MULTIMEDIA RESOURCES THAT SUPPORT
PERSONAL AND SOCIAL DEVELOPMENT PROGRAMS
IN CATHOLIC SCHOOLS

Purpose of Resource Package

The package provides teachers with a synopsis, learning activities and web links to teachers’ notes for eight quality multimedia resources that support Personal and Social Development programs for schools.

ALL RESOURCES ARE AVAILABLE AT RESOURcELINK

Table of Contents

<table>
<thead>
<tr>
<th>Resource Name</th>
<th>Page</th>
<th>Age Level</th>
<th>Year of Publication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Real Smart about Boys’ Body Image</td>
<td>2</td>
<td>Upper Primary</td>
<td>2003</td>
</tr>
<tr>
<td>Real Smart about Girls’ Body Image</td>
<td>3</td>
<td>Upper Primary</td>
<td>2003</td>
</tr>
<tr>
<td>The Wonder Of Living Series</td>
<td>4,5,6</td>
<td>Lower Primary – Lower Secondary</td>
<td>2007</td>
</tr>
<tr>
<td>It’s My Body website</td>
<td>7</td>
<td>Upper Primary - Secondary</td>
<td></td>
</tr>
<tr>
<td>Things are Changing</td>
<td>8,9</td>
<td>Upper Primary - Secondary</td>
<td>2007</td>
</tr>
<tr>
<td>It’s Your Choice</td>
<td>10,11</td>
<td>Middle Secondary – Upper Secondary</td>
<td>2005</td>
</tr>
<tr>
<td>Sexual Sanity</td>
<td>11,12</td>
<td>Middle Secondary – Upper Secondary</td>
<td>2009</td>
</tr>
<tr>
<td>The Problem with Pornography</td>
<td>13</td>
<td>Middle Secondary – Upper Secondary</td>
<td>2006</td>
</tr>
<tr>
<td>Dealing with Homophobia</td>
<td>14,15</td>
<td>Lower Secondary – Upper Secondary</td>
<td>2003</td>
</tr>
<tr>
<td>Beautiful</td>
<td>16</td>
<td>Lower Secondary – Upper Secondary</td>
<td>2009</td>
</tr>
<tr>
<td>The Top Ten Myths about Alcohol and Drugs</td>
<td>17</td>
<td>Lower Secondary – Upper Secondary</td>
<td>2007</td>
</tr>
<tr>
<td>Life matters Volume 1</td>
<td>18,19</td>
<td>Middle Secondary – Upper Secondary</td>
<td>2008</td>
</tr>
<tr>
<td>Digital Tools</td>
<td>19</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Synopsis:
The 21-minute DVD, although presented in a quirky way that might seem a little comical to some viewers, provides an opening for discussion to a sensitive topic that affects all young boys. Issues such as outside pressures, self-esteem and acceptance of diversity are all touched upon. The accompanying support notes provide suggested activities for previewing, viewing and post viewing.

Age Level: Upper Primary

Learning Opportunities:
- Students, prior to viewing, discuss their ideal body image. Students identify the sources from their positions and ideas have been formed.
- Students name the pressures and illnesses that attainment of this body image may cause.
- Students view the resource in one sitting.
- Students, in groups, discuss the following questions –
  1. How many males do you know who have what you consider to be the ideal body shape? Why?
  2. How many males do you know of who don't have what you consider to be the ideal body shape? Why?
  3. List five advertisements on television that you think aim to present the image of the ideal male body.
- For more questions go to the Teacher’s Notes at http://www.vea.com.au/teachersNotes/REALS3_V.pdf
- Students demonstrate their understandings by listing and discussing strategies to counteract media pressures to attain the ‘ideal body’.
- Students use the list of strategies, to design a poster or animoto film (see page 17) that encourages a healthy attitude towards male body image.
### REAL SMART ABOUT GIRLS’ BODY IMAGE (DVD 2003)

#### Synopsis:
The 21-minute DVD, although presented in a quirky way which might seem a little comical to some viewers, provides an opening for discussion to a sensitive topic that affects all young girls. Issues such as outside pressures, self-esteem and acceptance of diversity are all touched on. The accompanying support notes provide suggested activities for previewing, viewing and post viewing.

#### Age Level: Upper Primary

#### Learning Opportunities:
- Students, prior to viewing, discuss their ideal body image. Students identify the sources from their positions and ideas have been formed.
- Students name the pressures and illnesses that attainment of this body image may cause.
- Students view the resource in one sitting.
- Students, in groups, discuss the following questions –
  4. How many females do you know who have what you consider to be the ideal body shape? Why?
  5. How many females do you know of who don’t have what you consider to be the ideal body shape? Why
  6. List five advertisements on television that you think aim to present the image of the ideal male body.
- Students demonstrate their understandings by listing and discussing strategies to counteract media pressures to attain the ‘ideal body’.
- Students use the list of strategies, to design a poster or animoto film (see page 17) that encourages a healthy attitude towards female body image.
This values-based, family oriented program have been designed to be viewed sequentially, beginning with DVD 1, then DVD 2 and finally DVD 3. The accompanying CD ROM Facilitator’s Manual has downloadable notes for each DVD with suggestions for accompanying literature.

Parents of students could be involved during the student viewing of the three DVDs. It is essential that parents be involved during the student viewing of the third DVD I’m Stepping Out.

A NEW BABY (DVD, 20 MINUTES)

Synopsis:
Set in the context of a loving family of Mum, Dad, Daniel (8 years) and Lisa (12 years), the DVD has two parts that include; Mum’s story and Dad’s story. Mum and Dad explain to both children the growth of Daniel in his mother’s womb and the story of his birth and arrival. The story of Daniel’s growth and birth is explicitly portrayed using film and animated diagrams.

Age Level: Junior Primary - Middle Primary

Learning Opportunities:
- Students, before viewing, discuss their prior knowledge about conception, growth and birth of a new baby.
- Students view the DVD.
- Students engage with
  - Discussion on how a family prepares for a new baby – nursery, clothes, car restraint etc.
  - Discussion on how a mother’s shape changes as a baby grows. Nine months must pass
  - Engage with the concept of growth over time eg growing tadpoles in a bowl, growing plants from seedlings
- For more…. Teachers may use the Teacher’s Notes on the CD ROM which has extensive worksheets for students to think about their own birth and belonging as part of a family. A list of student literature pertinent to the topic is also included.
Synopsis:

In this DVD viewers learn more about our bodies and how they function through discussions with Lisa, the family and other family and friends. The DVD is in 5 sections –

- An amazing human body
- A Family is...
- How does a baby start
- Growing Up
- Health, Responsibility, Choices

In this DVD intimate questions, such as ‘How does Daddy’s sperm get into Mummy’s vagina?’ and monthly periods are dealt with sensitively and in the context of family and relationships.

Age Level: Middle – Senior Primary

Learning Opportunities:

Parents are invited to the viewing of the DVDs and discuss the accompanying sheets with their children at school or later at home.

Parents are notified prior to the viewing of the DVDs in class, made aware of their content and encouraged to be involved in discussion with their children at home. Students may keep an individual folder of their work on the topic and discuss the content with their parents.

Students, prior to viewing, discuss

- ways of healthy living
- Unhealthy choices and behaviours

Students view part 1 of the DVD and complete activity sheets 1-12.
Students view part 2 of the DVD and complete activity sheets 13-16
Students view part 3 of the DVD and complete activity sheets 17-19
Students view part 4 of the DVD and complete activity sheets 20-21.
Students view part 5 of the DVD and complete activity sheets 22.
Students view part 6 of the DVD and complete activity sheets 23
Students view part 7 of the DVD and complete activity sheets 24.
Students view part 8 of the DVD and complete activity sheets 25
Follow Up: Invite a speaker (dancer, athlete) to speak to the class about the potential of the human body and the importance of exercise, nutrition and lifestyle choices in achieving a healthy body.

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**I'M STEPPING OUT (DVD 35 MINS)**

It is essential that parents be involved during the student viewing of this DVD *I'm Stepping Out*  
This DVD contains material of a more personal nature for boys (concerning wet dreams etc.) and for girls (concerning menstruation etc.) which is better handled at home than in mixed classroom. Parents and teachers should preview this DVD and decide whether the viewing will involved a mixed or single sex audience for parents, students, teacher and possibly other qualified personnel.  
The DVD has 9 sections -  
- Body changes  
- Puberty – New Feelings  
- Michael’s Dream  
- Support Networks  
- When the Pressure’s On  
- When You’re Feeling Hassled  
- When You’re Confused  
- When You Need to Know  
Students may keep an individual folder of their work on the topic and discuss the content with their parents.  

Some parents may choose to view the DVD and interact with their children at home.  
**Synopsis:**  
The DVD is designed to address common adolescent concerns about same-sex friendships and mixing with the opposite sex, the changing nature of feelings, individuality and peer group influence, making choices and taking responsibility for decisions.  
**Age Level:** Junior Secondary  

**Learning Opportunities:**  
- Students list and discuss, prior to viewing, some of the social pressures they have experienced from family and friends with the onset of their body growth and associated physical changes.  
- Students share ways they have dealt with these social pressures.  
- Viewing of DVD…whole group.  
- Students, after viewing-  
- Read and discuss some of the letters in Puberty Pete’s Problem Pages.  
- Discuss what sorts of things are adolescents concerned about.
- Give their opinions on Puberty Pete’s advice. For more….Teachers may use the Teacher’s Notes on the CD ROM which has extensive ideas for activities and discussion.

Johnson and Johnson Website


**Synopsis:**
An excellent online resource from Johnson and Johnson with information for young people, parents, women and schools. This website may be given to students and parents as an extra resource to accompany *The Wonder of Living.*
Synopsis: This program provides schools, parents and students with a package on the changes that happen in puberty in the context of their human growth as a whole person.

It is a joint school, parent, son/daughter resource where a facilitator, with the aid of the facilitator’s manual, can begin the program with a parent information night. Using the accompanying materials and resources, parents can take home material for them to work through with their children at their own pace and in the privacy of their own home.

Otherwise, a facilitator may run the program at school with parents and students present. After the DVD has been shown, parents may, using the accompanying materials, be invited to work with, at the facilitator’s discretion, a mixture of activities.

Age Level: Upper Primary-Lower Secondary

Learning Opportunities:

Facilitators may wish to begin the session with some of the following conversation starters –

- students are asked what comes to mind when they hear the word ‘puberty’. Teacher writes the answers around the word PUBERTY, remembering to affirm the answers.
- Students are provided with an opportunity to write a question they have about puberty on a piece of paper and place it in a question box. Tell them that their questions will be answered during the course of the classes on puberty.
- Students complete the pre session quiz from the child workbook, teacher collects and keeps in a safe place until the end of the session. Students are asked to fill in what they know. Students can run through these with a parent if the session is run during a parent night. Otherwise, students should be encouraged to take the quiz home and show their parents as a conversation starter.

For more go to the Facilitator’s Manual –

- Follow the ‘Getting Started’ activities on page 10, 16 of the Facilitator’s Manual.
- Students, parents, and facilitator view part 1 of the DVD – ‘General Physical Changes’ – hair, skin, body odour and body shape (pg 16, Facilitator’s Manual) and suggest tips for personal hygiene (pg 17, Facilitator’s Manual).
- Students, parents and facilitator view part 2 of the DVD – ‘What’s Happening for the Boys?’
- Students, parents and facilitator view part 3 of the DVD – ‘What’s Happening for the Girls?’
- Students and parents are guided by the facilitator to the relevant pages on their books (boy or girl) and encouraged to work on a page together. Students and parents and are commended to continue working on the pages at home.
Synopsis: The values-based kit, created for 15-19 year olds, is a four-part resource for teachers and parents to use to explore the pressures teenagers are facing in the area of relationships and sexual behaviour as well as short and long-term of premature sexual activity. It encourages them to delay sexual activity until marriage.

- “It’s Your Choice” seeks to involve parents at the beginning of the course through an information night for parents in which the program is shown, course objectives explained and questions answered. Parents are informed of the four-session program and requested to interact with their children when the discussion sheets are brought home.
- On four different occasions, a facilitator will introduce each of the four units to the students, follow the session format, learning objectives and activities as outlined in the Facilitator’s Manual and send home the parent discussion sheets (see pages 13, 27, 39 and 57). Students are encouraged to discuss the sheets with their parents.

Each unit is centered in some way on the value and dignity of each human person and views sexuality as an integral part of human person and a gift to be given and received within the context of marriage.

- Cultural and Media Pressures (DVD 20mins)
- The Value and Dignity of the Human Person (DVD 20mins)
- Every Choice has a Consequence (DVD 35 mins)
- Building Healthy Relationships (DVD 25 mins)

The accompanying facilitator’s manual provides suggestions to prepare for each
session and hints for each session’s format. It also provides steps for running the parent information session. Parent discussion sheets are given to parents to ensure the link with the program is maintained at home.

Age Level: Middle Secondary – Upper Secondary

Learning Opportunities:
Students, prior to viewing, discuss the following questions –
- How does media portray relationships between men and women? How many couples are shown waiting until marriage to have sex?
- Does media tell the true story?
- Do they mention the consequences of high risk sexual activity – eg pregnancy, STIs – why not?
- Do they portray messages that are positive and life-giving?

For more learning opportunities, go to the Facilitator’s manual.
1. Sex Education: History, Agendas, Definitions
2. Sex Sells: Media, Marketing and Pornography
3. Physical Consequences
4. Beyond the Physical

The DVDs are informative and attractively created with students, counsellors, youth workers and others discussing topics openly. This is an extensive course and no topic is left uncovered.

**Age Level:** Middle Secondary – Upper Secondary

**Learning Opportunities:**

- Introduction – Play group – Word Association
  
a. Students are given blank paper. Indicate the first WAB (Word Association Box) with spaces for five words. Students are asked to write down the first word they can think of as you say each of your words – money, holidays, relationships, school, sex. Check understanding of the task.

b. Read out each of your words, pausing so that students have time to write down their responses.

c. Ask for examples of responses for each word. Spend more time on the fifth response, noting the range of possibilities. Allow for laughter as breaking the ice here is important.

For more – Each DVD is divided into different parts with a lesson plan and student worksheets for each part. All topics are well covered and supported with research.
THE PROBLEM WITH PORNOGRAPHY (DVD & FACILITATOR’S MANUAL)

**Synopsis:** The kit includes a well presented DVD and facilitator’s manual. The resource is divided into three parts –

- The addictive nature of pornography
- The impact of pornography
- Moving Forward

The facilitator’s manual has suggestions for classroom activities to use after each part of the DVD. A parent’s DVD and information booklet can be purchased online at [www.choicez.com.au/products](http://www.choicez.com.au/products).

**Age Level:** Age Levels: Middle Secondary – Upper Secondary

**Learning Opportunities:**

- Students, after viewing part 1 of the DVD, split into small groups and are asked to think of a scenario where pornography could escalate into addiction.
- Students discuss three points that stood out in the DVD and how and why they affected you.
- Students discuss why men are the primary consumers of pornography.
- Students discuss how media portrays people, relationships and sex. Can they suggest reasons for this portrayal.


Pages 40-46 have other ideas and appendices for discussion and activities.
DEALING WITH HOMOPHOBIA (DVD 25 MINS. LEARNING ESSENTIALS LTD)

Synopsis:

The DVD offers an opportunity for awareness-raising, helping students to realize that 10% of the school community have a different sexual orientation to the norm. These gay students are at different stages. Some are at the stage of realization, others just coping, while others are not copied and frequently bullied and marginalised. The DVD, using actors, shows the feelings of gay students, their fears, their lack of confidence and the negative effect of societal beliefs on their learning. It calls on school communities to create policies which respect the wellbeing of all students.

Age Level: Age Level – Junior High – Middle High

Learning Opportunities:

- Students are invited to discuss the topic of sexual orientation. Do they know any gay or lesbians? Who in the media, in literature, in the arts, in music, in politics, in the legal system etc. are gay? How are they treated? How should they be treated?
- Students are introduced to the term ‘homophobia’. Discuss with them why it might exist?
- Students view the video.
- Students discuss the presence of homophobia and its causes.
• Students are asked to empathise with the comments made by the ‘gay’ actor students. How would they feel if they were in a similar position and suffered from verbal and physical abuse? What would they do?
• Students reflect upon the data that if one out of ten people are gay, then quite a few students at the school are gay. Is there homophobia at the school? How does it manifest?
• Students are encouraged to create an anti-homophobic message/presentation – through art, drama, music etc - http://www.docstoc.com/docs/31286558/CHALLENGING-HOMOPHOBIA--DEVELOPING-A-WHOLE-SCHOOL-APPROACH
• Students, using the online software Animoto (see page 17, 18), create a short film highlighting the need for openness to sexual diversity.
**Synopsis:**
The DVD and Facilitator's manual provide good material for students to show how girls are sexualized and objectified in popular culture, the negative effects that has on individuals and strategies to counteract the pressures. Along with ideas how to run the program with students and parents, the DVD is divided into three parts –

1. Powerful Forces
2. The Impact of a Hyper-Sexualized Culture on Young Women
3. A Way Forward

**Age Level:** Age Level – Junior High – Middle High

**Learning Opportunities:**
Students deconstruct advertisements and commercials on women, looking at –

- Are these accurate representations of how real women look?
- How do the representations of women make you feel about yourself?
- In what ways might these images impact on young women
- In what way might these images impact on young men?

For more ideas on possible activities, go to p 62 of the Facilitator’s Manual.
Synopsis:
The 21 minute DVD debunks the ten myths about drugs and alcohol with confessions from former addicts. The DVD could be used as a discussion starter with students to discuss the harmful effects of excessive drug or alcohol abuse. The chapters are –

1. Everybody's doing it.
2. I can stop anytime. I won't get addicted.
3. Beer isn’t as bad as hard liquor.
4. I can drink and get high and be in control.
5. It's okay to drive if you are only a little high.
6. Marijuana isn't really harmful.
7. Over the counter drugs can’t be harmful.
8. Drugs can relieve stress and help solve problems
9. Drugs and alcohol don't permanently damage your brain.
10. Steroids don't damage the body.

Age Levels – Junior High – Middle High

Learning Opportunities

Students, prior to viewing, discuss the pressures on them to be involved with drugs and alcohol.

Presenter uses name chapters to prompt discussion.

- Students view DVD
- Presenter presents name chapters and, students, in groups, discuss if and why their views have changed after viewing.
- Students discuss the negative effects of excessive alcohol use and drugs.
- Using the online software Animoto, (see below) students create a short film highlighting the negative effects of heavy drinking and drugs.
Synopsis: The 40 minute DVD is divided into four parts –

- Part 1: Music Video
- Part 2: Understanding unplanned pregnancy – A Way Forward
- Part 3: The Bernadette Black Story
- Part 4: Interview

The music video sets the scene of a teenage girl who, finding out she is pregnant, phones an abortion clinic and, on arrival there, realizes that she cannot go through with it. The presenter then goes on to explain the turmoil of unwanted pregnancy, the aftereffects of the three possible choices and then introduces Bernadette Black, a married lady, who, at sixteen, found out she was pregnant. She tells of her reaction and her family and community’s reaction to the situation. She goes on to explain how her life unfolded, giving birth to a beautiful baby boy, finishing her study and meeting a man who became her husband and father to two more of her children. The final part of the DVD involves the young actress who played of the young girl. She tells how the role has impacted on her own personal future life plan.

Age Level: Middle Secondary – Senior Secondary

Learning Opportunities:

- Students, prior to viewing, discuss the pressures on them to be involved in sex.
- Students, prior to viewing, discuss the impact of the media on their choices of whether or not to have sex.
• Students, prior to viewing, discuss stories of others they know who have had an unwanted pregnancy and the decisions they made following the event.
• Students discuss the Church teaching on the matter and rationale behind the teaching.
• Students discuss the consequences of the three possible decisions – giving birth, giving the baby up for adoption, terminating the birth of the baby.
• Students view the DVD and discuss the actions of both the actress and the mother.
• Students discuss the views of the actress on the matter post filming.
  ▪ Students in three groups debate the issue of an unwanted pregnancy. Sides taken are pro-life, pro-abortion and pro-adoption.

Digital tools:

As described on the stimulus page, the digital tools Wix, Animoto, Glogster and Voicethread allow students to create unique multimedia responses. The following description may assist students to choose the appropriate tool based upon their chosen multimedia resources:

<table>
<thead>
<tr>
<th>Digital tools</th>
<th>Product created</th>
<th>Use when you have</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animoto</td>
<td>A video clip that combines images, short video clips and music.</td>
<td>Many images, Very small amounts of text, Music that accompanies the images, Very short movie clips</td>
</tr>
<tr>
<td>Wix</td>
<td>A flash based web page.</td>
<td>Images of various sizes, Website links, Larger amounts of text, Movie clips, Music that may be played by the viewer</td>
</tr>
<tr>
<td>Glogster</td>
<td>An interactive ‘poster’.</td>
<td>Images, Website links, Text, Movie clips, Music that may be played by the viewer</td>
</tr>
<tr>
<td>Voicethread</td>
<td>A narrated slideshow.</td>
<td>Narration by yourself or by a group, Many images, Short video clips, No website links, Large amounts of text – documents may be embedded</td>
</tr>
</tbody>
</table>