


# MCH Program Resources

## Violence Prevention

	<p><b>Violence-Free Living For Teens</b> <span style="float: right;"><b>(Grades 8-12)</b></span></p> <p>This interactive presentation provides problem-solving strategies and information about factors in youth violence -- such as peer and media influences and poor anger management -- to help teens make smart choices about aggressive behavior. PowerPoint(R) presentation comes with a Leader's Guide and materials for alerting audiences to the date and location of your presentation. For presenting to teens ages 13-17.</p>
	<p><b>Bully-Free Living For Middle School Students or Bully Free Living</b> <span style="float: right;"><b>(Grades 4-5)</b></span></p> <p>A ready-to-use presentation that helps young people understand various forms of bullying, psychological effects of bullying on each person involved, ways to handle and prevent bullying, and sources of help and support. Interactive exercises, thought-provoking facts, and a lively PowerPoint(R) show team up to keep adolescents engaged in learning and strategizing. PowerPoint presentation comes with a Leader's Guide and materials for alerting audiences to the date and location of your presentation. For presenting to grade school, preteens and teens ages 9-14.</p>
	<p><b>Bully Bystanders: You Make the Difference (DVD)</b> <span style="float: right;"><b>(Grades 7-12)</b></span></p> <p>Most teens don't like to see their peers bullied but are not sure whether or how to respond. This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. Program features a compelling short drama based on real-life incidents where bystanders stand up and change the outcome of a bullying incident. We also hear from real teens discussing incidents where they and their peers made a difference by intervening in a bullying situation. On-screen experts advise teens how they can become proactive without putting themselves at risk. Viewers learn that respecting others and taking a united stand against all sorts of harassment is not only possible, but it can make a dramatic difference in the lives of many young people. Bystanders can make a resounding contribution by setting the tone for their peers and refusing to accept hostile behaviors. 17 minute run-time</p>
	<p><b>Bullying: True Stories (DVD)</b> <span style="float: right;"><b>(Grades 8-12)</b></span></p> <p>This 20-minute DVD with discussion guide addresses cyberbullying, long-term effects of bullying and how communities can help to prevent and stop bullying. Four young people tell how they were affected by bullying. Daniel tells why he stopped his bullying behavior; Daniel's target Courtney tells her story; Tre describes being shunned by a popular crowd; and Victor tells of being cyberbullied. We hear what actions finally stopped the bullying, and how schools and handled bullying.</p>
	<p><b>The Teen Files: The Truth About Violence (DVD)</b> <span style="float: right;"><b>(Grades 6-12)</b></span></p> <p>Compelling and educational, this program explores violence and its consequences through the eyes of eight teens hardened by exposure to violence. After a month-long journey that brings them face-to-face with the consequences of violent behavior (including an emotional tour of Columbine High School), the teens see violence for what it is and decide to change their lives forever.</p>
	<p><b>Bully Bystanders: You Make the difference (DVD)</b> <span style="float: right;"><b>(Grades 7-12)</b></span></p> <p>Most teens don't like to see their peers bullied but are not sure whether or how to respond. This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. Program features a compelling short drama based on real-life incidents where bystanders stand up and change the outcome of a bullying incident. We also hear from real teens discussing incidents where they and their peers made a difference by intervening in a bullying situation. On-screen experts advise teens how they can become proactive without putting themselves at risk. Bystanders can make a resounding contribution by setting the tone for their peers and refusing to accept hostile behaviors. 17 minute run-time.</p>
	<p><b>Bullies and Harassment on Campus (DVD)</b> <span style="float: right;"><b>(Grades 8-12)</b></span></p> <p>This program discusses bullies and harassment on campus and some of the motivations behind a bully's behavior. Using interviews with teens that bully and teens that have been bullied, this program provides a broad understanding of why bullies do what they do, the best way to handle them and who can be of help in a harassing situation. The program discusses the damage to self-esteem when a student becomes the constant victim of bullying and the ways to avoid conflict and violence on campus.</p>

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	<p><b>Teens, Gangs and Violence (DVD) (Grades 7-12)</b></p> <p>Explores how vulnerable teens and preteens may get caught up in the violent world of gangs. The first part of the video presents a drama that follows the plight of Alex (age 15) and his brother Jose (age 11) as they make a series of wrong choices that ends with a drive-by shooting of an innocent bystander. After the drama, prosecuting attorney Greg Martin reviews five fateful choices that Alex and his brother made which resulted in tragic consequences. Next the video visits a real correctional facility and we are shown what life is really like for gang members who are behind bars. Their testimonies echo one simple message to prospective gang joiners: teens are not powerless to avoid the peer pressure that can lead to gang life, incarceration, and death. They can exercise the power of choice to create a positive life for themselves; the choice not to join a gang.</p>
	<p><b>A Perfect Day: A Provocative Film about School Violence DVD (Grades 7-12)</b></p> <p>This award-winning short film takes viewers inside the world of a potential school shooter and offers a dramatic platform for initiating classroom discussions of school violence. With far too many school shootings happening across America, difficult questions arise: What kind of person becomes a shooter? Why? Could the violence have been prevented? Why didn't others see the danger? Are we a violent society? The film is sure to spark a dialogue among students, teachers, administrators, families and the community at large about all these questions, and offer a deeper understanding of the problem and approaches to its solution.</p>
	<p><b>Teen Files FLIPPED: Gun Awareness (DVD) (Grades 6-12)</b></p> <p>These two teens are "flipped" - their worlds turned upside down for a jolting 24-hour period of altered reality. Invited to spend a day in the roles of homicide detective and surgeon, the young men are forced to confront their attitudes toward guns as they witness the grisly and heartbreaking aftermath of violence - on victims, on parents and, without warning, on themselves. These tough-talking teens are each touched and transformed as their exposure to the tragedy of gun violence leads to an experience of communication, compassion and understanding. The connection between high-risk behavior and life and death hits home in this explosive reality-based program.</p>
	<p><b>Toxic Relationships (DVD) (Grades 6-12)</b></p> <p>A thought-provoking high school students video, discuss the obsessive demands, the blaming and control issues common to abusive relationships. The teens encourage peers to avoid abusive situations and to look for trust and acceptance.</p>
	<p><b>NO MEANS NO: A DISCUSSION (DVD) (Grades 8-12)</b></p> <p>No Means No weaves actual stories of young acquaintance rape survivors with the views, attitudes, biases and understandings of experts, professionals, students, and jurors from an acquaintance rape trial.</p>
	<p><b>A DATE WITH RAPE (DVD) (Grades 8-12)</b></p> <p>Young women share experiences of being deceived and hurt by these violent offenders. A sex crimes policewoman describes the warning signs of a potential "date rapist" and strongly advises young women to use the buddy system when meeting someone new. A Trauma Reduction Specialist who works with victims advises students to seek help if they find themselves in a dangerous dating relationship. Students learn that there are clear and recognizable behaviors used by serial date rapists to target potential victims and that going beyond consent is always sexual assault.</p>
	<p><b>Defining Sexual Assault (DVD) (Grades 9-12)</b></p> <p><b>Part one: What is Sexual Assault? What Is Consent?</b> Defines terminology including sexual assault, sexual violence, rape culture, and consent. Defines who is able and unable to legally give consent. Gives statistics for who is at the greatest risk for sexual assault, who is likely to be a perpetrator of sexual assault, and which groups of people underreport sexual assault. Hear stories of sexual assault as told by survivors.</p> <p><b>Part two: After an Assault :</b>Breaks down your options as a survivor of sexual assault, including medical intervention, forensic exams, filing a police report, prosecuting a perpetrator, seeking counseling and other services, victim's rights according to title XI, and rights as a minor. Also examines the best methods of supporting a friend or relative who has experienced sexual assault and how you might help them after an assault.</p> <p><b>Part three: Risk Reduction and Bystander Intervention:</b> This section examines two important methods for prevention of sexual assault and explains that sexual assault can never be 100% preventable. Experts explain methods of risk reduction such as going out in numbers, staying together, and keeping tabs on friends; Program guides students through a step-by-step explanation of bystander intervention techniques, in which people work together to intervene before, during or after an assault occurs.</p>

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	<p><b>Rape: Get the Facts (DVD) (Grades 9-12)</b>          This documentary-style program presents the legal, medical, psychological and sociological facts about rape. Doctors, judges, social workers, detectives, victims' rights advocates, self-esteem experts, and rape survivors all contribute information, perspective, and analysis of this all-too-common crime. Among the compelling facts: an act of rape or sexual assault occurs in our nation nearly once every two minutes. More than half of all rape victims are under the age of 18. Most sexual assaults are NOT committed by strangers, but by someone whom the victim knows. This program is a must-see for all high school students.</p>
	<p><b>RAPE UNDER THE INFLUENCE: SEXUAL ASSAULT ON CAMPUS (DVD) (Grades 9-12)</b>          For most students, date rape is a confusing issue. 12 students talk about sexual assault on campus. Upperclassmen teach incoming freshmen how to use date rape prevention strategies, such as recognizing the crime's danger signals. This is an awareness video designed to help stop predatory sexual assault committed by serial date rapists.</p>
	<p><b>Acquaintance Rape: The Perpetrators (DVD) (Grades 6-12)</b>          This eye-opening program presents the true nature of acquaintance rape by profiling several convicted rapists. It explores the motivations behind rape and it breaks down the rationalizations used to justify it. As the video ends, five victims of a serial rapist speak at his sentencing hearing. Acquaintance Rape: The Perpetrators vividly presents the realities of this serious crime.</p>
	<p><b>Speechless (DVD) (Grades 7-12)</b>          Desmond has a secret he cannot share with anyone. His grades are slipping, rumors are swirling and he feels powerless, especially when he sees his sister being hurt too. With the support of his father and a new friend, Desmond is able to tell his story of being sexually assaulted and end the cycle of abuse. Desmond regains his power when he uses his voice.</p>
	<p><b>Hidden Victims: Children of Domestic Violence (DVD) (Grades 6-12)</b>          Profiles four families and reveals the impact domestic violence experiences have on children both now and later on in life. A moving and unforgettable program that offers an unparalleled view of the real consequences of living with domestic violence.</p>
	<p><b>Ten Signs of Relationship Abuse (DVD) (Grades 7-12)</b>          Combining powerful interviews of battered and verbally abused teens with expert commentary, video delivers key facts about dating abuse. Emotional abuse includes isolation from friends, family, and outside activities; using insulting names or degrading terms; displaying jealousy and possessiveness; controlling a partner's clothing choices and behavior; using excessive cell phone use to monitor behavior; and threatening self-harm to control behavior. Sexual and physical abuse includes extreme roughhousing; pushing, grabbing, restraining, and other violent behaviors that don't leave marks or bruises; touching a partner's body in ways that make him/her feel uncomfortable; and making threats as a means of coercing a partner's consent to sexual activity. Teen speakers and dating abuse experts offer helpful advice on how teens can get away from potentially unhealthy, dangerous relationships. 28 minute run time.</p>
	<p><b>Open Arms? Open Eyes! (DVD) (Grades 7-12)</b>          This 28-minute video identifies the warning signs in teen relationships that set the stage for adult domestic violence. A great discussion starter, it is based on real scenarios and dialogue suggested by teenagers themselves. It features high school students and locations, and is an excellent resource for raising student awareness about healthy and unhealthy relationships. Dramatizes specific issues of power and control among teens, to help them spot the signs and avoid the corrosive effects of abusive relationships. To that end, there are 25 "red flags" displayed throughout the video to assist in the awareness of violent behavior patterns in dating relationships.</p>
	<p><b>Sexual Harassment at School: Hostile Environments (DVD) (Grades 6-12)</b>          This program helps student identify when actions may constitute harassment and how to differentiate them from flirting. An expert comments on who harassers are, why they do it, and how it usually occurs at school. Learn practical steps to stop the harassment, as well as positive coping strategies once the harassment has occurred.</p>
	<p><b>Emotional Abuse (DVD) (Grades 8-12)</b>          Many teens suffer emotional abuse from their peers, family and other trusted adults. Emotional abuse can be difficult to define as there may not be physical signs, however it is clear that this form of destructive behavior is based on power and control. Emotional abuse can affect a student's self-esteem and greatly impair psychological development and social interaction. It can manifest itself in social withdrawal, severe anxiety, fearfulness, depression, physical complaints, substance abuse and the inability to feel and express emotions appropriately.</p>

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	<p>Emotional abuse can occur when anger goes too far or when parents or teens in relationships constantly criticize and threaten resulting in damage to self-esteem and feelings of self-worth. In this program, Teens discuss their experiences with emotional abuse, how they recognize it and the effect and consequences it has now and can have on teens throughout their lives.</p>
	<p><b>Bill of Rights (DVD)</b> <span style="float: right;"><b>(Grades 8-12)</b></span>          This program covers the complex issues surrounding teens rights at school and discusses how their rights on campus are different to that in public. It describes how and why a school is legally allowed to place restrictions on speech, clothes and behavior, while enforcing the students basic civil rights. It also explains a student rights to privacy and why a school can search a students locker, backpack or car on campus with only reasonable suspicion</p>
	<p><b>The Darkside of Dating (DVD)</b> <span style="float: right;"><b>(Grades 8-12)</b></span>          Dating is a major part of high school social life. It should be a positive and enriching experience that will prepare teens for real life. But, too often dating has a darker side. This program covers the dangers and potential negative aspects of dating. Students learn about the harm caused from gossip and some of the common forms of pressure students face on and off a date. The program also emphasizes the importance of standing up for yourself in high school. It shows why "no" means "no!" and how to make your desires clear. .</p>
	<p><b>Racial Tension on Campus (DVD)</b> <span style="float: right;"><b>(Grades 8-12)</b></span>          Students learn about racial tension and how it can lead to problems in every aspect of high school life. Suggestions and techniques for diffusing racial tension are presented in a practical and useful style. Students learn how to open up their mind to the differences between races on campus, along with the common occurrence of racial cliques and why they can lead to racism.</p>
	<p><b>Teens and the Law(DVD)</b> <span style="float: right;"><b>(Grades 8-12)</b></span>          This program discusses the relationship of Teens and the Law. It informs teens of the role of School Resource Officers on campus and how the police can be of help. Using interviews with officers and teens, students will gain a broad understanding of laws, why they exist and how they are enforced. Learn the common laws teens violate, ways to interact with police, what to do and what not to do and the role of juvenile courts and the justice system.</p>
	<p><b>Weapons and Violence (DVD)</b> <span style="float: right;"><b>(Grades 8-12)</b></span>          This program discusses the effects and repercussions of weapons and violence on campus. Learn the methods to control anger and where to get help when the pressures of being a teen become overwhelming. This video details the punishments most schools have in effect to curb fighting on campus. It includes interviews with school officials on the dangers and punishments involved with bringing a weapon on to campus.</p>