 3.3 BRI RC</b>
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C2010

This Australian film is about a family orientated health promotion project on hepatitis C and sexually transmitted infections for Arabic speaking and East African communities.

<b>Communicating through interpreters (DVD)</b>	<b># 3.3 COM RC</b>
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23 minutes - 2005

This South Australian DVD raises awareness of employers, case managers and service providers on how to work with interpreters including AUSLAN interpreters. It presents hypothetical scenarios to demonstrate correct use of interpreters over phones, case conferencing and conciliation conferences.

**Suitable for use with people who use interpreters.**

<b>Culture shock (DVD)</b>	<b># 3.3 CUL RC</b>
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2010

A peer-produced, fun documentary DVD about the lives and the challenges of young refugees coming to Australia. It features engaging stories that raise awareness about issues faced by young refugees living in the Port Adelaide Enfield district and wider Adelaide area.

<b>Down there: a film about women's bodies, contraception and reproduction - Arabic (DVD)</b>	<b># 3.3 DOW RC</b>
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27 Minutes - 2008

This updated DVD is aimed at women from a culturally and linguistically diverse background. It addresses a broad range of reproductive and sexual health issues such as women's bodies, reproduction, contraception, cervical screening and breast health awareness. The pack includes a fold-out Interactive Session pamphlet written in Arabic, with key points and questions for discussion.

**Suitable for Arabic speaking women.**

<b>Down there: a film about women's bodies, contraception and reproduction (DVD)</b>	<b># 3.3 DOW RC</b>
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25 Minutes - 2008

This updated DVD is aimed at women from a culturally and linguistically diverse background. It addresses a broad range of reproductive and sexual health issues such as women's bodies, reproduction, contraception, cervical screening and breast health awareness. Includes segments aimed at women from Aboriginal and Torres Strait Islander background.



## Multicultural Issues

<b>Down there: a film about women's bodies, contraception and reproduction - Mandarin (DVD)</b>	<b># 3.3 DOW RC 4</b>
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27 Minutes - 2008

This updated DVD is aimed at women from a culturally and linguistically diverse background. It addresses a broad range of reproductive and sexual health issues such as women's bodies, reproduction, contraception, cervical screening and breast health awareness. The pack includes a fold-out Interactive Session pamphlet written in Mandarin, with key points and questions for discussion.

**Suitable for Mandarin speaking women.**

<b>Down there: a film about women's bodies, contraception and reproduction - Persian (DVD)</b>	<b># 3.3 DOW RC 5</b>
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27 Minutes - 2008

This updated DVD is aimed at women from a culturally and linguistically diverse background. It addresses a broad range of reproductive and sexual health issues such as women's bodies, reproduction, contraception, cervical screening and breast health awareness. The pack includes a fold-out Interactive Session pamphlet written in Persian, with key points and questions for discussion.

**Suitable for Persian speaking women.**

<b>Everybody's business: a resource in hepatitis C for multicultural Australia (DVD)</b>	<b># 3.3 EVE RC</b>
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2007

An Australian DVD on hepatitis C for multicultural communities with a choice of languages to play them in. Languages include English, Arabic, Chinese (Mandarin), Indonesian, Khmer, Somali, Spanish, Thai and Vietnamese. Also includes a facilitators CD-Rom containing training activities and handouts in English, Arabic, Chinese (Mandarin), Indonesian, Khmer, Somali, Spanish, Thai and Vietnamese.

**Suitable for use with people from multicultural communities.**

<b>Everybody's business: a resource in HIV/AIDS for multicultural Australia (DVD)</b>	<b># 3.3 EVE RC</b>
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2007

An Australian DVD on HIV/AIDS for multicultural communities with a choice of languages to play them in. Languages include English, Arabic, Chinese (Mandarin), Indonesian, Khmer, Somali, Spanish, Thai and Vietnamese. Also includes a facilitators CD-Rom containing training activities and handouts in English, Arabic, Chinese (Mandarin), Indonesian, Khmer, Somali, Spanish, Thai and Vietnamese.

**Suitable for use with people from multicultural communities.**

<b>HURT project: the shame of domestic and family violence in Australia (DVD)</b>	<b># 6.5 HUR RC</b>
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2009

This Australian training and education DVD explores and interprets the experiences of families and individuals, from diverse backgrounds, who have endured violence and sexual assault at the hands of a family member. It focuses on the interviews and stories told from the points of view of the people involved - victims, perpetrators and witnesses, offering a unique opportunity to see through the eyes of those who have experienced domestic violence first hand. It uses actors to recreate original interviews and situations, preserving the anonymity of the people involved and facilitating greater access to true stories told in the most engaging way possible. Includes handbook.

## Multicultural Issues

### I'll call Australia home (DVD) (Staff only)

# 3.3 ILL RC

52 minutes - 2008

Refugee families from Burma and Sudan discover the joys and challenges of their new Australian home. While the horrors of war and the confinement of refugee camps are behind them, the new lives of these families are not without struggle as they negotiate the everyday realities of settling in a new country. This program will have interest and relevance for teachers and students at secondary and tertiary levels. Includes handbook.

**Suitable for secondary school students.**

### Miss Understood (DVD)

# 3.3 MIS RC

2011

This film is about Sarah and Zane, a young couple that fall in love at first sight. Everything in their world is perfect. Six months later they decide to celebrate their anniversary at Zane's best friend's party. The party is the night where everyone has the time of their life. Everyone wants something great to happen but all Sarah wants is to remember the night forever. Will her dreams come true or will her perfect bubble pop? This DVD is a great resource to bring about discussion around relationships, peers, date rape and HIV. Includes handbook. This DVD was made by a Western Australian Youth Theatre group with young African people.

**Suitable for upper secondary school students.**

### MY Culture (DVD)

# 3.3 MYC RC

2007

This DVD showcases the different experiences of 21 multicultural young people living South Australia. It highlights the individual contributions that many cultures have made to society's social fabric. Includes handbook.

### Not in my house (DVD)

# 6.5 NOT RC

2012

This Australian DVD is a series of short dramatised stories about how domestic violence harms women, children and relationships, regardless of cultural background. The stories are drawn from a wide cross section of Australian society including Aboriginal women, newly arrived migrants and many other cultural groups.

**Suitable for educators involved in training workers to respond to domestic and family violence and for use in men's behavioural change programs.**

### Working with interpreters (DVD)

# 3.3 WOR RC

32 Minutes - 2007

The video includes 9 triggers which focus on positive strategies for working with interpreters. It addresses common problems that occur in three way interviews, and solutions to these. The scenarios are true to life and settings include Centrelink, banks, doctor's surgeries and councils. The issues covered are universal and debriefs are included. Includes trainer's guide.

**Suitable for staff training.**

## Multicultural Issues

<b>Your pregnancy your health (Somali, Dinka and Arabic) (DVD)</b>
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<b># 3.3 YOU RC</b>
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17mins - 2007

This Australian DVD is a guide for women and their families who have recently arrived in Australia and are seeking information about pregnancy. It includes information on staying healthy, seeking antenatal care, when and where to find pregnancy information. The film can be shown in either Somali, Dinka or Arabic and has English subtitles.

**Suitable for women from Somali, Dinka and Arabic backgrounds.**

## Relationships

### **Before you hook up: dating rights and responsibilities**

# 3.16 BEF RC

22 Minutes - 2012

For teens who are just beginning to date, knowing how to behave in a relationship can be tricky. In this program, teens learn the essentials of a healthy partnership, including trust, communication, respect, and conflict resolution. Real teens and experts emphasize the rights every young person has in a relationship. These include the right to disagree, the right to one's own life, and the right to be treated with respect. This enlightening video and print curriculum delivers a strong message against dating abuse and violence. Teens learn to recognize the signs of abuse in a relationship and how to become empowered to get out of an unhealthy partnership or help a friend do the same.

### **Dr Tatiana's sex guide to all creation: complete series (DVD) (Staff only)**

# 7.3 DRT RC

2006

This DVD is a humorous look at the rich diversity of sexual behaviour across a broad swathe of species. It consists of three one-hour episodes: Episode one: The trouble with sex; Episode two: Good-time girls and Episode three: His nature.

### **Four Corners: a matter of life and death (DVD) (Staff only)**

# 6.5 FOU RC

45 Minutes - 2012

This program tells the story of how Australian authorities are failing to protect women and children in mortal danger, and failing to prevent their partners' homicidal rage.

### **I am a girl**

# 6.22 IAM RC

88 Minutes - 2014

There is a group of people in the world today who are more persecuted than anyone else, but they are not political or religious activists. They are girls. Being born a girl means you are more likely to be subjected to violence, disease, poverty and disadvantage than any other group on the planet. As each girl moves closer to coming of age, I AM A GIRL, a feature length documentary, reveals what it means to grow up female in the 21st century. Our journey takes the audience through a pastiche of diverse cultures and societies around the globe including Cambodia, Papua New Guinea, Cameroon, Afghanistan, USA and Australia.

**Suitable for students in middle secondary school and up.**

### **Life stuff: more than love (DVD)**

# 9.5 LIF RC

75 Minutes - 2003

Set in a secondary school this three part drama that was based on workshops with teenagers, tells the stories of relationships between adolescent couples. In "No respect" the characters explore what it's like when feelings for another person are not reciprocated. In "Break up" it explores what you do when a romance ends, but you still want to be friends. In "Finding out" same sex love and attraction is examined. A resource to help students express and discuss difficult feelings and concepts.

**Suitable for middle to upper secondary high school students.**

## Relationships

<b>Love and sex in the age of pornography (Staff only)</b>	<b># 9.0 LOV RC</b>
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60 minutes - 2013

The internet age has revolutionised the porn business. On televisions, laptops and mobile phones, porn is increasingly accessible and free to view for all. Love and Sex in an Age of Pornography follows a group of young people who, with unflinching honesty and realism, reflect on the influence of porn on their lives. The documentary explores their sexual tastes and behaviours, the differences between boys and girls in their approach to porn, and the effect of the porn industry's move into even more hard-core scenes. With exclusive behind the scenes access to the stars and directors at the centre of the international porn industry in Los Angeles and Budapest, the film provides intimate insights into all sides of the porn industry - from the gritty details of porn's production to its effects on curious youngsters - exposing the bare reality behind the fantasy.

**Suitable for upper high school students.**

<b>Mates: HIV/AIDS related discrimination (DVD)</b>	<b># 3.25 MAT RC</b>
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23 minutes - 1993

This Australian video has a realistic storyline which deals with HIV/AIDS related discrimination. One aspect of this discrimination stems from homophobia and learning to recognise and understand difference is a first step towards countering homophobia. Includes a handbook.

**Suitable for secondary students.**

<b>Not in my house (DVD)</b>	<b># 6.5 NOT RC</b>
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2012

This Australian DVD is a series of short dramatised stories about how domestic violence harms women, children and relationships, regardless of cultural background. The stories are drawn from a wide cross section of Australian society including Aboriginal women, newly arrived migrants and many other cultural groups.

**Suitable for educators involved in training workers to respond to domestic and family violence and for use in men's behavioural change programs.**

<b>Sexual life of us: parts 1 and 2 (DVD) (Staff only)</b>	<b># 7.3 SEX RC</b>
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104 minutes - 2008

A two-part Australian documentary series that covers 90 years of change in Australian sexual behaviour - changes driven by our class, gender and era. The series also reveals that as our society keeps evolving, sexual etiquette and practice reinvents itself in unexpected ways.

<b>Sexy inc: a critical look at the phenomenon of hypersexualization (DVD)</b>	<b># 9.0 SOP RC</b>
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35 Minutes - 2007

Are children being pushed prematurely into adulthood? Sophie Bissonnette's documentary Sexy Inc. analyses the hypersexualization of our environment and its noxious effects on young people. Psychologists, teachers and school nurses criticize the unhealthy culture surrounding our children, where marketing and advertising are targeting younger and younger audiences and bombarding them with sexual and sexist images. These stereotypes treat girls of all ages as sexual objects, and exercise a damaging effect on their identities. Because they see degrading images of sexuality on the Internet, some children confuse sexual relations with pornography. Sexy Inc. suggests various ways of countering hypersexualization and the eroticization of childhood and invites us to rally against this worrying phenomenon. Includes handbook.

**Suitable for teachers, educators, trainers and young adults.**

## Relationships

### Stand up 4 u! Making positive choices in relationships (DVD)

# 3.16 STA RC

2007c

Stand Up 4 U is an Australian DVD for young women on the early signs of potentially abusive relationships. It demonstrates behaviour which is controlling, isolating and undermines confidence. It aims to raise awareness of the need to develop healthy relationships. It also provides details about where young women can get more information and support if they need it.

**Suitable for teachers, youth workers and other professionals working with young women.**

### Stories of us: belonging (episode 5) (primary school) (DVD)

# 8.1 STO RC P2

55 Minutes - 2006

The aim of this South Australian resource is to motivate students to discuss and explore the dynamics of belonging and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including the factors which contribute to a child's sense of belonging; how to recognise and develop friendships; how to help others feel that they belong; the factors which undermine a sense of belonging; who to turn to for support; different types of friendship; supportive and non-supportive friendships and the dynamics of friendship groups. Includes handbook.

**Suitable for upper primary school students.**

### Stories of us: relationships (episode 2) (DVD)

# 8.1 STO RC 2

33 Minutes - 2005

The aim of this South Australian program is to motivate students to discuss and explore the dynamics of relationships and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including friendship groups; emerging sexual relationships; the need to belong; peer pressure; power and control; social standing; shared values; communications skills; supportive and unsupportive friendship. This education resource is composed of a dramatised video and a teacher's guide. The video is in two sections, a "play section" which is designed to be played the whole way through and a "segmented section" which repeats the main program but with a series of pause points (with workbook questions) for a more in-depth discussion. Includes handbook.

**Suitable for secondary students**

### Tagged: what you do online could tag you for life (DVD)

# 8.1 TAG RC

14 Minutes - 2011

When a group of high-school friends post a rumour about a rival it sparks a chain reaction that leaves no one untouched. Cyberbullying, sexting, filmed fights and police action ensue — will these friends avoid being tagged forever? Tagged is supported by lesson plans and compelling character reflection interviews. It explores themes of personal and peer safety and responsibility that are crucial to maintaining positive online behaviours and digital reputation into adulthood. Includes handbook.

**Suitable for middle and upper secondary school students.**

## Relationships

**Where do I start? Supporting healthy sexual development in early childhood: a resource for early childhood services (DVD)**

**# 8.5 WHE RC**

20 Minutes - 2009

This Australian DVD provides information about children's sexual development for those who work with and care for young children. It demonstrates ways to support young children's healthy development and shows positive responses to children's curiosity, questions and behaviours. It also contains a CDROM with information, resources and tips to help incorporate sexuality education into everyday care and education of children. Includes a guide which is designed to assist early childhood professionals and services to create a healthy and safe environment in which children learn about bodies, relationships and being safe.

**Suitable for people who care for young children aged 0-5 years.**

## Safer Sex

**Kaiyai girl: a story about making different choices to be boss of your body and keep in control of your life (DVD)**

# 3.34 KAI RC

30 minutes (each story) - 2008

This interactive DVD is a story about Missy and her young friends from Broome and the Dampier Peninsula in the west Kimberley. Throughout the story Missy and her best mate Coco face various choices and consequences around the use of drugs and alcohol and how it affects the decisions to be boss of your body and keep in control of your life.

**Suitable for use with Aboriginal and Torres Strait Islander secondary students.**

**Put it on: a tale of attraction, flirtation, fun and important choices around sex (DVD)**

# 3.34 PUT RC

15 Minutes - 2005

This DVD is an interactive story about a group of teenagers from Cape York and the islands of the Torres Strait, facing choices and consequences around sex and the health implications of unsafe sex.

**Suitable for Aboriginal and Torres Strait Islander secondary school students.**



## Sexual Abuse / Harassment

<b>Best enemies (DVD)</b>	<b># 8.1 BES RC</b>
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12 Minutes - 2011

This Australian DVD is inspired by true events, it tells the story of sixteen-year-old Rebecca whose world is thrown into chaos when overnight her best friend becomes her 'best enemy'. Feeling isolated and depressed, Rebecca quickly develops a romance with a boy she meets online, leading to grave consequences. The film explores teenage relationships (especially between girls) and underage drinking and delves into the motives behind bullying and the use of SMS and social networking websites to disseminate cruel information. Includes handbook.

**Suitable for students from year 7 and up.**

<b>Big shame: a story about child sexual abuse (DVD)</b>	<b># 3.33 BIG RC</b>
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20 Minutes - 1999

This is the story of Emma who is being sexually abused by her grandfather, and the effect this has on her. The DVD shows the difficulties facing a family and the community where sexual abuse is happening and encourages discussion about what needs to happen to protect children.

**Suitable for Aboriginal workers and people working with Aboriginal communities.**

<b>Cyberbullies (DVD)</b>	<b># 8.1 CYB RC</b>
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19 minutes - 2006

Chat rooms, blogs, and instant messaging have become standard forms 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 victim to cyberbullying, using dramatizations and Q & A discussions to expand awareness of the issue. The video discusses cyberbullying warning signs, common patterns of abuse, and questionable online activities.

**Suitable for secondary school students.**

<b>Four corners: the code of silence (DVD) (staff only)</b>	<b># 6.5 FOU RC</b>
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48 Minutes - 2009

For the first time women talk frankly to reporter Sarah Ferguson about footballers, sex and a football culture that turns a blind eye to anti-social behaviour that raises both moral and sometimes legal issues. The program looks at a number of incidents involving rugby league players. It reveals details that have in some cases been hushed up by league officials. It relies on firsthand accounts of women involved in these incidents. Until now, these women have not spoken out.

<b>Gammin love (DVD)</b>	<b># 3.34 GAM RC</b>
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15 Minutes - 2009

Two Indigenous teenage girls get caught in the cultural cycle of domestic and sexual violence. Includes handbook.

**Suitable for use with Aboriginal students over 15 years supervised by an adult.**

## Sexual Abuse / Harassment

<b>HURT project: the shame of domestic and family violence in Australia (DVD)</b>	<b># 6.5 HUR RC</b>
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2009

This Australian training and education DVD explores and interprets the experiences of families and individuals, from diverse backgrounds, who have endured violence and sexual assault at the hands of a family member. It focuses on the interviews and stories told from the points of view of the people involved - victims, perpetrators and witnesses, offering a unique opportunity to see through the eyes of those who have experienced domestic violence first hand. It uses actors to recreate original interviews and situations, preserving the anonymity of the people involved and facilitating greater access to true stories told in the most engaging way possible. Includes handbook.

<b>Let's fight it together: what we can all do to prevent cyberbullying</b>	<b># 8.1 LET RC</b>
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20 Minutes - 2008

This film depicts the story of a teenager who becomes the target of bullying via the internet and his mobile phone. The film shows how cyberbullying might occur, who it involves, the impact it can have, and how it might be resolved. Let's Fight It Together can help young people, their parents or carers and teachers better understand the issues surrounding cyberbullying. A comprehensive teaching resource including a seven minute film and a user guide with lesson plans.

**Suitable for teachers, and tips for parents and carers.**

<b>Love control (DVD)</b>	<b># 6.5 LOV RC</b>
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4.3 Minutes - 2010

Love Control is an innovative short DVD that increases young women's awareness of the early warning signs of abusive and controlling relationships. The script is taken directly from young women's experiences of abusive relationships, which shows how violence can get quickly out of hand. Includes handbook.

**Suitable for secondary school students.**

<b>Loves me, loves me not: Angela Baker's story (DVD)</b>	<b># 6.5 LOV RC</b>
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16 Minutes - 2004

An Australian documentary depicting the story of Angela Barker, a teenager who fell victim to relationship violence. Angela's story raises awareness of the indicators of destructive relationships and is designed to stimulate discussion on violence within relationships.

**Suitable for use by professional counsellors, health professionals and educators.**

<b>The method of shared return: a staff training resource for dealing with bullying in schools (DVD)</b>	<b># 8.1 MET RC</b>
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50 minutes - 2006

A staff training resource for dealing with bullying in schools. Dr Ken Rigby interprets, and describes in detail, this internationally recognised Method originated by Swedish psychologist Dr Anatol Pikas. The DVD and accompanying user's guide present a step-by-step group training session for staff, built around two case studies enacted by practitioners trained by Dr Pikas.

**Suitable for training staff in schools.**

## Sexual Abuse / Harassment

<b>Not in my house (DVD)</b>	<b># 6.5 NOT RC</b>
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2012

This Australian DVD is a series of short dramatised stories about how domestic violence harms women, children and relationships, regardless of cultural background. The stories are drawn from a wide cross section of Australian society including Aboriginal women, newly arrived migrants and many other cultural groups.

**Suitable for educators involved in training workers to respond to domestic and family violence and for use in men's behavioural change programs.**

<b>Photograph: how to deal with the problems of sexting and cyberbullying (DVD)</b>	<b># 8.1 PHO RC</b>
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60 minutes - 2010

Photograph is an Australian DVD-ROM for teachers and community groups to use to promote discussion about what can be sensitive issues involving teenagers, sex and repercussions. It tackles the problems of sexting (the sending of sexually explicit photographs or messages electronically) and cyberbullying. It also examines the social, emotional and legal issues around sexting.

**Suitable for students from year 7 to year 12.**

<b>Ready, willing and able: a young person's guide: consent and sexual activity (DVD)</b>	<b># 6.5 REA RC</b>
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9 Minutes - 2006

This Australian DVD for young people contains information about, and dramatic illustrations of, consent to sexual activity. It gives definitions of consent, sexual assault and sexual abuse, and discusses drink spiking, Internet safety, alcohol and other drugs, date rape and the effects of sexual assault. The accompanying training notes include suggestions for group discussion.

**Suitable for use with adolescents.**

<b>Responding to sexual assault and abuse (DVD)</b>	<b># 6.5 RES RC</b>
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37 minutes - 2005

This DVD features three counselling sessions. Program 1 explores a recent sexual assault on an adolescent. Program 2 explores her client's experience of child sexual abuse. Program 3 explores with her client, an adult woman, a recent sexual assault.

**Suitable for professional workers.**

<b>Responding to sexual violence: working with Aboriginal adolescents and adults (DVD)</b>	<b># 6.5 RES RC</b>
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25 minutes - 2005

This Australian DVD features two counselling sessions. Program 1 the counsellor meets an adolescent Aboriginal girl who raises concerns about sexually inappropriate behaviour from a relative. The client also raises concerns about previous experiences of sexual abuse. Program 2 illustrates responding to a disclosure of child sexual abuse by an Aboriginal adult woman.

**Suitable for professional workers.**

## Sexual Abuse / Harassment

<b>Shout it loud (DVD)</b>	<b># 3.34 SHO RC</b>
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20 minutes - 2005

In this Australian DVD, Aboriginal people talk about how to make children safer and encourage adults to take responsibility for what could happen to children in their communities. It does not however explain what "sexual abuse" is or look at gender/power relations. These issues may need to be examined after viewing the film.

**Suitable for Aboriginal health workers.**

<b>Stand up 4 u! Making positive choices in relationships (DVD)</b>	<b># 3.16 STA RC</b>
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2007c

Stand Up 4 U is an Australian DVD for young women on the early signs of potentially abusive relationships. It demonstrates behaviour which is controlling, isolating and undermines confidence. It aims to raise awareness of the need to develop healthy relationships. It also provides details about where young women can get more information and support if they need it.

**Suitable for teachers, youth workers and other professionals working with young women.**

<b>Stop! Don't cross the line</b>	<b># 3.13 DON RC</b>
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10 minutes -

A South Australian educational film about healthy and unhealthy relationships. The aim is to teach people with a disability how to avoid bullying and violence. Five scenarios are depicted, showing dating behaviour, close relationships at work, a couple having a day out, a carer in a household sharing the tasks, and a disrespectful, abusive carer. Each scenario has a series of questions for reflection and guided discussion.

**Suitable for people with a disability.**

<b>Stories of us: bullying (episode 1) (DVD)</b>	<b># 8.1 STO RC</b>
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47 Minutes - 2005

The aim of this South Australian program is to motivate students to discuss and explore the dynamics of bullying and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including the critical role of bystanders in both perpetuating and resolving bullying; how situations escalate; supportive and non-supportive friendship; the dynamics of the group; power and control; consequences of bullying; where to turn for support; effective ways to seek help and options for dealing with typical bullying situations. This education resource is composed of a dramatised video and a teacher's guide. The video is in two sections, a "play section" which is designed to be played the whole way through and a "segmented section" which repeats the main program but with a series of pause points (with workbook questions) for a more in-depth discussion. Includes manual.

**Suitable for secondary school student.**

## Sexual Abuse / Harassment

### Stories of us: bullying (episode 4) (primary school) (DVD)

# 8.1 STO RC P1

55 Minutes - 2006

The aim of this South Australian program is to motivate students to discuss and explore the dynamics of bullying and develop an understanding of what happens and why. In the process this episode addresses a number of factors, including the critical role of bystanders in both perpetuating and resolving bullying; how situations escalate; supportive and non-supportive friendship; the dynamics of the group; power and control; consequences of bullying; where to turn for support; effective ways to seek help and options for dealing with typical bullying situations. This education resource is composed of a dramatised video and a teacher's guide. The video is in two sections, a "play section" which is designed to be played the whole way through and a "segmented section" which repeats the main program but with a series of pause points (with workbook questions) for a more in-depth discussion. Includes manual.

**Suitable for upper primary school students.**

### Through young black eyes workshop kit (DVD)

# 3.34 THR RC

2008

This Australian kit is designed to help you run workshops to prevent family violence, child abuse and neglect, and develop child safe communities. The kit contains many practical ideas to help you run workshops, share stories and take local actions to help Aboriginal and Torres Strait Islander children be safe and happy.

**Suitable for use with Aboriginal and Torres Strait Islander communities.**

### Trusted moments (DVD)

# 8.1 TRU RC

9.5 Minutes - 2012

This South Australian short film was developed to raise awareness in young people about the importance of forming relationships based upon respect and consent, and to draw attention to the adverse legal consequences of using mobile phones for producing sexualised images. Includes study guide.

**Suitable for young people 15 years and up.**

### Wise up to it (DVD)

# 8.1 CYB RC

15 Minutes - 2008

On this Australian DVD four young people tell their stories about cyberbullying, online stalking, internet security and online grooming. Their stories explain what happened and how they dealt with the situation.

**Suitable for use with children, and their parents and carers.**

### Young people and sexual assault: common myths (DVD)

# 6.5 YOU RC

14 Minutes - 2010

One in three women will be sexually assaulted at some time in their lives. One in six men will experience some type of sexual violence by the time they are 16-years-old. Sexual assault is a very real part of young people's lives today. But what is it really? In this program, we tackle the myths and misconceptions of sexual assault, address some of the key issues and explore strategies young people should put in place to avoid it. Made by sexual assault health workers and featuring perspectives from young people, the police and health workers, this is a practical and informative look at this very important topic. Includes manual.

**Suitable for secondary school students.**

## Sexually Transmitted Infections

<b>Body hits: Love bug (DVD) (Staff only)</b>	<b># 3.24 BOD RC</b>
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30 Minutes - 2005

Do you know what you're sharing your bed with? With over 25 different sexually transmitted infections and infestations out there, 1 in 10 of us will pick up an STI at some point in our lives. Julie's one night stand led to months of pain and embarrassment; Jason agonises about telling his girlfriend he's picked up an infection; and Matthew - a senior STI nurse - reveals that he and his colleagues don't always practice what they preach. Plus Body Hits road tests condoms and John pays a visit to a factory to find out how the latest latex can help prevent infection.

**Suitable upper secondary school students**

<b>Bridging the differences, enhancing understanding</b>	<b># 3.3 BRI RC</b>
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C2010

This Australian film is about a family orientated health promotion project on hepatitis C and sexually transmitted infections for Arabic speaking and East African communities.

<b>Chlamydia: combating the epidemic (DVD)</b>	<b># 3.24 CHL RC</b>
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75 Minutes - 2007

This program alerts health practitioners to the prevalence of chlamydia and the need to take appropriate measures. It aims to facilitate health professionals in asking sexual health questions, discussing preventative measures, and performing chlamydia screening and treatment. The program includes role play where a general practitioner conducts opportunistic screening of a patient at a rural surgery. It also presents a location based study on the Snake Condom Social Marketing Initiative which involves Indigenous young people and the community to encourage safe sex and prevent the transmission of sexually transmitted infections such as chlamydia in a culturally-appropriate manner.

**Suitable for health professionals.**

<b>Chlamydia: the secret is out (DVD)</b>	<b># 3.24 CHL RC</b>
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24 Minutes - 2008

This Australian DVD can be used to inform young people aged 16 to 20 years about chlamydia testing, and to demystify the process of going to health services to have the test carried out. Includes teaching manual

**Suitable for young people 16 to 20 years.**

<b>Cover your tracks (DVD)</b>	<b># 3.34 COV RC</b>
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10 minutes - 2002

This video tells the story of nine Indigenous young people whose lives are connected through family, community and sex. Throughout the film the characters discuss their views on safe sex and relationships and shows the consequences of unprotected sex. Includes handbook.

<b>Hepatitis C: information (DVD)</b>	<b># 3.3 HEP RC</b>
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2005

This Australian DVD contains a compilation of presentations from the courses in hepatitis c offered by the HIV and HCV Education Projects at Queensland University. Subject areas include, epidemiology, prevention, occupational exposure, counselling, vaccinations and treatment.

**Suitable for health professionals.**

## Sexually Transmitted Infections

### Herpes: the secret is out (DVD)

# 3.24 HER RC

12 Minutes - 2011

In this Australian DVD, Julie and Dan are young people who are dating. Julie has herpes (HSV) virus. She contemplates how to tell Dan that she has herpes. Information is given by a health professional on how herpes is transmitted, testing and treatment, and how to talk about safer sex with sexual partners. Includes handbook.

**Suitable for middle secondary school students and up.**

### The sex education show vs pornography (DVD) (Staff only)

# 9.0 THE RC

50 Minutes - 2011

Accompanied by a team of sexual health experts, presenter Anna travels to secondary schools across Britain to present sex education. She meets people whose lives have been affected by porn and talks to adults and young people alike about their attitudes and experiences. Along with startling new statistics, the show will paint a revealing portrait of sexual behaviour in Britain today. Common sexually transmitted infections are discussed as well as explicit images of sexually transmitted infections are shown to students. Footage is shown of a male and female being tested for sexually transmitted infections.

**Suitable for upper secondary school students.**

### Sexually transmitted infections: what we can't see (DVD)

# 3.24 SEX RC

29 mins - 2006

This program combines an engaging story with the straight forward commentary from expert speakers; Doctor Cindy Pan and Phillip Patterson (Melbourne Sexual Health Clinic). In the style of the movie "Sliding Doors", we follow two different scenarios that look at the health consequences of a young couple's lifestyle decisions, and in the process present information about a range of sexually transmitted infections and the short and long term consequences of contracting them. Particular focus is paid to chlamydia, hepatitis B, PID, HIV, genital warts and herpes, pubic lice and safe sex practices. (from publisher's website).

**Suitable for secondary students.**

### Staying safe in prison: hepatitis C education resource (DVD)

# 3.24 STA RC

2007

This South Australian DVD consists of role play scenarios, interviews with prison inmates and moving graphics detailing how Hepatitis C effects the body, how it is transmitted, the statistics of contracting it while in prison and preventative measures to be taken to avoid contracting it. This DVD contains some course language.

### STI's: facts and fiction (DVD)

# 3.24 STI RC

20 minutes - 2009

This Australian DVD takes a detailed look at sexually transmitted infections, commonly known as STIs. It focuses on the facts and myths, decisions and getting help, symptoms and consequences, and treatment and protection. Also discussed are the differences between STD's and STIs, and how to deal with a STI should you contract one. Being aware and remaining vigilant to the threat of STIs can reduce the likelihood of suffering long term damage or passing the infection onto someone else.

**Suitable for middle secondary school students.**

## Sexually Transmitted Infections

<b>Tainted love (DVD) (Staff only)</b>	<b># 3.24 TAI RC</b>
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60 minutes - 2002

Tainted Love is a fresh, funny and incredibly revealing film about nine people who agreed to take part from one of the busiest sexual health clinics in London. The documentary focuses less on the actual sexually transmitted infections but instead on the lifestyle or the relationships that brought the individuals to the clinic in the first place.

**Suitable for upper secondary students and general population.**



## Women's Health / Issues

### About men, about women (DVD)

# 6.22 ABO RC

312 Minutes - 2009

Disc One - About Men: A series that examines what it means to be an Australian man in contemporary society. It asks vital questions about what a man needs to thrive and survive and examines the obstacles that are in his way. Here boys and men tell compelling stories of development, maturation and wisdom. Entertaining as well as informative, this three-part series includes moments of insight, diversity of experience, emotional intensity and ultimately, revelation. Disc Two - About Women; Reflecting our times, women of all ages, backgrounds and circumstances open up on screen about what really matters to them. We meet them at a time of uncertainty for some, a turning point for others and for a lucky few, a time of accomplishment and happiness. This three-part series presents a mirror to all viewers and the women in their lives.

**Suitable for mature audiences.**

### Basic gynecology exams (DVD)

# 3.12 BAS RC

This DVD is a collection of three of our popular 5-minute videos: Pelvic Exam, Breast Exam and Pap Smear. The Pelvic Exam demonstrates how to perform a gynecologic pelvic exam, including inspection of the vulva, insertion of a vaginal speculum, obtaining specimens, and bimanual pelvic exam. Important findings are illustrated. Abnormals include herpes, warts, common skin conditions, vaginal discharge, and both cancer and precancerous changes of the vulva. The breast exam demonstrates how to perform a breast exam, and some of the important findings. Abnormal findings include breast asymmetry, nipple discharge, inverted nipples, breast lump and breast mass. The Pap smear segment demonstrates how to perform a Pap smear during a pelvic exam. Part of the normal gynecologic exam, the Pap smear is an important screening test for cancer and pre-cancerous changes. Normal findings, abnormal findings, and microscopic changes are demonstrated.

**Suitable for health professionals.**

### The beauty backlash (DVD)

# 9.0 BEA RC

2007

Beauty is a worldwide, multi-billion dollar industry yet much of this demand is generated by making women feel insecure about their bodies. In this program, Libby Porter examines how this is done through image manipulation and blanket advertising. She also looks at how companies like Dove are bucking the trend and using 'real women' of a normal body range to sell through inspiration not insecurity. Interviews with marketing experts at Saatchi and Saatchi, genuine consumers, a psychologist and a representative from the Eating Disorders Association make this program one that will inspire and empower young women and educate and inform everyone else. Includes handbook.

**Suitable for secondary school students.**

### Catalyst: Don't die young - the female reproductive organs (DVD)

# 3.16 CAT RC

35 Minutes - 2008

In this DVD Dr Roberts takes a closer look at the female sexual organs to find out exactly that people know about them. Again, she asks people in pubs to complete female sexual anatomy jigsaw puzzles and hops into a giant plastic hamster ball to re-enact the journey of an egg travelling down an oviduct. Dr Roberts undertakes one of her trademark dissections - this time of a female pig's reproductive organs - straps on an 'empathy belly' to find out just what it feels like to be pregnant, and attends a live birth. She then takes a look at an MRI of her own internal organs to help explain exactly where you can find the ovaries, fallopian tubes, uterus and other girlie bits; puts sexually transmitted infections under the microscope; and provides some practical advice on preventing cervical and breast cancer.

**Suitable for use with upper secondary school students.**

## Women's Health / Issues

<b>The choice: personal stories about abortion (DVD) (Staff only)</b>	<b># 2.3 CHO RC</b>
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2006

Abortion has been available in Australia since the early 1970s and several generations of women have freely accessed abortion in that time. And yet it seems that talking openly about it remains one of the last taboos. The program attempts to break through that barrier and, in doing so, contribute to the ongoing debate that continues to surround this highly contentious issue. Director, Don Parham has built the narrative of The Choice around six stories with people from diverse backgrounds and various ages. These people share their most intimate thoughts about what it was like to be suddenly confronted with an unwanted or unplanned pregnancy. Their stories reveal the varied and complex circumstances in which people struggle to work through their options and make, what is, for most, a difficult choice. (Commissioned by SBS Independent, in English)

<b>Difference of opinion: sex sells (DVD) (Staff only)</b>	<b># 9.0 DIF RC</b>
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55 Minutes - 2007

Are we sexualising kids and young women through ads, magazines, video clips and popular culture? It's claimed that there has been a proliferation of sexualised images of girls that are teaching girls to be sexually desirable and this has led to eating disorders, poor body image, depression and anxiety. Popular culture is being blamed for these developments, but is the issue more complex, and indeed worth getting worried about? What's going on? Who or what is to blame? And what's the solution? A group of eminent panel discuss these issues.

**Suitable for educators and general public.**

<b>"Do I really need a Pap test?" An educational video for women (DVD)</b>	<b># 3.12 DOI RC</b>
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11 Minutes - 1997

This DVD promotes the benefits of two yearly Pap tests, it discusses the barriers women may face and provides answers to commonly asked questions. The film weaves expert opinions with stories of women's experiences of screening.

<b>Down there: a film about women's bodies, contraception and reproduction (DVD)</b>	<b># 3.3 DOW RC</b>
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25 Minutes - 2008

This updated DVD is aimed at women from a culturally and linguistically diverse background. It addresses a broad range of reproductive and sexual health issues such as women's bodies, reproduction, contraception, cervical screening and breast health awareness. Includes segments aimed at women from Aboriginal and Torres Strait Islander background.

<b>Drinking for two? (DVD)</b>	<b># 3.34 DRI RC</b>
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26 Minutes - 2007

This documentary poses the question "Is it safe to drink at all when you're pregnant?" To answer this, we hear from a number of people with this problem, their families and experts. The program includes cases studies to illustrate the issues for children, adults and Indigenous communities in particular.

**Suitable for health professionals.**

## Women's Health / Issues

<b>Feeling the heat: managing menopause (DVD)</b>	<b># 2.64 FEE RC</b>
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60 Minutes - 2011

Appropriate and comprehensive management of menopause with effective patient education can make a significant difference to a woman's quality of life and health status. This Australian DVD discusses the efficacy and safety of evidence based treatments; the latest research on hormone replacement therapy and its relative risks and benefits; the impact of lifestyle interventions; and the evidence base for complementary or "natural" treatments. The program emphasises the benefits of a multidisciplinary approach to the management of problems associated with menopause.

<b>Have a well women's check (DVD)</b>	<b># 3.34 HAV RC</b>
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65 minutes -

A well women's check is an important part of staying healthy. It's the best way for women to keep track of good health and to see if they are healthy on the inside. This updated DVD also includes the four original videos in the series, Mammograms for women - Dee Dee's story; A story for women - Pap smears and Women's Pap smear results.

**This DVD contains Aboriginal Women's Business and is to be viewed by women only.**

<b>The moon inside you: a secret kept too well (DVD)</b>	<b># 3.12 MOO RC</b>
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71 minutes - 2009

This DVD takes a fresh look at a taboo that defines the political and social reality of both women and men in a more profound way than society might be willing to admit. Facing the menstrual etiquette with doses of humour and self-irony, the documentary approaches the subject through both personal and collective references, thus challenging our preconceived idea of womanhood.

<b>My decision, my body, my life (DVD)</b>	<b># 2.3 MYD RC</b>
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13 Minutes - 2007

This DVD presents the views of four women who sought an abortion. It is based on an Australian study of women's experiences in Queensland, South Australia and Tasmania. This DVD is an edited version of the original video produced by the Pregnancy Advisory Centre in 1997.

<b>Optimising patient fertility (DVD)</b>	<b># 3.12 OPT RC</b>
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60 minutes and 10 minutes - 2012

Approximately nine per cent of couples has difficulty with getting pregnant. About 35,000 women per year in Australia and New Zealand go through the emotional rollercoaster of IVF treatment. This DVD gives you the facts, so you can make the choices that maximise your chances of conceiving and having a healthy baby – whether that's now or down the track.

## Women's Health / Issues

<b>Orgasm Inc.</b>	<b># 7.3 ORG 17697</b>
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60 minutes and 80 minutes - 2011

In the shocking and hilarious documentary **ORGASM INC.**, filmmaker Liz Canner takes a job editing erotic videos for a drug trial for a pharmaceutical company. Her employer is developing what they hope will be the first Viagra drug for women that wins FDA approval to treat a new disease, Female Sexual Dysfunction (FSD). Liz gains permission to film the company for her own documentary. Initially, she plans to create a movie about science and pleasure but she soon begins to suspect that her employer, along with a cadre of other medical companies, might be trying to take advantage of women (and potentially endanger their health) in pursuit of billion dollar profits. **ORGASM INC.** is a powerful look inside the medical industry and the marketing campaigns that are literally and figuratively reshaping our everyday lives around health, illness, desire — and that ultimate moment: orgasm. Includes a 60-minute version that has been cut down especially for classroom use and the original 80-minute theatrical version. Includes educator's guide.

<b>Osteoporosis: speaking from experience (DVD)</b>	<b># 3.12 OST RC</b>
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44 Minutes -

One in every two women and one in every three men over the age of 60 will suffer a fracture related to osteoporosis. Osteoporosis and fractures are the major causes of injury, long term disability and death in older Australians. This DVD offers first-hand accounts from eight people with osteoporosis

<b>The perfect vagina (staff only) (DVD)</b>	<b># 9.0 PER RC</b>
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60 Minutes - 2010

In an age where boob jobs, liposuction, tummy tucks and Botox are now commonplace it would seem that women have found a new part of the body to worry about... their vaginas. This documentary looks into this new phenomenon. Vaginal cosmetic surgery on the NHS has doubled in the UK over the past five years and in the private sector there has been a 300% increase in labiaplasty, making it the fastest growing form of cosmetic surgery in the UK. In this honest, witty and compassionate film Lisa Rogers tries to find out why more and more women are considering vaginal surgery for either aesthetic or cultural reasons.

<b>The psychosexual care of women affected by gynaecological cancers: a learning resource for health care professionals</b>	<b># 3.12 PSY RC</b>
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2010

Women with gynaecological cancer can experience significant sexual difficulties, yet information and support tailored for this area is often neglected or mistimed. This Australian DVD learning modules will help all health professionals develop the knowledge and skills to support women and their partners experiencing psychosexual concerns following gynaecological cancer. The resource can be used for self-directed learning, or by educators in both clinical and academic settings as part of a facilitated learning program.

**Suitable for health professionals.**

<b>Supporting women with learning disabilities through the menopause (DVD)</b>	<b># TER2864</b>
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2003

This illustrated CD Rom and DVD pack provides a comprehensive introduction to the physical, emotional, psychological and social effects of menopause and how it might affect women with an intellectual disability to those in the general community. The pack also includes staff training exercises, photocopyable loose-leaf leaflets, and a CD Rom of the manual.

**Suitable for training workers and people with an intellectual disability.**

## Women's Health / Issues

**Talking about sexuality, body image and cancer: a teaching resource for health professionals (DVD)**

**# 3.0 CAN RC**

35 Minutes - 2002

This interactive skills-based training package includes a manual and DVD. It provides a framework and 'hands on experience' for tackling this sensitive issue with patients. It addresses topics such as understanding body image, the impact of cancer on sexuality and supportive interventions. It also demonstrates the application of the PLISSIT model as a framework for talking about sexuality. Includes handbook.

**Suitable for health professionals.**

**What every woman should know - the facts about breast Cancer (DVD )**

**# 3.12 WHA RC**

10 Minutes - 2008

This short DVD, developed by the National Breast Cancer Centre, is packed with evidence-based, factual information and answers women's most frequently asked questions about breast cancer. It provides women with the facts about risk factors, the types of breast changes to look out for, and also dispels some of the myths and misconceptions about the disease.

**Suitable for women of all ages.**

**Why abortion? Understanding why women choose to have an abortion (DVD)**

**# 2.3 WHY RC**

20 minutes - 2008

A United Kingdom DVD which explores the realities faced by women with an unplanned pregnancy and considering abortion. Using short drama pieces the viewer is asked to make choices based on the information presented to them. It comes with a manual to help professionals who work with young people or adults examine how unplanned pregnancy impacts on the lives of those involved, the options available when facing an unplanned pregnancy, and the factors that influence the decision making process. Includes manual for professionals to use with the DVD.

**Suitable for young people aged 14 and over.**