

# Puberty: The Wonder Years

## ***Puberty: The Wonder Years*** **Media Selection Checklist**

The following list identifies which lessons call for use of a video. It suggests the videos that are recommended for use with *Puberty: The Wonder Years*.

Whenever possible, more than one selection is offered so that school districts have flexibility in selecting resources that best meet the needs of the local community

### **Tier A—Three lessons utilize videos.**

#### **Lesson A-2: Reproduction (Select one.)**

<i>Fertilization and Birth</i> , 2nd ed., 1999	SVE & Churchill Media	800-829-1900 <a href="http://www.svemediacom.com">www.svemediacom.com</a>	15 min	Tier A
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This video introduces reproduction by looking at animal families, then human families. It explains fertilization in various animals and in humans. Pregnancy and newborn care are briefly discussed.

#### **Lessons A-5 and A-6: Puberty and the Reproductive System (Select one for each sex.)**

<i>Always Changing Puberty Program</i> , 2000	Procter and Gamble	800-543-2108	varies	Tier A
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This free program includes an educational video, Teaching Guide, and separate student kits for boys and girls. The kits are available in English or Spanish. This program undergoes periodic editing, so the video changes often. It is available on a limited basis and must be ordered a year in advance when the company sends program enrollment cards to school nurses or health teachers for the following year.

<i>Everything You Wanted to Know about Puberty...for Girls</i> , 1990	Disney Educational Productions	800-295-5010 <a href="http://www.disney.go.com/educational">www.disney.go.com/educational</a>	16 min	Tier A or B
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This engaging story about two girls who are learning about puberty shares information about menstruation, reproductive anatomy, changes in puberty, and hygiene. It treats conversations about growing up in a relaxed manner and encourages communication with family members. This media should be used with *Everything You Wanted to Know about Puberty...for Boys*.

<i>Everything You Wanted to Know about Puberty...for Boys</i> , 1990	Disney Educational Productions	800-295-5010 <a href="http://www.disney.go.com/educational">www.disney.go.com/educational</a>	16 min	Tier A or B
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This suspenseful story is about two boys who are looking for answers about puberty. It shares information about reproductive anatomy, changes in puberty, and hygiene. It

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treats conversations about growing up in a relaxed manner and encourages communication with family members. This media should be used with *Everything You Wanted to Know about Puberty...for Girls*.

*Just Around the Corner for Boys, 2000* MarshMedia 800-821-3303 15 min Tier A  
[www.marshmedia.com](http://www.marshmedia.com)

A teen narrator tells what to expect in puberty. The approach is upbeat, but honest in reassuring about the normalcy of changes. The video is live action, except for cartoon drawings that illustrate the changes of puberty. It includes male information only.

*Just Around the Corner for Girls, 2000* MarshMedia 800-821-3303 15 min Tier A  
[www.marshmedia.com](http://www.marshmedia.com)

A teen narrator tells what to expect in puberty using simple terms. The approach is upbeat, but honest in reassuring about the normalcy of changes. The video is live action, except for cartoon drawings that illustrate the changes of puberty. It includes female information only.

<b>Tier B—Two lessons utilize videos.</b>
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**Lessons B-2 and B-3: Puberty and the Reproductive System (Select one for each sex.)**

*Boy to Man, 3rd edition—1994 or 4th edition—2000* SVE & Churchill Media 800-829-1900 20 min Tier B or C  
[www.svemedia.com](http://www.svemedia.com)

This video focuses on information about the growth and development of males, but does include a brief discussion about females. It includes anatomy and physiology of the male reproductive system, changes that occur during puberty, emotional and relationship changes, and some basic hygiene. Masturbation is mentioned. This media should be used with *Girl to Woman* or both may be substituted by *Then One Year*.

*Everything You Wanted to Know about Puberty...for Girls, 1990* Disney Educational Productions 800-295-5010 16 min Tier A or B  
[www.disney.go.com/educational](http://www.disney.go.com/educational)

This engaging story about two girls who are learning about puberty shares information about menstruation, reproductive anatomy, changes in puberty, and hygiene. It treats conversations about growing up in a relaxed manner and encourages communication with family members. This media should be used with *Everything You Wanted to Know about Puberty...for Boys*.

*Everything You Wanted to Know about Puberty...for Boys, 1990* Disney Educational Productions 800-295-5010 16 min Tier A or B  
[www.disney.go.com/educational](http://www.disney.go.com/educational)

This suspenseful story is about two boys who are looking for answers about puberty. It shares information about reproductive anatomy, changes in puberty, and hygiene. It treats conversations about growing up in a relaxed manner and encourages communication with family members. This media should be used with *Everything You Wanted to Know about Puberty...for Girls*.

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*Girl to Woman*, 3rd edition—1994 or 4th edition—2000      SVE & Churchill Media      800-829-1900 [www.svemediacom.com](http://www.svemediacom.com)      23 min      Tier B or C

This video focuses on information about the growth and development of females, but does include a brief discussion about males. It includes anatomy and physiology of the female reproductive system, changes that occur during puberty, emotional and relationship changes, and some basic hygiene. Masturbation is mentioned. This media should be used with *Boy to Man* or both may be substituted by *Then One Year*.

*The New Improved Me: Understanding Body Changes*, 1991      Sunburst      800-431-1934 [www.SUNBURST.com](http://www.SUNBURST.com)      23 min      Tier B or C

This video covers the male and female reproductive systems and changes in puberty in a two-part presentation. The video reassures adolescents that variety in onset and rate of growth is normal. The media is available in two versions: one mentions masturbation, and one does not.

*Puberty: The Great Adventure*, 2004      ETR Associates      800-321-4407 [www.etr.org](http://www.etr.org)      30 min      Tier B or C

This video/DVD is available in three versions: for Boys & Girls, for Girls, and for Boys. Each version addresses the changes and challenges of puberty using a positive tone and includes candid interviews with teens. Select one video/DVD that discusses both boys and girls or select the two versions that address each sex separately.

*Then One Year*, 2nd edition, 1992      SVE & Churchill Media      800-829-1900 [www.svemediacom.com](http://www.svemediacom.com)      24 min      Tier B or C

This video was designed to be used in place of *Girl to Woman* and *Boy to Man*. It combines the information for both sexes into one presentation. It includes anatomy and physiology of the male and female reproductive systems, changes that occur during puberty, emotional and relationship changes, and some basic hygiene. Masturbation is mentioned.

<b>Tier C—Three lessons utilize videos.</b>
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**Lesson C-3: Fetal Development (Select one.)**

*Fetal Development: A Nine Month Journey*, 1990      AIMS Media      800-367-2467 [www.aimsmultimedia.com](http://www.aimsmultimedia.com)      15 min      Tier C

This video traces the development of a fetus from conception through birth using remarkable photography, drawings, and animation. Emphasis is placed on the importance of a positive lifestyle, including good nutrition and abstinence from drugs, for the mother. The live birth shown at the conclusion of the video is tastefully and gently depicted.

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## **Lesson C-4: Puberty and the Reproductive System (Select one for both sexes or one each.)**

*Boy to Man*, 3rd edition— SVE & Churchill 800-829-1900 20 min Tier B  
1994 or 4th edition—2000 Media [www.svemediacom.com](http://www.svemediacom.com) or C

This video focuses on information about the growth and development of males, but does include a brief discussion about females. It includes anatomy and physiology of the male reproductive system, changes that occur during puberty, emotional and relationship changes, and some basic hygiene. Masturbation is mentioned. This media should be used with *Girl to Woman* or both may be substituted by *Then One Year*.

*Girl to Woman*, SVE & Churchill 800-829-1900 23 min Tier B  
3rd edition—1994 or Media [www.svemediacom.com](http://www.svemediacom.com) or C  
4th edition—2000

This video focuses on information about the growth and development of females, but does include a brief discussion about males. It includes anatomy and physiology of the female reproductive system, changes that occur during puberty, emotional and relationship changes, and some basic hygiene. Masturbation is mentioned. This media should be used with *Boy to Man* or both may be substituted by *Then One Year*.

*The New Improved Me: Sunburst 800-431-1934 23 min Tier B  
Understanding Body www.SUNBURST.com or C  
Changes*, 1991

This video covers the male and female reproductive systems and changes in puberty in a two-part presentation. The video reassures adolescents that variety in onset and rate of growth is normal. The media is available in two versions: one mentions masturbation, and one does not.

*Puberty for Boys*, 2001 United Learning 800-323-9084 21 min Tier C  
[www.unitedlearning.com](http://www.unitedlearning.com)

This video uses many boys and young men to tell about the changes of puberty. They share their questions, experiences, and feelings. The male and female reproductive systems are described. The video reassures young men that their feelings are normal and encourage them to get help if they need it.

*Puberty for Girls*, United Learning 800-323-9084 25 min Tier C  
2001 [www.unitedlearning.com](http://www.unitedlearning.com)

This video describes puberty for females from the perspective of several girls, young women, and female experts. The male and female reproductive systems are described. There is a brief discussion about body image and unhealthy eating patterns. Health messages are delivered in a way that encourages girls to be proud they are female.

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*Then One Year*, SVE & Churchill 800-829-1900 24 min Tier B  
2nd edition, 1992 Media [www.svemedia.com](http://www.svemedia.com) or C

This video was designed to be used in place of *Girl to Woman* and *Boy to Man*. It combines the information for both sexes into one presentation. It includes anatomy and physiology of the male and female reproductive systems, changes that occur during puberty, emotional and relationship changes, and some basic hygiene. Masturbation is mentioned.

## **Lesson C-5: Emotional Changes During Puberty (Select one.)**

*Feelings: Inside, Outside,* Sunburst 800-431-1934 19 min Tier C  
*Upside Down*, 1991 [www.SUNBURST.com](http://www.SUNBURST.com)

The range of normal emotional changes that take place during puberty are discussed: feeling more mature than some friends the same age, self-consciousness about physical changes, concern with appearance, mixed feelings about growing up, and forming new relationships and crushes. The video stresses that maturing takes place at different rates for different people and the excitement of growing into an adult. This title is no longer in the catalog, but may be requested.

*Straight Talk About* MarshMedia 800-821-3303 19 min Tier C  
*Sexual Health*, 2001 [www.marshmedia.com](http://www.marshmedia.com)

Two young adult narrators discuss reproduction with a focus on responsibility and thinking ahead about personal limits. They act as hosts of an advice show and respond to questions about emotions and relationships. Advice is interspersed with scenarios illustrating the use of skills for managing sexual situations and abstaining from intercourse.

*Talking About Sex Series*, 2000 Sunburst 800-431-1934 Tier C  
(1) *Am I Normal?* [www.SUNBURST.com](http://www.SUNBURST.com) 12 min  
(2) *Thinking Ahead* 10 min

This series includes two videos which may be purchased individually or as a set.

- Video 1 depicts young people who have different interests in romantic relationships and wonder if they are normal. The changes in puberty are quickly reviewed and viewers are reassured that changes are normal. It is available in two versions: with or without mention of STDs, condoms, and masturbation.
- Video 2 shows real young people who have questions about the romantic feelings experienced during puberty. It clarifies myths about crushes, rumors, sex, and pregnancy. It shows a sexual pressure situation, but promotes abstinence. It is also appropriate for older students.

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For additional resources, the Michigan Department of Education produced a “Reproductive Health Guide for Grades 4-6.” It includes checklists for videos and print materials and is available online at [http://www.michigan.gov/documents/Sex\\_Ed\\_Resource\\_Guide- Final\\_Draft\\_80623\\_7.pdf](http://www.michigan.gov/documents/Sex_Ed_Resource_Guide- Final_Draft_80623_7.pdf). Additional video options are commercially available.