



Renfrew County and District Health Unit New Teaching Resources

Making Good Choices: Keys to Good Decisions (Gr. 9) DVD

This DVD introduces students to the four hallmarks of good decision-making; does it agree with what I know inside is right, what might happen as a result, might it hurt future goals, and will it hurt me or another person.

Myths vs. Reality (Gr. 9 – 12) DVD

Teens as well as adults harbour misinformation regarding personal safety. What a teen doesn't know about abuse, sexual violence and abductions can have dire consequences. In this program, teens will learn:

- Dangerous times and situations and how to avoid them,
- The case against cooperation,
- Five ways in which boys and girls have different risks,
- Ten abuse and abduction prevention tips
- What to do if something 'bad' happens.

The Dangers of Sexting: What Teens Need to Know (Gr. 9 – 10) DVD

This DVD features teen's real stories and a law enforcement officer explains the legal consequences of sexting. Using a peer-to-peer approach, teens talk about the importance of resisting pressures to engage in sexting. They emphasize that you can't assume that anything you send or post is going to remain private; that you can't change your mind once it's out in cyberspace and there are potential consequences.

Gruen Von Behrens – Oral Cancer Survivor (Gr. 9 – 12) DVD

At age 13, Gruen tried spit tobacco for the first time and became addicted. By age 17, tobacco use had given him oral cancer and it was spreading fast.

Today, after 34 oral surgeries, hundreds of painful procedures and radiation treatments, Gruen has lost half his tongue, all of his teeth and his entire jawbone. He still has more surgeries to go.

Dating and Relationships (Gr. 9 – 12) DVD

Knowledge is the key to keeping teens safe with friends, dates, strangers and others. This program uses realistic scenarios and interviews to:

- Give information about date rape drugs and how they work.
- Demonstrate six strategies to prevent date rape.
- Illustrate the common warning signs of an unhealthy relationship.
- Introduce/reinforce the concept of "inappropriate touch."
- Provide teens with resources with resources if abuse is occurring at home or school.