

In the Mix

award-winning PBS series
for teens makes its mark
in the classroom...
(grades 6-12, college)



The series has won numerous national and international awards for excellence including:

- **National EMMY for Community Service Programming**
- **PRISM Awards**
- **CINE Golden Eagles**
- **Partnership for Media Education Award**
- **ALA's Young Adult Library Services Association's "Select" list**
- **National Mental Health Association's Media Awards**

For those seeking a new way to reach young people, especially those at-risk, *In the Mix* is a unique resource. These half-hour programs are available on DVD, with performance rights.

The PBS weekly series talks to diverse teens and young adults about their world and their issues... delivering information they need in a hip, fast-moving format they choose to watch. Research shows this series is an innovative and effective tool that helps educators promote critical thinking, discussion and positive choices.

The series receives rave reviews from the educational community:

"A newsmagazine show for the MTV generation...the topics are interesting, and the reporters are articulate... powerful because real teens are talking to their peers."—**School Library Journal**

"Marked by modishly jerky camera movements, occasional black-and-white footage, and revealing interviews, this teen-friendly series, featuring ethnically diverse teenagers, promises to grab and maintain interest."—**Booklist**

"In the Mix...examines some of the hottest topics affecting teenagers today... fast pacing, articulate and concise interviews, and creative production design all combine to make this a solid choice...Highly recommended."—**Video Librarian**

FOR MORE INFORMATION

Visit us at facebook.com/inthemixpbsvideos for free discussion guides, lesson plans and special discount offers.

Visit our channel youtube.com/inthemixPBS to view program clips.

Each DVD is \$69.95. There is a discount of \$5 each for 5-9, and \$10 each for 10+. Discussion Guides are included. See order form at end.

Suggested Programs by Topic

Racism/Stereotyping/Diversity

- 401 Teen Solutions To Racism
- 430 Teens Around The World
- 431 Teen Immigrants: Five American Stories
- 434 School Violence
- 436 Cliques
- 442 What's Normal: Overcoming Stereotypes
- 503 Dealing With Differences
- 507 Voices From Iraq
- 601 Iraq Unplugged
- 801 Stop Bullying...Take a Stand!
- 901 Native American Teens... Who We Are
- 903 Bridging the Years... Teens and Seniors Mix It Up!

Violence Prevention

- 407 Dating Violence Exposed
- 427 Gun Violence
- 434 School Violence
- 706 Love Shouldn't Hurt: Recognizing Dating Violence
- 801 Stop Bullying...Take a Stand!
- 803 Voices From Inside: Incarcerated Teens Speak Out
- 805 Abusive Relationships... Get Help, Get Out
- 904 Conflict Resolution
- 905 Peer Mediation
- 908 Choices & Consequences: Juvenile Delinquency Prevention

Drug, Smoking, or Alcohol Prevention

- 416 Alcohol: What You Don't Know
- 426 Smoking: The Unfiltered Truth
- 433 Drug Abuse: Altered States
- 441 Soccer: Kickin' Butts
- 443 ECSTASY
- 446 Steroids: The Hard Truth
- 907 Youth Against Meth... Not Even Once

Mental & Physical Health/Self-Esteem

- 403 Action Against AIDS
- 409 Competition & Stress
- 424 Self-Image: The Fantasy, The Reality
- 429 Depression: On The Edge
- 438 Sex: Everyone's Doing It...Not!
- 439 Dealing With Death
- 445 9-11: Looking Back and Moving Forward
- 501 Living With Change
- 504 Self-Esteem: Building Strengths
- 505 Living With...Serious Illness
- 703 Divorce & Step Families
- 704 Self-Expression Around the World
- 705 Fit For Life: Eat Smart and Exercise
- 707 How You Look is Not Who You Are: Teens Talk Eating Disorders
- 802 Find Your Voice
- 902 Depression... What YOU Can Do
- 903 Bridging The Years... Mix It Up!
- 906 Stress RX... Yoga and Meditation

Careers

- 404 Careers In The Music Industry
- 413 School To Career Transition
- 421 Careers: Focus On Your Future
- 425 Computer Literacy and Careers
- 435 Financial Literacy: On The Money
- 437 Interns & Volunteers
- 444 Show Biz 101: No Guts, No Glory
- 602 Arts Education...A+
- 908 Young Entrepreneurs... Be Your Own Boss

Media Literacy

- 422 Media Literacy: TV What You Don't See
- 424 Self-Image: The Fantasy, The Reality
- 426 Smoking: The Unfiltered Truth
- 432 Consumer Smarts
- 440 Politics...Sifting Thru The Spin
- 502 Media Literacy: Get the News?

School/Sports

- 408 College: A Crash Course
- 409 Competition And Stress
- 411 School: Making The Grade
- 413 School To Career Transition
- 423 Sports: Get In The Game
- 434 School Violence
- 435 Financial Literacy
- 441 Soccer: Kickin' Butts
- 506 Student Power: Organizing for School Reform
- 602 Arts Education...A+
- 604 Ethics: Cheating and Plagiarism
- 701 What Makes a Teacher Worth Listening To?
- 702 What Makes a School Worth Going To?
- 705 Fit For Life: Eat Smart and Exercise
- 802 Find Your Voice

Activism/Volunteering

- 403 Action Against AIDS
- 419 Action, Not Apathy
- 427 Gun Violence
- 437 Interns & Volunteers
- 440 Politics...Sifting Thru The Spin
- 445 9-11: Looking Back... Moving Forward
- 506 Student Power: Organizing for School Reform
- 801 Stop Bullying...Take a Stand!
- 908 Bridging the Years... Teens & Seniors Mix It Up

Relationships

- 407 Dating Violence Exposed
- 417 Families & Divorce
- 420 Relationships: Love Me, Love Me Not
- 436 Cliques
- 703 Divorce & Step Families
- 706 Love Shouldn't Hurt: Recognizing Dating Violence
- 801 Stop Bullying...Take a Stand
- 805 Abusive Relationships... Get Help, Get Out
- 903 Bridging The Years... Mix It Up!

DVD's with Spanish subtitle option:

- 407 Dating Violence Exposed
- 424 Self-Image: The Fantasy, The Reality
- 426 Smoking: The Unfiltered Truth
- 429 Depression: On The Edge
- 435 Financial Literacy
- 438 Sex: Everyone's Doing It ... Not!
- 443 ECSTASY
- 504 Self-Esteem: Building Strengths
- 705 Fit For Life: Eat Smart and Exercise
- 801 Stop Bullying... Take a Stand!

IN THE MIX

programs:

- * Discussion Guide included
 - † Lesson plan available on www.inthemix.org
 - SP Spanish subtitles
 - ES English subtitles
- (All programs 30 minutes unless noted)

401: TEEN SOLUTIONS TO RACISM ES

Teens all across the country and around the world are doing what they can to combat racism. *In the Mix* travels along with “Kids to Korea,” a program that breaks down stereotypes in which urban teens meet Korean teens and learn about their culture. We see the differences as well as the similarities. We also visit Washington state to check out “The Seattle Young People’s Project,” organized by students who are challenging their school board to establish a multicultural curriculum. In New York City, the culturally diverse James Madison High School shows how teens work as peer educators in workshops that fight prejudice and reduce violence. Celebrities **David Alan Grier**, **Henry Rollins** and **Run DMC** also speak out against racism.

403: ACTION AGAINST AIDS

We all have the power to help stop the AIDS epidemic! On location at the AIDS Dance-A-Thon in New York City, *In the Mix* interviews **Rosie Perez**, **Queen Latifah**, **KRS-1**, and teens about what they’re doing for the cause. Plus, a look at an AIDS Hotline started by students for other students that answers questions about HIV/AIDS and STD’s. In a compelling segment we also meet teens who are living with HIV and AIDS to see how it affected their lives and to dispel misconceptions. Finally, teens respond to viewer questions about sex and abstinence.

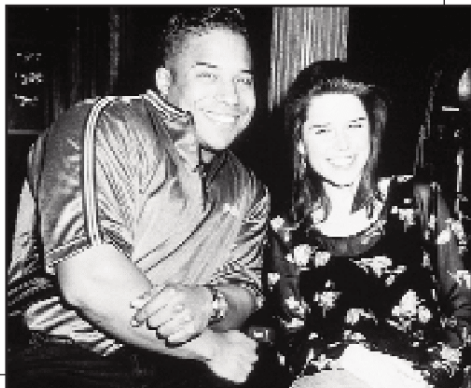
—Winner AANNY Award from the AIDS and Adolescents Network of New York

404: CAREERS IN THE MUSIC INDUSTRY

So you want to make some music? *In the Mix* explores different careers in the music industry, including public relations, music production, and marketing releases to radio stations. We go on location at a radio station to see what really happens behind the mike, as well as how new music makes it onto the air. Then, Julio meets **Chubb Rock** in the studio as he records a new album and Melanie accompanies singer/songwriter **Poe** as she goes on interviews.

407: TWISTED LOVE— DATING VIOLENCE EXPOSED * † SP ES

When love turns ugly, you have to learn to walk away. **Neve Campbell** of *Party of Five* joins *In the Mix* reporters for a powerful and emotional look at something that more and more teens are facing: dating violence. We meet young women who have been emotionally and physically abused by the guys they loved—and survived to get out of the relationship. We also talk to young men who have been abusers, and visit with teens teaching other teens about sexual



stereotypes in a Boston program. In New York we visit with teens who attack the issue of dating violence with a unique weapon: theater. The District Attorney of Westchester County tells teens about their legal rights, and we learn about the signs of abuse—most importantly—where you can go for help.

“Used in an educational session, your video was well received and the group benefited from it immensely.”

—Rebecca Zwart, domestic violence advocate

“Appropriate for a classroom, youth group, or peer counseling programs, teens will gain an understanding of the issue and be better equipped to deal with it effectively.”—Video Librarian

408: COLLEGE—A CRASH COURSE *

Is college just about parties, pranks, and professors? Spend a day in the life of Nathan Marshall, our reporter and a freshman at Ithaca College—to find out what college life is really like. Plus, we follow reporter Andrea Barrow, a high school junior, on the start of the long and winding college application journey. She gets the inside info on what admissions officers look for and what turns them off, the best way to complete an application, plus how to pick the right school and find financial aid.

“I found your show very informative and perfect for teenagers who are college bound and may be overwhelmed by the entire application process. The show thoroughly covered all the requirements for college ...all within a context that is clear but not condescending to teenagers.”

—Elizabeth Ruiz Quintana, Advisor, New York, NY

409: COMPETITION AND STRESS

Is winning everything? *In the Mix* explores the different aspects of competition and takes a look at how some teens handle the stress of competing and losing. We meet an Olympic skier and a high school ski team, a string quartet preparing for a performance, and teens going through dance auditions. We also follow a championship high school basketball team and their coach through a game. In response to viewer mail, teens speak out about what causes stress in their life and how they deal with it, as they offer advice to other teens.

411: SCHOOL—MAKING THE GRADE ES

How cool is your school? Co-hosted by actor **Donald Faison**, this show checks out unique school programs that are working to help students improve their grades, keep them from dropping out, and communicate better with teachers. We also talk with two young people whose lives were headed down a one-way track to nowhere—but were able to turn things around with the help of their schools and teachers. Then, *In the Mix* asks teens...What would you change about your school if you were in charge?

“...offers a tantalizing view of schools that make a difference in their students’ lives.”—School Library Journal

413: SCHOOL TO CAREER TRANSITION ES

The real world is waiting. *In the Mix* follows three high school grads who choose different paths. One taking the entrepreneur route by opening his second sporting goods store; a young woman in high school who is preparing for a career in automotive repair; and a young man who opts for the military life, attending the Naval Sub School in Connecticut. In addition, Former Secretary of Labor **Robert Reich** gives advice on internships and highlights the hottest jobs of the future, how to prepare for them, and how to be successful in the workplace.

416: ALCOHOL—WHAT YOU DON'T KNOW * † ES

It's true: What you don't know CAN hurt you! So *In the Mix* takes a hard look at drinking with hard facts. We meet some teens who are recovering alcoholics and a boy who paid a high price for drinking and driving: he was left partially brain damaged from an accident. In a powerful segment, two 21 year-olds test the real physical effects of alcohol on the body as they drink and drive under supervision of the police and a doctor. They dispel myths about alcohol and ways to sober up. In other segments we take a look at a high school program in which upperclassmen hold workshops on drinking for younger students; and we see what really goes on at a police sobriety checkpoint.

"I saw the Alcohol show, and it changed my outlook on drinking. I never knew it was that dangerous. Thank you so much for that show, it really made me think."—Meredith Foss, student

417: FAMILIES AND DIVORCE

In the Mix examines relationships between parents and teens, and teens and their siblings. We see different ways to handle common problems such as rules and independence. Teens also share feelings about how they are coping with their parents' divorce and remarriage. Plus an interview with **Betsey Johnson** and her daughter Lulu on their relationship and what it's like working together. The show ends with an interview with a young girl and her brother from Egypt on family and everyday life in her country.

419: ACTION! NOT APATHY *

Get informed, get organized, and get involved in politics on the local and national level! Co-hosted by youth advocate and actor **Malik Yoba**, this evergreen special puts out a call to America's youth. We highlight young people who are making a difference through grass roots activities, school governments and party politics—teens who are bringing to life the critical issues that affect them. We spend a day with the country's youngest mayor, check out a group of Boston teens who travel to the Democratic and Republican Conventions to ensure the voice of America's youth is being heard, and meet students who are working with school boards and city halls all around the nation to effect positive change. Then, *In the Mix* lays out practical tactics and steps young people can take to make their mark.

"Students all over the country are searching for meaningful ways to get involved in their communities. With a pounding hip-hop beat and the quick-cutting camera techniques of music videos. It speaks directly to them."—Teacher's Digest

420: RELATIONSHIPS: LOVE ME, LOVE ME NOT

Get the low-down on love, dating, sex and friendship from *In the Mix* teens and well known psychologist, **Dr. Judy Kuriansky**. With humor, we see an actual blind date unfold as the teens encounter and struggle with typical situations involving social etiquette. In another segment, viewers hear true stories about breaking up and how to cope, plus see demos of the right and wrong ways to break up.

421: CAREERS—FOCUS ON YOUR FUTURE ES

Is it possible to do what you love, and love what you do? *In the Mix* explores some of today's hottest careers through interviews with an actor, a radio music director, the NY Rangers' physical therapist, a PR agent, a car designer, and a district attorney. Then, teens get advice on what to do and not to do on a job interview. We also take a backstage look at a daytime drama and break the ice with **Mark Messier** at a practice session.

"Black-and-white footage, jerky camera angles, and other hip techniques orient this lively program to teens."—Booklist

422: MEDIA LITERACY: TV—WHAT YOU DON'T SEE *

By the time the average student graduates from high school, he or she will have watched 15,000 hours of television and been hit by approximately 70,000 marketing messages a day. *In the Mix* reveals the tricks and techniques used by the media to manipulate

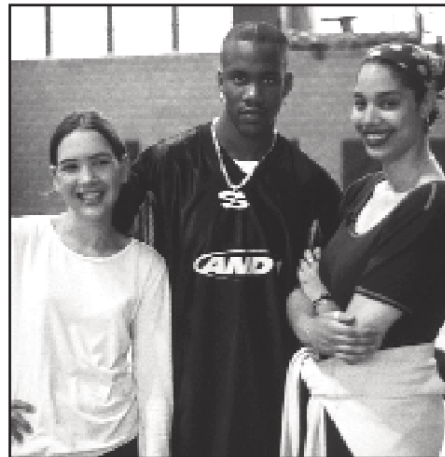
audiences. Viewers get a behind-the-scenes look at how news stories are chosen and covered, along with some personal insights from veteran newsman **Peter Jennings**. Then, we focus a keen eye on the powerful images used in advertising and music videos to learn ways to analyze and evaluate what you see on TV—and whether or not to believe it.

Winner of Partnership for Media Education's Award

"... In the Mix takes a look at how television distorts, manipulates, and ultimately 'creates' its own version of truth, while alerting viewers that what passes for 'truth' on TV is often no more than 'image'... A good reminder to teens to be vigilant, not passive, receivers of media, this is recommended."—Video Librarian

423: SPORTS—GET IN THE GAME * †

How valuable is sports participation to a teenager? *In the Mix* helps teens understand the positive role that athletics can play in every aspect of their lives. Co-hosted by NBA superstar **Stephon Marbury**,



we profile a group of teens who invented their own sport, and visit with a group of girls who formed a softball league that really turned their lives around. The special also includes an interview with Olympic Gold Medalist **Amy Van Dyken** who explains why she started swimming, what keeps her going, and how she deals with the physical challenges of asthma. We meet a teacher

who created an after-school running club to show her students that sports is not always about winning, but also about learning how to set and meet their goals.

"Without being didactic, the program uses actual experiences of teenagers to motivate other youth to become involved with some kind of sport. It could be used by counselors with individual teenagers or as a motivational tool by groups such as YMCA or YWCA."

—School Library Journal

"... this episode on sports is loaded with good ideas, interesting segments, and the message, 'There's an athlete in everyone. You just have to find it.' The show is fun and friendly, never preachy and totally convincing."—Video Librarian

424: SELF IMAGE—THE FANTASY, THE REALITY * † SP ES

What is "the perfect body", and why does everyone want it? *In the Mix* digs deep into the American obsession with body image, taking a zoom lens to the images we see on television and billboards, in films, and magazines. Young men and women speak their minds about how waif-thin models and macho-men make them feel about themselves. We also hear from young people who survived eating disorders and steroid abuse, as well as from teens who are getting help on the road to healthy self-esteem. Model agency head **Katie Ford** and magazine editor **Lesley Seymour** offer valuable insights and advice, raising an awareness of what's real and what's fantasy in the media. With the help of *In the Mix*, teens will learn how to "tune-out" media images and listen to who they really are.

"... lively hosts, suggestions on getting help, and dynamic audio and photographic techniques make a winning mix that will grab the audience's attention and lead to discussion about these issues."

—School Library Journal

425: COMPUTER LITERACY AND CAREERS—GET PLUGGED IN (1999) *

In the Mix shows how computers play an integral part in a wide range of fields, especially those of high interest to teens such as communications, music composing and fashion design. We meet teen girls who see how easy it is to use the Internet for everything from homework to international chats. We demonstrate how computer literacy gives you a big advantage when job hunting and can lead to higher salaries. Finally, this special directs teens to where they can obtain access and training on computers if they do not have one at home.

"The program definitely accomplishes its main goal: to convince teens that computer literacy is not only fun, but crucial to their futures... Highly recommended."—Video Librarian

426: SMOKING: THE TRUTH UNFILTERED * † SP ES

Co-Hosted by supermodel **Tyra Banks**, *In the Mix* tackles smoking prevention in a high energy, in-depth program that dispels common misconceptions among teens. Featured segments include a hard look at the addictive aspects of tobacco as well as the wide range of physical effects; profiles of teens who are kicking the habit; a profile of a young woman suffering from emphysema; and an ex-Lucky Strike cigarette model who has cancer. Interviews with Bill Novelli, marketing expert and past president of the



Campaign for Tobacco-Free Kids, and teen activists are aimed at raising awareness of how cigarette companies target teens and manipulate them into smoking. The goal is to convince teens that smoking is detrimental to their health in the present and near future—not just 30 or 40 years down the line.

Endorsed by the Centers for Disease Control's Office on Smoking and Health

"...this In the Mix episode tackles smoking prevention with a fresh outlook... Realistic and informative, [it] provides insight into the dangers of smoking while urging teens to be healthy and smart."

—Youth Today

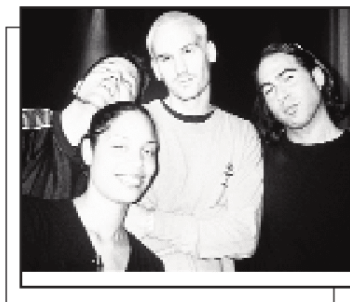
427: GUN VIOLENCE: LIVE BY THE GUN, DIE BY THE GUN * ES

Every 24 hours, 16 young people are shot and killed. This *In the Mix* special, co-hosted by rapper/activist **Chuck D** and actor **Billy Baldwin** looks at why young people are carrying guns, their devastating impact and how youth nationwide are taking action to fight gun violence. *In the Mix* profiles convicts, gang members, ex-gang members and activists who speak openly about guns. In a moving segment, reporter Andrea joins a support session with young people who are coping with the loss of a loved one to gun violence. Activist Sarah Brady, Chair of the Center to Prevent Handgun Violence, discusses the legal issues surrounding guns and provides suggestions about how young people can take action to fight gun violence in their communities.

Young Adult Library Services Association's "Select" list

429: DEPRESSION: ON THE EDGE * † SP ES

This program, co-hosted by popular music group **Third Eye Blind**, covers teen angst from normal "blues," to clinical depression, to suicide and shows when, how, and where teens can get help.



In the Mix also visits Pierre, South Dakota, a small town with the highest per capita rate of teen suicide in the United States. Teen activists in Pierre have joined together to institute a program to help other teens deal with depression and prevent suicide in their community. Most importantly, the program breaks down the social stigma of depression that leads many teens to deny and hide their

problem. Through information and dialogue teens will get the facts and be better able to help themselves and their peers battle this growing national epidemic.

Winner of the National Mental Health Association's Award for journalistic excellence

"On the Edge provides counselors with an opportunity to lead a discussion as a preventive strategy: It should be used in every middle and high school."—Nancy Perry, Executive Director, American School Counselor Association

430: TEENS AROUND THE WORLD

This unique program explores the lives of teenagers from the Philippines, Russia, Namibia, Korea, Egypt, India and England. Through meeting teens from other countries, American teens learn about the differences and the common ground shared with their peers. We see them in their homes, in school, at work and just having fun. We hear about the uniqueness of each country's culture and the common issues teens face such as violence, substance abuse and relationships. The program provides insight into the ways teens of other cultures live, promoting tolerance and understanding of other cultures.

431: TEEN IMMIGRANTS—FIVE AMERICAN STORIES *

A record number of immigrants are being naturalized in America, especially Hispanic and Asian groups. However, animosity towards immigrants and tensions over race and customs are often sources of violent confrontations. As one young immigrant described it, America is less of a melting pot and more of a "salad bowl with lots of little chunks." *In the Mix* profiles five teen immigrants from different races and countries, including the Dominican Republic, China, Russia, Africa and India/Tanzania, to convey a deeper understanding of their motivation in coming to America. We learn about the experiences and challenges they face, as well as their aspirations for the future. In addition to breaking down stereotypes, the program is also supportive and of high interest to teen immigrants.

"I was extremely excited when your website (program) came up. I know Cecil County students' multicultural awareness will be greatly enriched if given the opportunity to read and learn from such wonderful primary source."—Jane Doud, Maryland

"I'm always on the look-out for resources. I implement training for teachers on how to use effective teaching and support strategies for youngsters who are immigrating."—Melodee Zamudio, CA

432: CONSUMER SMARTS

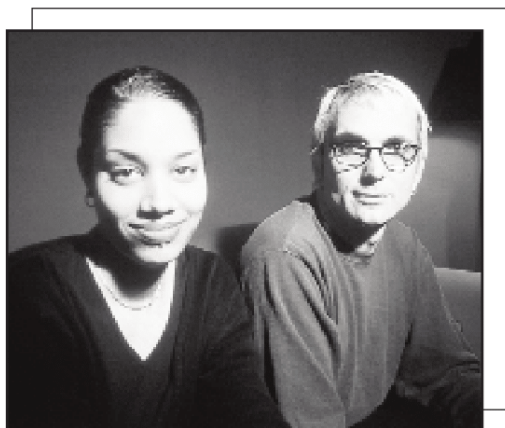
Did you know that teens will spend over 100 BILLION dollars this year on all kinds of stuff? Are we getting the most for our money or are we getting scammed? Our *In the Mix* interns worked around the clock to bring you their favorite consumer segments. Find out how to make a demo tape, break into the music biz, or simply what audio cassette is best for creating your own hot mixes. Plus everything you need to know if you're thinking about getting a tattoo. From car repairs to modeling, *In the Mix* gives you the lowdown on how NOT to get ripped off.

433: DRUG ABUSE: ALTERED STATES * † ES

Drug abuse among teens is a harsh reality—in cities, suburbs and small towns. Co-hosted by **Art Alexakis** of the rock band **Everclear**, this half-hour special dispels the image of drugs as cool and glamorous. **Dr. Alan Leshner**, Director of the National Institute on Drug Abuse, gives the hard facts on how different drugs affect the body and counters common myths. Viewers also see the social consequences of drugs as *In the Mix* visits a prison boot camp, where teen cadets are straightening out their lives, and a residential treatment center, where teens are dealing with their addiction. We also meet teens who are taking a tough stand against drugs who show that it is possible to say “No” and remain cool. To get the “Dope” on drugs, this is the program to watch.

Winner of the PRISM award

“a hard-hitting look at teenage drug abuse...fast, edgy editing, creative shooting, celebrity co-host, and a distinctly teenage perspective. Recommended.”—Video Librarian



434: SCHOOL VIOLENCE: ANSWERS FROM THE INSIDE * † ES

Cliques and groups may be part of school life...but stereotyping, scapegoating, and conflict are not an inevitable result. In response to the recent incidents of violence in schools, this special, hosted by *ER*'s **Kellie Martin**, explores the reasons behind the tensions, plus what students as well as schools can do to prevent them from escalating. We take an in-depth look, through the eyes and voices of its students, at a diverse suburban school that has a variety of pro-active student centered programs in place. These programs include peer mediation, conflict resolution, anger management and communication training, human relations groups and mentoring. They are working to help prevent violence and break down stereotypes, creating a more respectful and tolerant school community.

Young Adult Library Services Association's "Select" list

“The skills shown will help teach students how to prevent potentially violent situations at their own schools...should be shown in group situations...useful to schools or youth groups...viewers are sure to identify with the teens featured.”—School Library Journal

435: FINANCIAL LITERACY: ON THE MONEY * SP



Today's teens have more money than ever before, but do they know how to handle it? Co-hosted by *Cosby*'s **Doug E. Doug**, this program takes an in-depth look at what teens need to know about money. Experts give tips on opening a

checking and savings account and avoiding credit card debt... a growing problem. Teens share advice on how to create a personal

budget that really works and we meet several teens with unique jobs to see how they manage their money. Finally, an economics teacher gives clear explanations of terms such as supply and demand, inflation, interest rates, and opportunity cost by showing how they relate to teens' lives.

Winner of the CINE Golden Eagle Award

“...provides useful economic guidance for teens. Recommended.”—Video Librarian

436: CLIQUES † ES

In this companion program to *School Violence*, we explore the various cliques that exist in schools, each with their own set of dress codes, slang, and behavior...as well as the reasons for being part of a group. Viewers meet among others, the “popular girls,” “skaters,” “goths,” and “floaters.” From the popular group to the loners, kids say they experience harassment and often feel misunderstood. Teens who were “loners” also speak frankly about how they reached out to make friends. We see how stereotyping creates rifts between groups and often leads to cruelty and mistreatment of individuals. Through understanding the people behind the labels, viewers discover they are individuals with a lot more in common than they thought.

“This video will make an excellent discussion starter, and every high schooler will have an opinion on this very relevant topic. Recommended.”—Video Librarian

437: INTERNS & VOLUNTEERS: GIVING & GETTING BACK

Hosted by *In the Mix* interns, this program looks at various ways teens can gain valuable skills and a head start on careers while making a positive difference in the world. We meet teens volunteering at *Youthline*, a hotline for their peers; teens who started a mentoring program in their neighborhood, and teen environmental activists who cleaned up their beach. We also take an ambulance ride with an amazing group of teens and lifesaving EMT's, and we see how other teens build a house on their spring break. Plus the winner of a scholarship award and a teen intern at *Polygram Records* who designs album covers share their experiences. They all give their time to help others, but they also get back much more in experience and self-esteem.

“The sincerity of the volunteers and the interviewers are genuine and appealing. The visuals are “hip” and quick moving. An excellent choice for all schools, community groups, and individual teens who are thinking about doing volunteer work.”

—School Library Journal

438: SEX: EVERYONE'S DOING IT—NOT! * † SP ES

This special is aimed at raising awareness among teens that not “everyone” is having sex and that you don't have to be sexually active to be popular or be in a loving relationship. Teens from across the country discuss the pressure from their peers and partners to have sex before they are ready, and the effect of the media that too often glamorizes sex as “cool” and consequence-free. Using humor and real experiences, the program shows the emotional and physical consequences of being sexually active and empowers viewers to stick by their decision to wait, providing the practical skills to resist pressures.

“Providing a hard-hitting, peer based approach to a sensitive subject, this insightful discussion starter is highly recommended.”

—Video Librarian

439: DEALING WITH DEATH * ES

We're constantly surrounded by death in the media, in the news, and in our own lives. Yet it's often a taboo subject in families, schools, and communities; teens who lose loved ones—whether to illness, suicide, or violence—are left to face their pain alone. With this special, *In the Mix* breaks the silence and encourages young people to express their thoughts and experiences surrounding

the issue. We meet young video makers, writers, and photographers who are using artistic resources and creativity to help themselves and their peers confront issues of dying. Laura, a teen surviving under the shadow of cystic fibrosis, talks about how it feels to outlive her friends, and one young man shares his heartbreak over his father's suicide. The program also visits a bereavement support group where teens participate in frank discussion and creative activities, empowering them to cope with loss. The message from all these young people is loud and clear...It's not only OK to talk about death, it's essential.

"These frank discussions about a painful subject could be used with support groups, by individuals, or as a part of a unit of study on death and grieving."—School Library Journal

440: POLITICS...SIFTING THRU THE SPIN

According to recent surveys, teens and young adults are apathetic or highly cynical about politics. This half-hour *In the Mix* special focuses on political literacy in order to raise awareness and understanding of how candidates use the media to convey their positions on issues. Join our teen political reporters as they sift through the spin from journalists and politicians to discover ways to find out positions on the issues. We go behind the surface of political ads; see how the Internet can provide accurate information and discover why our voices really matter. Some of the many reporters, pundits and personalities interviewed range from **Bob Dole, Dan Rather, Mary Matalin, Tom Brokaw, Bill Schneider** to **Johnny Rotten, WWF's "The Rock"** and *Comedy Central's* **Jon Stewart**.

441: SOCCER...KICKIN' BUTTS! *

Hosted by members of the U.S. Women's National Soccer Team (**Tiffany Milbrett, Lorrie Fair, and Shannon MacMillan**), this half-hour special encourages teens to pick up a soccer ball rather than a cigarette. Soccer stars from the Women's and Men's National teams, including **Eddie Pope, Bobbie Convey** and **Danielle Slaton** talk about how their involvement with soccer helped them stand up to peer pressure to smoke. Viewers also meet teen soccer players who volunteer as anti-tobacco advocates, spreading the word about the dangers of smoking. Experts explain how cigarettes, as well as second hand smoke, effect athletic performances. **Dr. Alan Leshner**, former Director of the National Institute on Drug Abuse, explains the brain chemistry of nicotine addiction and debunks popular myths.

442: WHAT'S NORMAL: OVERCOMING OBSTACLES AND STEREOTYPES ES

Most teens are concerned about being "normal" and "fitting in." But what if you also have to cope with being different in some way? In this program, teens speak out honestly...and show how they live with physical problems that include learning disabilities, deafness, and loss of a leg. We also meet teens living in foster care group homes and gay teens who face their own challenges. By getting to know the people behind the stereotypes and how they want to be treated, viewers gain empathy and a new understanding of what "normal" really means.

"This excellent program can be used in any class or group where teachers want to acknowledge and respect individual differences."—School Library Journal

"Where the unknown or different tends to make people afraid and exclusionary, this program focuses on the commonalties shared by kids everywhere, helping them to replace social barriers with bridges."—Video Librarian

443: ECSTASY * SP ES

No longer just used in clubs, ecstasy and other drugs like special K, LSD, GHB and Crystal Meth are finding their way into schools and homes as their use grows among young teenagers who view them as "harmless fun." Teens in rehab talk candidly about their common experiences with ecstasy and the devastating effects on their lives. We ride along with an undercover cop and teen EMTs,

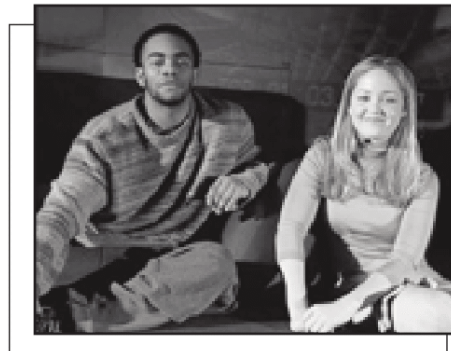
plus we interview **Dr. Alan Leshner**, former director of NIDA, and a District Attorney. Co-hosted by **Erika Christensen**, the teen addict in the movie *Traffic*, this special raises awareness about club drugs by showing their dangers, defining the penalties and exposing misconceptions.

Winner PRISM Award

Young Adult Library Services Association's "Select" list

"...a riveting real-life video about the harmful drug."—Youth Today

"...informative, fast moving video."—School Library Journal



444: SHOW BIZ 101: NO GUTS, NO GLORY

More than just talent and luck, it takes a hard-nosed attitude to break into show business. In the special, we shine the spotlight on a group of teens trying to make it as dancers, singers, rappers and stand-up comedians to find out what drives their hearts and minds when auditioning and performing. We also meet three talented teens in the world famous *Cirque du Soleil* and see how they balance the rigors of touring with their personal lives. With lots of advice from talented teens and established professionals this special offers a head start to those interested in a career on stage.

445: 9-11: LOOKING BACK...MOVING FORWARD *

Since 9-11, Americans have heard conflicting messages that "the world is forever changed," yet "we must return to our normal routines and activities." Through the eyes of high school teens near Ground Zero and others living outside of New York, this program explores how the tragedy and ongoing events have impacted the way teens now view the world and their future. We see who and what has helped them (school, parents, friends), and what they are doing to help each other. A school counselor stresses the importance of expressing their feelings. They also discuss issues such as stereotyping, cultural understanding, the media, and civil liberties. We meet a Muslim girl who copes with the emotional impact of prejudice and misunderstanding through writing. The teens also relate the positive changes such as, feeling closer to family and friends; gaining more perspective on what's important in life; realizing the need for tolerance; and having a new interest in world affairs. As one teen explains: in the past they had *sympathy* for teens in other countries who live with the daily threat of violence; now, they have *empathy*.



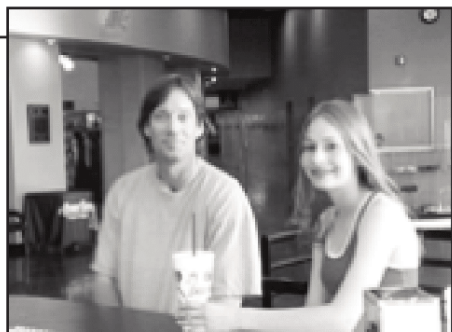
Young Adult Library Services Association's "Select" list

"This uplifting title not only prompts discussion but shows viewers how positive lessons can be learned from this shattering tragedy."—L.A. Times

446: STEROIDS: THE HARD TRUTH * ES

Steroid use is growing in popularity among high school athletes and non-athletes alike. Co-hosted by **Kevin Sorbo**, star of popular TV series *Hercules and Andromeda*, this program addresses the use of supplements and illegal anabolic steroids by girls as well as boys. In this special, teens from across the country discuss the media influence as well as pressure from coaches and friends as contributing to the allure of steroids for sports and self-image. We hear from an ex-user who describes how his use had devastating effects on his life. Medical experts, including the directors of an effective steroid prevention program, explain the dangerous side effects of and the misconceptions about steroids. We also visit a steroid prevention program in the Portland high schools where teens, doctors, physical trainers and a nutritionist show how to build up by eating and exercising the right way.

Winner PRISM Commendation Award



501: LIVING WITH CHANGE *

As one girl said soon after 9-11, “our lives have changed in so many ways and we won’t really know how until the dust settles.” In this program we highlight how teens across the country have responded and coped with the impact of the ongoing events of the past year. Interviews include: teens who were closest to Ground Zero and have returned to their schools; a teen EMT who volunteered at the site; teens who abused drugs but stopped after 9-11; and a girl who lost her stepfather, a fireman. Students in California and Colorado also speak out about how they are coping and their hopes for the future.

“This video is a good starting point to get students to talk about their feelings concerning 9-11 or any other trauma they have experienced. Libraries serving teen, their parents, and adults who work with teens will find a wide audience for this video.”

—*School Library Journal*

502: MEDIA LITERACY: GET THE NEWS? *

Many teens are more interested in the news now than they ever were before 9-11, but too many others are turning off the news due to information overload, cynicism and fears. This program explores how news coverage on TV, on the Internet and in print affects the way teens are coping with their changed world. It also helps them understand how to select, compare and interpret what they see and read in the news. In their search for answers, *In the Mix* teen reporters interview FOX News’ Bill O’Reilly; ABC’s Peter Jennings; Barry Gross, chief copy editor of the *New York Post*; CNN’s and MTV’s young reporter, Serena Altschul; Janine Jackson, the program coordinator of FAIR (Fairness and Accuracy In Reporting).

Winner of the CINE Golden Eagle Award

503: DEALING WITH DIFFERENCES *

Hosted by **Jason Biggs**, this program explores what schools, groups and individuals are doing to promote racial, religious and cultural understanding at a time when growing numbers of Arab-Americans and Muslims are being victimized. A Sikh teen that has been harassed and Muslim teens from various countries dispel stereotypes by providing information about their different forms of Islamic religion and culture. They discuss how they have been affected and explain the differences between themselves and extremists. We also hear from Palestinian and Israeli teens who lived together at a summer camp and found solutions to co-existence. See how a diverse group of teen peer educators are working to prevent any form of stereotyping.

Winner of the CINE Golden Eagle Award



504: SELF-ESTEEM: BUILDING STRENGTHS * SP ES

Both boys and girls face a drop in confidence as they enter puberty. This program helps teens develop self-esteem by focusing on physical, mental and emotional strengths. We follow teens as they participate in challenging activities and workshops given by psychologists and celebrity role models, including athletes **Tiffany Millbrett** and **Lisa Leslie**. Along with an adolescent development expert, they answer questions and give specific advice on setting goals, coping with mistakes, negative thinking, bullying, choosing friends, dealing with emotions, problem solving and other critical issues. Boys and girls also speak out about the pressure to fit in and other stresses. Viewers see how these teens learn to create their own definitions of strength and self-esteem. The program is primarily directed towards middle school grades, but it is also relevant for high school use.

“...combines interviews with teens, psychologists, and athletes with practical strategies. Recommended”—*Video Librarian*

“A wide range of ages and physical types of student participants are included in the discussions. Video and audio is well done and clear. This video could serve as an excellent starting point for class discussions or guidance program.”—*School Library Journal*

505: LIVING WITH... *

This program addresses the most critical issues and problems concerning school, friends and family that challenge young people who are coping with serious and/or chronic conditions. Teens speak frankly from their experiences—sharing their concerns and advice with insight and humor. A boy describes his ways of dealing with Crohn’s; a girl copes with Juvenile Diabetes; and other teens that are in treatment for asthma, cancer and sickle cell anemia give facts, and dispel misconceptions. They all stress that they want to be treated as normal teenagers.



“The well-spoken adolescents, who represent a variety of backgrounds, openly share their experiences and discuss the impact of their afflictions on their lives. Including information on treatments and side effects, this video takes an honest and insightful look at a topic not often discussed among teens.”—Booklist

*Young Adult Library Services Association’s “Select” list
Winner of the CINE Golden Eagle Award*

506: STUDENT POWER: ORGANIZING FOR SCHOOL REFORM *

When you are a teen, school is the center of your life and has a direct impact on your future. Yet, the majority of teens feel helpless to effect the change that is needed to get a better education, particularly in underprivileged urban and rural areas. This episode profiles youth led organizations engaged in grassroots activism around issues of school reform including, *Youth Organizing Communities*, an East Los Angeles group working from within the largest public high school in the country, Providence-based *Youth In Action*, and *Publicolor*, a group that paints neglected New York area schools. The program shows the process, obstacles, training of youth leaders, and identification of issues involved in successful school reform.

“The informed and well spoken teen leaders offer intelligent suggestions and discuss strategies for success. Presenting reminders about utilizing creative solutions and offering realistic demands, this well-produced video will be popular with its intended audience.”—Booklist

*Young Adult Library Services Association’s “Select” list
Winner of the CINE Golden Eagle Award*

507: VOICES FROM IRAQ

This program explores what happened when teens in Baghdad met with their peers in Bloomfield, Connecticut via videoconference just before the war began. During this live face-to-face interaction the students discussed their similarities and differences, and U.S. teens learned about the Iraqi teens’ culture and daily lives, going into their homes and schools. In the process, many stereotypes were dispelled. The teens spoke about what it is like to be a teen in the present day and their hopes for the future. We also catch up with the same teens after the war.

601: IRAQ: UNPLUGGED

This new special from *In the Mix*, covers an intense and informative second videoconference exchange between a group of Iraqi teens from Baghdad and their peers from a Connecticut school just weeks after the Bush administration declared an end to major combat in Iraq. *Iraq Unplugged* offers viewers a unique insight on post-Saddam Iraq through the eyes of the teens who lived through the war. They openly talk about their experiences, their attitudes about the U.S. role and their hopes for the future.

602: ARTS EDUCATION...A+ *



What does art mean to you? **Wynton Marsalis**, the highly acclaimed jazz musician and composer highlighted in this program says, “The arts are created to give us an objective way to look at ourselves.” This *In the Mix* special features diverse teens who describe how arts

education has had a positive impact on their attitudes, emotions, behavior, academic and even athletic performance, as well as their relationships with peers and parents. It also highlights creative

ways in which schools are making arts education available in the face of budget cuts. Segments include: Wynton Marsalis and teens who participate in the national Lincoln Center High School Jazz Competition; a Los Angeles mentoring program that teaches poetry, songwriting and more; and a dance program available to high school students.

“Energized teens comment on their unexpected success and the joy that arts brings to their lives. Useful to spark interest in high school art classes, this insightful program should be mandatory viewing for school boards and administrators considering elimination of arts programs.”—Booklist

Young Adult Library Services Association’s “Select” list

*“...in addition to providing a wonderful inspiration for creative teens, the video would be useful for individuals or groups looking to offer or expand arts programming in their schools or communities”
—School Library Journal*

604: ETHICS: CHEATING AND PLAGIARISM *

Is copying homework from a friend considered cheating? What about the internet? The issue of cheating in schools is more prevalent and relevant than ever in today’s culture. Polls show that 80% of high school students admit to having cheated and it is a real hot button among teens. In this program, teens speak out frankly about the reasons they feel the need to cheat. They also raise questions about the definition of cheating and when it can be considered acceptable if ever. We then meet ninth graders from a New Jersey high school who are required to participate in a series of ethics courses covering a variety of ethics topics. As we sit in on a cheating and plagiarism workshop, we see them wrestle with typical situations and come up with solutions. The students also discuss the long term effects of cheating and ways that it might be prevented. This program is designed to open classroom discussion and critical thinking about ethical behavior among students in grades 5-12.

*“This video addresses a troubling topic in an intelligent manner.”
—Booklist*



701: WHAT MAKES A TEACHER WORTH LISTENING TO? *

All too often, schools are highlighted for their shortcomings and failures. For this program, student filmmakers produced short documentaries about what they think makes a great teacher. In Oakland, we meet two teachers who transfer their knowledge into interactive teaching techniques to create a successful learning experience. In the East, a French teacher shows how to grab students' attention. In Utah, teachers use art, music and dance to make poetry come alive. Finally, we see how a NYC video center helps a gang member, at risk of dropping out of school, turn around to achieve academic and creative success.

702: WHAT MAKES A SCHOOL WORTH GOING TO? *

What makes a school worth going to? Four youth media teams set out to answer this important question by creating short personal documentaries about their schools. Thomas, in New Mexico, does poorly in academic subjects until he discovers unrecognized skills in a school arts program and gains the confidence to tackle more academic subjects. In Evanston, IL, students show that excellent teaching requires a mixture of inspiring pedagogy, emotional coaching and a strong dose of personalized attention. Students in San Antonio highlight a successful magnet school with only 450 students, teachers and administrators. Finally, an arts education program provides academic and personal security for students in Minnesota.

703: DIVORCE AND STEP FAMILIES: BREAKING APART/COMING TOGETHER * ES

This unique program speaks to a diversity of middle and high school teenagers who have been impacted by divorce, including those whose parents have recently separated or are in the process of divorce; and teens in stepfamilies. Teens and counselors explore solutions to problems such as custody arrangements, visitation, and building new relationships with single parents. In another support group, high school teens mentor children in grades 4-6 who are coping with similar situations. We also meet an interracial stepfamily and see how they successfully work at coming together. Through sharing personal experience and advice, this program helps teens and provides ways friends can offer support.

"This highly personal, upbeat, and forward-looking collage of feelings and reflection is a welcome breath of fresh air and a terrific discussion starter."—Booklist

704: SELF EXPRESSION AROUND THE WORLD

Co-hosted by musician and composer, **Moby**, this program focuses on the importance of self-expression and mentoring as a way for teens to learn life skills, such as cooperation, communication, organization, time management, self-confidence and problem solving. Viewers see how teens in Canada, Turkey, China and Mexico express themselves in a variety of ways, including art, poetry, music and video. In Dallas, we follow students as they create Digital Stories on the topic of "Global Destiny" that they share on the Internet. The episode encourages other young people to be creative and make a difference in their communities.

"An interesting way to make students aware of the value of mentoring and the valuable life skills that can be learned."
—School Library Journal

"Another winning entry in the ongoing In The Mix series."
—Booklist

705: FIT FOR LIFE: EAT SMART & EXERCISE * SP ES

An estimated 15% are considered overweight or obese, with the numbers growing. In this program, four diverse teen reporters point out the dangers of an unhealthy lifestyle and help viewers make smart choices. They give easy to use information about reading labels to find the fat and sugar in food; exercising at home; eating well at fast food restaurants; changing family habits; and much more. They also visit a school that makes nutrition and fitness part of the curriculum; and a Boys & Girls Club where middle school teens share nutrition basics and fun activities. Through humor, surprising facts and compelling personal stories, teens and parents see how they can also have more energy and self-esteem through a healthy lifestyle.



"This well-paced production easily holds the attention of its intended audience and is a good choice for classroom study of fitness and healthy eating."—Booklist

706: LOVE SHOULDN'T HURT: Recognizing Dating Violence * (18 minutes)

Dating violence is a serious problem affecting 1 in every 5 girls. This program features a yearly county wide symposium to raise awareness and educate both sexes. Attended by nearly 300 diverse teens, the highlight is a group of peer educators who perform vignettes and then answer in character to questions raised by audience members who also give advice. It opens discussion among boys and girls on this critical issue.

"...effectively portrays some red flags of dating violence in a social context teens will relate to."—School Library Journal

707: HOW YOU LOOK IS NOT WHO YOU ARE: TEENS TALK EATING DISORDERS * (20 minutes)

A diverse group of girls and boys talk about their eating disorders, their symptoms, their feelings, how they got help, and what it's like to be a friend of someone with an eating disorder. Healthy teens talk about the pressure to look good, and reveal what they think is really attractive. A doctor gives clear warning about physical dangers of eating disorders and assures teens that help is available.

801: STOP BULLYING...TAKE A STAND! * SP ES



Hosted by **Erika Harold**, Miss America 2003, herself a victim of severe harassment, this solution oriented program presents a comprehensive and multifaceted approach to preventing bullying. It also provides help

and advice to victims, parents and bystanders. Her personal experience is interwoven with compelling personal stories of teens who have also been bullied. This episode promotes awareness about the various forms of bullying and harassment (verbal, sexual, physical, cyber). Teens are also strongly encouraged to seek help from a trusted adult, such as a parent or school counselor before the problem escalates. The program's approach and information is based on the latest research and recommendations of HRSA's National Bullying Campaign.

"...must buy for school libraries."—Booklist

802: FIND YOUR VOICE *

In the Mix explores a unique workshop that helped a group of teens tackle common communication fears like speaking up in class, reading out loud, or even really listening to someone else. Their guide was an experienced communication coach, the founder of Find Your Voice, Inc. The diverse group begins a 10-week after-school workshop with all kinds of common communication challenges: Some don't speak English well, most fear talking in front of others, while others have problems staying focused. But the obstacles begin to melt away when the coach creates a safe and trusting environment for them to test new waters. They each learn and perform a monologue from a published play, write and revise a short play of their own, act in one another's plays, and finally perform them in a theater for a public audience. After many trials and triumphs, the teens end their journey transformed into much more confident communicators.

"...the coach's techniques can be used in drama, speech, and language arts classes to help students become more confident communicators."—**School Library Journal**

803: VOICES FROM INSIDE: Incarcerated Teens Speak Out (20 minutes) *

Appropriate for violence prevention programs in middle and high school. Recent statistics reveal that over 91,000 teens find themselves behind bars each year, where they realize the harsh reality of life in prison after it is too late. With the 'get tough' legislation spreading across America, more teens are being tried in court as adults, with 77,000 youths incarcerated in adult jails and prisons. This program features teens, as well as former inmates, sentenced to juvenile and adult detention facilities in California, New Jersey, and New York for crimes ranging from burglary, to assault, to homicide. They expose the grim truth about life in prison, shattering the unrealistic illusions of others who might view prison as a badge of honor. They also send a strong message to teens to think about the consequences of actions and gang associations that could have an impact on their lives and families forever.

"Guaranteed to start discussion."—**Booklist**

"In the Mix's by teens, for teens approach lends credibility to this difficult topic, and the program will serve as an important discussion starter, especially with at-risk students."

—**School Library Journal**

"...viewers will come away with an understanding that any time spent behind bars is a heavy price to pay."—**Video Librarian**

805: ABUSIVE RELATIONSHIPS: Get Help, Get Out *

"Many teens think an abusive relationship is usually a guy hitting a girl and just beating her," observes one of the many perceptive teens in this powerful program about abuse in adolescent relationships. What this young woman already knows, and viewers will soon discover, is that abuse comes in many different forms, and it can be hard to recognize at first. Teenagers of diverse backgrounds, including Native Americans, speak frankly about their experiences with dating violence. What make this program particularly unique are the stories from a male victim as well as siblings and friends. The program is organized into sections which first teach teens how to identify abuse and then answer these important questions: What happens next? Why not leave? When did you realize? How do you get out? Who can help? Where do you go from here? What would you tell others? This program raises awareness about the various resources available – teachers, counselors, friends, parents— and also encourages bystanders to speak out.

"...a great resource for engaging teens in discussion about dating violence and abuse. It's honest, and it's paced to keep teens interested. It's also one of the only videos that addresses the taboo issue of a male being abused by his female partner."

—**Kerry Moles, LMSW, Director, Family Wellness Program, The Children's Aid Society, NYC**

"A winner for health classes and counseling sessions."

—**School Library Journal**

901: NATIVE AMERICAN TEENS: Who We Are *

What's it like to be a young Native American today?

Teens from throughout the United States share their stories in this "In the Mix" special co-hosted by rap star and film actor **Litefoot**.

Shot around the country, the program features a champion lacrosse player from western New York, a Grammy-nominated flute player from rural Idaho, and short films made by teens in Alaska

and Washington State. A group of young leaders from cities and reservation also weigh in on the issues that affect them everyday—common misconceptions and stereotypes about Native Americans; how they balance traditional culture with contemporary concerns; and their hopes for the future.

"...there is a definite need for materials that help Native American teens connect with their heritage as a means of gaining focus and motivation in their own lives ...Recommended."—**Video Librarian**



902: DEPRESSION? What YOU Can Do!

(ages 10-17; 22 minutes)

There's no question that serious depression, self-mutilation, suicide attempts and deaths are increasing among middle school age youth. The earlier it is identified and treated, the better the prognosis. However, the signs are often dismissed as typical adolescent moods. Friends or siblings are often the first to suspect a problem and are often the only ones the person will confide in, with the pressure to promise not to tell anyone. Sadly, most young teens are reluctant to break a promise, fearing to lose a friend or seem untrustworthy. The program is primarily directed at middle school students who are seriously depressed, self-mutilating or at risk of suicide; also their friends, peers and siblings. However, since younger children will "watch up" and older teens can relate to the topic, it reaches a wide age range, both male and female.

- Helps teens recognize the signs of serious depression in themselves and others
- De-stigmatizes and dispels misconceptions about depression; such as it's a sign of weakness, or people can help themselves
- Encourages a depressed teen to talk to someone, preferably an adult
- Educates about what not to say or do when a friend or sibling confides they are depressed; and makes it clear what to say and do
- Changes the common belief that you must never break a trust or promise Identifies trusted adults to talk to, such as a parent, school counselor, teacher, clergy
- Provides an educational resource for counselors, teachers, mental health professionals and others

"Many youngsters are dealing with depression, either their own or their friends. This age-appropriate program interweaves the powerful story of a 15-year-old girl's struggles with depression with discussions among a diverse group of 13-year-olds who talk about helping friends face emotional issues. A school counselor and child psychiatrist list signs of depression, describe treatment, and explain how self-mutilation, drugs, and alcohol make symptoms more severe. Frequent onscreen captions reinforce how to handle various situations. Viewers are urged to take symptoms seriously and seek help immediately from trusted adults—even if they have pledged secrecy to a troubled friend. This reassuring In the Mix series title helps kids recognize symptoms and act on early warning signs."—Booklist

903: BRIDGING THE YEARS... Teens and Seniors Mix it Up*

Intergenerational programs are on the rise across the country, providing a place for teenagers and senior citizens to come together to share talents, resources, and support. First, we see how much fun high school art students and older adults at the senior center have working together to create murals and mosaic tables to beautify a local community park in their small town. Then we visit an intergenerational center with a unique program that pairs autistic teens with surrogate "grandmas and grandpas" who work patiently to improve the teens' communication and social skills. High school volunteers also enjoy helping at the center. We close with a theatrical flourish as older Hispanic women and at-risk students in NYC inspire each other as they create and perform a play to a full house. Throughout this program we hear how stereotypes are dispelled as the groups realize how much they have in common. In addition to having fun, the teens find emotional support and welcome advice, and the seniors feel useful. It's a "win-win" for everyone, and encourages teens to volunteer with seniors.

"In this upbeat film, the latest in the ongoing In the Mix series, high-school students and seniors use art, recreational activities, and theater to find a common ground. Kids looking for ideas and projects will be inspired." **Booklist**

904: PEER MEDIATION... A Process of Respect

(14 min)

We visit a diverse small city school that has a variety of pro-active student centered programs in place. When a fight breaks out in the cafeteria, the two boys choose to participate in peer mediation rather than face the administration. We follow the session as two experienced student mediators explain and lead them through the process. After setting the rules, they ask each to describe the incident, their feelings and past relationship. Then they help clarify the problems creating the hostility. The boys are encouraged to suggest their own solutions and a contract is written out, which they both agree to and sign. Graphics reinforce the steps in the mediation procedure. By the end, the boys acknowledge how it has helped not only them, but has diffused tensions among their groups at the school. The peer mediators share how their training has also benefited their relationships with their friends and family. This program can be used to raise awareness among students about peer mediation, encouraging those in a conflict to choose this option, as well as those interested in becoming mediators. It also provides a training tool for counselors and others starting peer mediation programs.

905: CONFLICT RESOLUTION... Thinking It Through

(17 min)

We follow a group of high school students as they participate in a conflict resolution workshop led by an experienced facilitator and social worker who encourages them to develop their own solutions. After each student describes a recent conflict with a friend or family, they explore ways they commonly handle conflicts...avoiding, confronting, or problem solving and communication...finding it is often based on the situation. One student points out that conflict can be an opportunity to strengthen relationships if dealt with properly; however it is difficult. The facilitator then helps them understand basic communication skills, including how to use "I" messages to open a discussion and what it takes to be a good listener. The students practice these skills, applying them to their recent conflicts. This program is useful to open discussion on conflict resolution and communication. It can also be used to train teachers and others in conducting similar workshops.

906: STRESS Rx... Yoga and Meditation

(16 min. Grades 6-10)

Stress...from school, friends and family issues...is common among students. This latest video focuses on integrated wellness as we introduce a diverse group of stressed out eighth graders to twice-weekly sessions of yoga and meditation. Some of the teens are experiencing headaches, dropping grades, sleeping too little or too much, and depression. Others turn their stress outward in anger and violence toward others. However, they are clear about their desire to better handle stress and change their behaviors. Over the course of three months, we see how they acquire the skills to deal with their issues in a constructive way. Viewers will gain an understanding of the mind/body connection, and even learn a few stretches and breathing exercises they can use to relieve stress and improve mental and physical agility. Teachers, counselors and social workers can use the video to open discussion in the context of stress reduction, anger management, and violence prevention. This unique video is part instructional, part inspirational.

*"This was a wonderful dvd and I used it with a class of students with Aspergers Syndrome"...***H.S. Occupational Therapist**

"...the most successful new program I have seen in terms of inspiring and helping students. Many students have confided to me that they use the yoga at home. Others like it as a new gym option." **...Laurie Bernstein, M.S. Guidance Counselor**

907: YOUTH AGAINST METH: Not Even Once

(16 min)

Meth use among teens is not just a serious issue in the mid-west and western states. With wider availability, it is now spreading across the country. This program visits Montana to see how "The Meth Project" was able to reduce meth usage by 63%. We also meet two ex-users who give frank and moving accounts of how their lives were nearly destroyed by the drug. Based on the "Not Even Once" theme, the media ad blitz was created with input from teens, who go on to "own" the campaign. We follow them as they create monumental artwork that covers public spaces in "Paint the State." Then, to ensure the message continues, they generate widespread participation in a "March Against Meth" that successfully petitions state legislators at the capitol for funding. The teens' passion and creativity are an inspiration, and the project has been replicated by seven other states. This program clearly shows the dangers of meth and how use can be prevented.

"Effective visuals, interviews, and dramatizations... Teen viewers will relate to the work of their peers in this program that creatively addresses a timely topic." -Booklist

PRISM Award

908: CHOICES & CONSEQUENCES...

Juvenile Delinquency Prevention

(18 min)

This program focuses on three young men who were arrested for serious offenses. They vividly describe their experiences of being at the precinct, in detention, the courtroom and on probation. Instead of going back to the streets, they were mandated to attend the Center for Community Alternatives (CCA) in Brooklyn, NY, an alternative to incarceration program funded by the NYS Division of Criminal Justice Services. Also, NYS Supreme Court Judge Sheryl Parker, who dealt with 2 of the teens, explains the legal consequences of some common offenses and highlights the importance of alternatives to incarceration. The boys speak out about the positive impact of the CCA program in changing their attitudes and behavior, and have strong messages to other at-risk teens.

ANTHONY: *The judge ordered my to come to this program because she felt like I needed it, she like I should have been here a while ago. Now that I'm here now she sees that I have been improving, that I have been doing good. From back then to right now, I'm a whole different person. I have a whole different mentality, a whole different perspective of what to do, what not to do, what I'm going to do in my future, what I'm not going to do in my future. I make smart choices. I'm not dumb. Everybody has a mind of their own, everybody has a decision.*

909: YOUNG ENTREPRENEURS...

BE YOUR OWN BOSS

(30 min)

Entrepreneurship is hot. A recent poll found that nearly 60% of teens aspire to start their own businesses. Every year, Junior Achievement of New York holds a student business plan competition that provides training in business and entrepreneurship skills. We follow a group of hardworking high school students as they learn how to develop their ideas into business plans with the help of a volunteer and their teachers. The volunteer guides the teens through several steps: how to get an idea for a business, research information, develop a financial plan (including costs and expected profits), and divide responsibility amongst chief executive officers. We find out who makes it to the final competition and how the students benefited from participating in the program. Along the way, we meet some ambitious, self-motivated young people who put

these financial skills into action, turning their hobbies and passions into successful businesses: an accomplished magician; a musician who built his own recording studio; a thirteen year old jewelry designer; the owner of a sporting goods store; teens who design and sell colorful furniture; and an NFL hopeful who became a personal trainer. They share why they decided to become entrepreneurs, how they got their businesses off the ground, as well as the personal and financial rewards. They also offer advice to other young hopefuls on how to "be your own boss."

"Teens will easily relate to this program that can be used with classes on entrepreneurship and business"...School Library Journal

IML DVD15

It's My Life: Tweens Take On...

A compilation of 15 clips: *Time Management; Gossip & Rumors; Bullies; Dealing with Anger; Depression; Cheating; Embarrassing Moments; Crushes; Being Home Alone; Sibling Rivalry, Money Management; Nutrition; Divorce; Coping with Death; and Middle School Transition.*

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