

UP

G R O W I N G
series



PARENTS' GUIDE



The **GROWING UP SERIES FAMILY VIDEO** is designed for parents to view with their pre-adolescent children. Combined with this parents' guide, it serves as an introduction to sexuality education.

In addition to the three separate productions, **HEAD FULL OF QUESTIONS**, **CHANGES**, and **ESPECIALLY YOU**, this video includes a lively and informative discussion between health educators and parents. A host introduces the series and provides an overview of each film.

To help you select each film in this series, a corresponding identity colour code will appear in the bottom right-hand corner of your TV screen:

HEAD FULL OF QUESTIONS
CHANGES
ESPECIALLY YOU



Barbara Constantine
Host of the Family Video

GROWING UP SERIES

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GROWING UP SERIES

Message to Parents

Not too long ago, sexuality education was referred to as "the birds and the bees." Today we require a much less poetic, far more pragmatic approach. The spectre of AIDS and other sexually transmitted diseases, the availability of drugs and alcohol and the realities of peer pressure leave us no choice.

Head Full of Questions, Changes and **Especially You**, the three films that make up the **Growing Up Series**, are based on the assumption that sexuality education encompasses the whole child and his or her self-concept and body image—in essence, the whole experience of being male or female. The series is designed to help children from nine to twelve years of age acquire the information, positive attitudes and self-esteem that they will need to withstand the pressures of puberty and adolescence.

For many of us, the feelings associated with talking to our children about sexuality range from mildly uncomfortable to intensely embarrassing. We agonize over the "right" thing to say and the "right" time to say it. While the **Growing Up Series** doesn't supply a slick set of answers, it offers something infinitely more important—the opportunity to initiate a dialogue.

We strongly recommend that you preview the series on your own before watching it with your child. You'll find that the sensitively directed films with their creative mix of animation, live action and original music will give you and your child a common vocabulary and a shared experience. The **Growing Up Series** can be the key that opens the door to communication. With love and attention, you can ensure that it remains open.

Helpful Tips from Parents and Other Experts

Keep Talking

Sexuality education is not a single event, a special "talk" that occurs once between mother and daughter or father and son and is not repeated. It's an ongoing dialogue, ideally between a child and both parents, that takes place through informal and spontaneous conversations.

Be an "Askable" Parent

Let your child know that you are ready and willing to discuss any topic. Listen to your child's concerns and treat him or her with respect.

Timing

Many parents are concerned about pinpointing the right time to begin talking about sexuality. Don't worry about starting to talk to your child too early. Initiating discussions when your child is very young paves the way for future discussions. Follow your child's lead. Keep your answers simple and to the point, gearing your responses to the child's level of understanding.

Share Your Feelings

If talking about sexuality makes you uncomfortable, say so. Let your child know that these feelings won't prevent you from answering questions or discussing issues of concern to him or her.

Take the Initiative

Embarrassment or intense worry about his or her development may keep your child from opening up. Look for ways to break the ice. Discussing the messages conveyed on TV shows, in advertising and in popular songs can be a good place to start.

Stay Tuned

Be aware of how your child's body is changing. Regard each change as an opportunity to discuss sexual development. Never tease your child about these physical changes.

Mixed Messages

Books, TV and popular songs often convey the idea that boys should gain sexual experience while girls should remain sexually innocent. Talk about the messages your child receives, such as the good girl/bad girl double standard and the assumption that boys must be super macho to be liked.

Knowing It All

Stumped? If you don't know the answer to a particular question, it's okay to say so. Suggest that you look it up together in a reference book.

Abuse Alert

At some point, your child may tell you about an experience of sexual abuse. If this happens, it's extremely important that you give the situation the attention it demands. Contact your government social service agency or local help line for assistance.

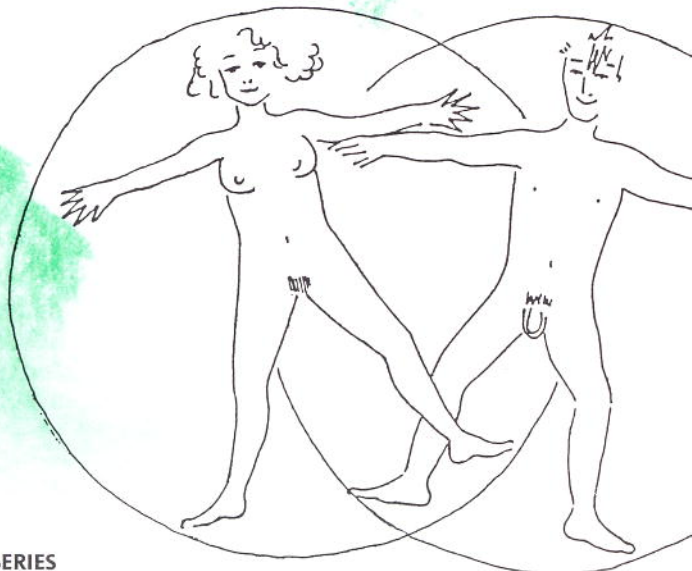
HEAD FULL OF QUESTIONS

Nine to twelve-year-olds are like detectives on a case. They want the facts and they want them now. **Head Full of Questions** tells them what they want to know with an appealing mix of humour and imagination. Topics include sexual attraction, sexual intercourse, fertilization, growth of an embryo and birth of a baby. A brief look at AIDS and birth control is included.

Once children absorb the facts, they are much less vulnerable to "schoolyard fictions." Well-informed youngsters who are comfortable with their own sexuality and who respect the sexuality of others are far more likely to find the strength and self-confidence to cope with the challenges of puberty and adolescence.

Head Full of Questions is designed to help your child:

- understand what constitutes a loving relationship
- understand that many kinds of relationships exist (e.g., parent/child, husband/wife, friendships, etc.)
- recognize that sexual intercourse should be an expression of love and caring, and that, ideally, it takes place within a warm, loving relationship
- identify male and female sexual organs and their functions
- be familiar with reproduction from fertilization to birth
- be familiar with the possible outcomes of sexual intercourse (e.g., pregnancy, STDs/AIDS, etc.)





IN PLAIN LANGUAGE: **Answering Your Child's Questions**

What does sexual intercourse or "making love" mean?

Sexual intercourse between a man and a woman is the act by which the man's penis goes into the woman's vagina.

When a man and a woman touch and kiss in a sexual way, it can feel very good. This feeling can cause the woman's vagina to get wet inside and the man's penis to get bigger and more rigid. If this happens, and both the man and the woman wish, the man can put his penis into the woman's vagina. This is called sexual intercourse.

"Making love" is a term used to describe a wide range of sexual activity.

How are babies made?

A baby is conceived when a sperm from a man and an egg (or ovum) from a woman join together.

During sexual intercourse, semen can come out of the man's penis into the woman's vagina. Semen is a thick, whitish fluid that contains sperm. These are tiny sex cells that are made in the man's testicles.

The sperm travel up the woman's vagina, into the uterus, and on into her fallopian tubes. Fallopian tubes are narrow pathways that lead to the ovaries. (See diagram, page 6.)

In each ovary, there are hundreds of thousands of egg-like cells. About once a month, an egg, or ovum, leaves an ovary and travels down a fallopian tube. If a sperm and an egg meet, fertilization takes place. The fertilized egg then heads for the uterus, where it can grow into a baby.

What happens during pregnancy?

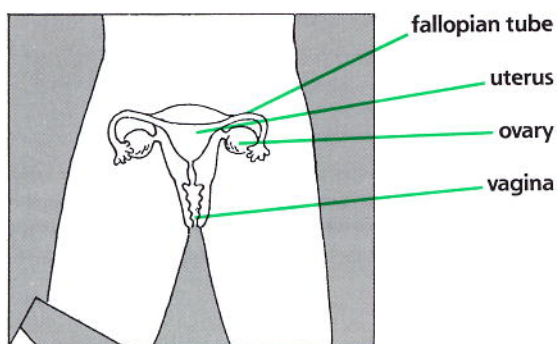
Once the fertilized egg settles in the lining of the uterus, it begins to grow into an embryo. After nine weeks or so, the embryo is called a fetus. During the course of the pregnancy, the developing baby gets all its food and oxygen from the mother through a narrow tube called the umbilical cord. The baby gets bigger and bigger and the mother's uterus stretches and grows. After approximately nine months, the baby is ready to be born and the mother goes into labour. During labour, the mother's uterus tightens and relaxes over and over and eventually pushes the baby down through the vagina and out of her body.



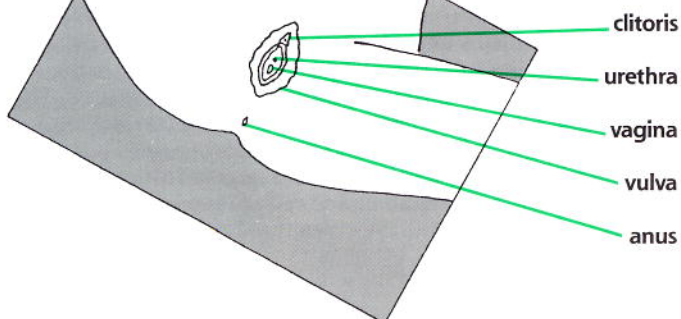
The Female Reproductive System



**Front
View of
Female
Reproductive System**

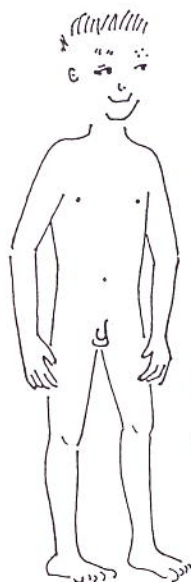


**External Female
View**

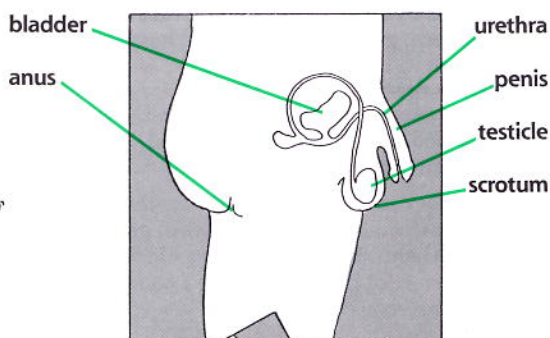




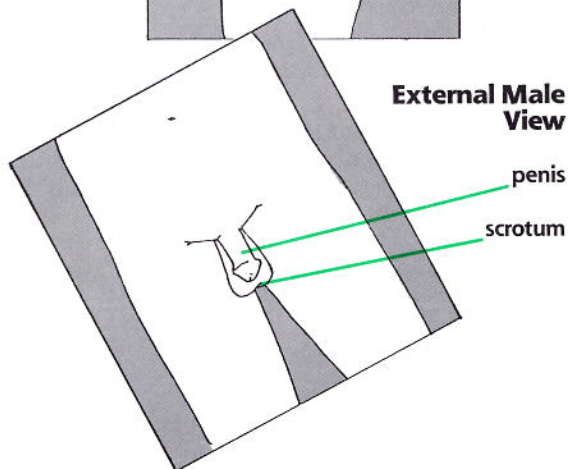
The Male Reproductive System



Side View of Male Reproductive System



External Male View





What is birth control?

After the onset of menstruation, a girl can get pregnant if she has sexual intercourse.

Birth control is a method or device used by either the man or the woman which prevents the sperm and the egg from meeting so that a baby cannot be conceived. A man and a woman must use birth control every time they have sexual intercourse, if they do not want to have a baby.

What are STDs?

STDs are sexually transmitted diseases. They are spread primarily through sexual activity. They range from fairly mild to very serious medical conditions. Most STDs can be cured if they are treated early enough by a doctor. The five most common STDs in North America are chlamydia infections, gonorrhea, genital warts, genital herpes and AIDS.

What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. It's caused by a virus found in blood, semen or vaginal fluid. At present, there is no cure for AIDS.

Having sexual intercourse with someone who has the virus is one of the most common ways of getting AIDS. People can protect themselves from getting AIDS by not having sexual intercourse, or by always using a condom when they have sexual intercourse.

Pregnant women who have AIDS can pass it on to their babies. Drug users can get it by sharing needles with people who are infected.

You CANNOT get AIDS just by being in the same room with an infected person, by touching someone with AIDS, or by swimming in the same pool. You cannot get AIDS from mosquitoes.

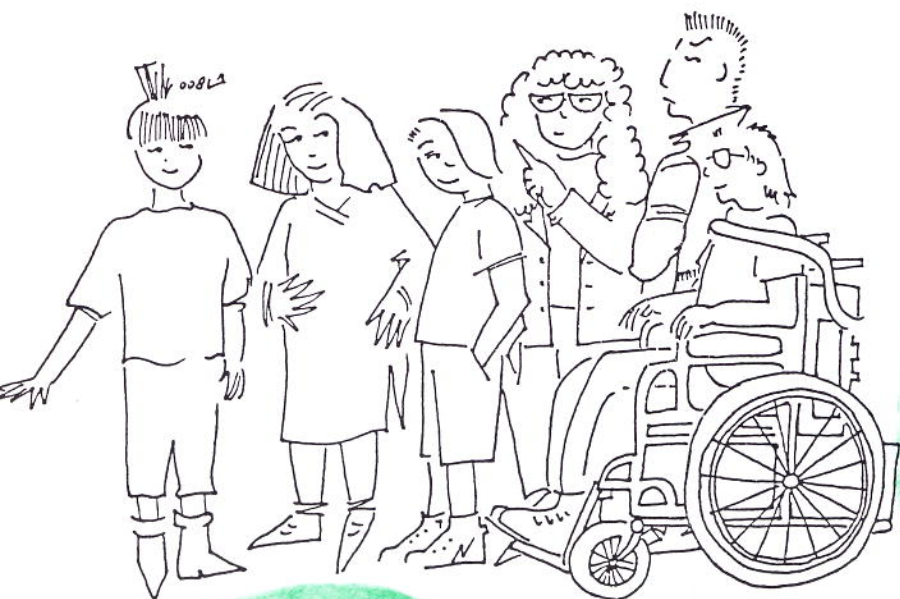


CHANGES

This film explores the physical and emotional changes associated with puberty. Some of the physical changes explored are menstruation, breast development, erections, wet dreams, masturbation, perspiration, acne and pubic hair. Emotional changes include mood swings, lack of self-esteem and concerns about rate of development.

Changes is designed to help your child:

- understand the physical and emotional changes that occur during puberty
- be aware that each person starts and progresses through puberty at his or her own rate
- feel that it is okay to talk about sexuality and the changes that he or she is experiencing





IN PLAIN LANGUAGE: **Answering Your Child's Questions**

What is puberty?

During puberty, the body changes from that of a child to that of a young adult. Puberty begins at any time from age 8 to 18 and continues for several years. There is no "right" time. Everyone has a unique internal clock that determines his or her own rate of development.

What are erections?

A boy's penis is made up of spongy tissues interlaced with large blood vessels. During an erection, the tissues become swollen with blood. This causes the vessels to expand and the soft tissues to become hard. Instead of being floppy and hanging down, the penis becomes stiffer and longer and juts out from the body. Special valves in the vessels keep the blood trapped for a while.

A boy can get an erection for many reasons. Thinking about sex or being with someone he likes can cause an erection. But sometimes erections happen for no apparent reason. It doesn't matter what he's doing or what he's thinking, suddenly his penis becomes erect. When this occurs, there's no need for him to feel embarrassed. It's important to remember that erections happen to every boy and they are hardly noticeable at all.

What are ejaculations?

During ejaculation, semen containing sperm is released from the penis. Males ejaculate when they are having sex, are sexually excited or are sleeping. If a man ejaculates during sexual intercourse with a woman and no birth control is used, pregnancy may result. During ejaculation, only semen, not urine, comes out of the penis.

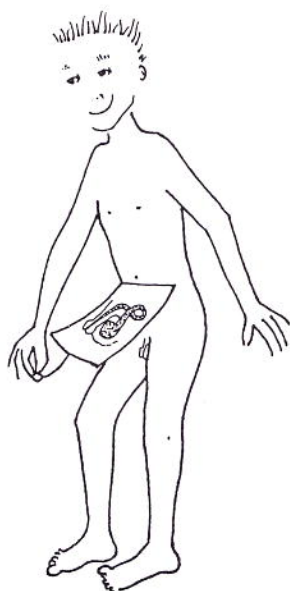
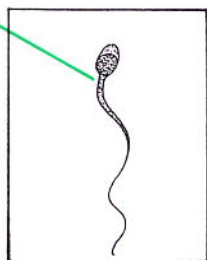
What are wet dreams?

During sleep, semen can be ejaculated from the penis. Wet dreams (nocturnal emissions) are perfectly normal. A wet dream means that there is a build-up of sperm in a boy's testicles. It is the body's way of releasing sperm so new sperm can be produced.



Ejaculation

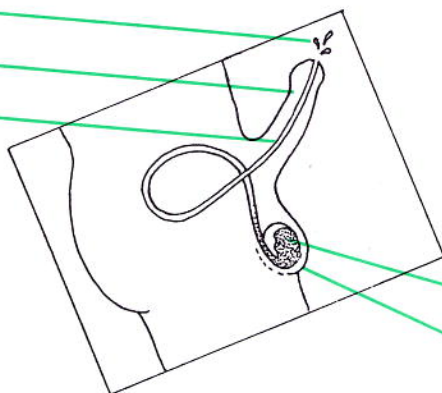
sperm



semen

penis

urethra



testicle

scrotum



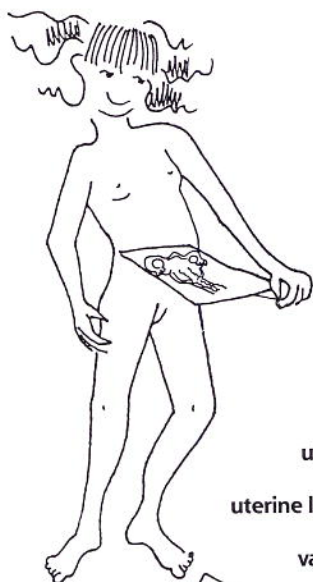
What is menstruation?

Every month, the female body prepares the lining of the uterus to nourish a baby. During this time, the uterus swells with extra blood and tissue. When a woman becomes pregnant, the fertilized egg attaches itself to the lining of the uterus. If pregnancy doesn't occur, there is no need for all the extra blood and tissue in the uterus. For several days, the extra blood and tissue that would have nourished a baby dribble out of the uterus and vagina and pass out of the body. This process is called menstruation. The body then relines the uterus with new blood and tissue, preparing it for the next egg to come down.

Menstruation is a healthy and natural process

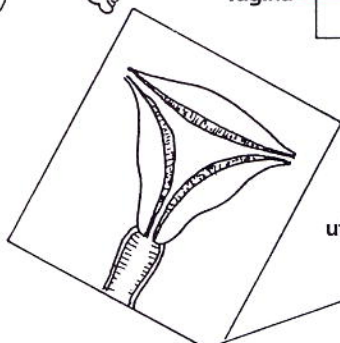
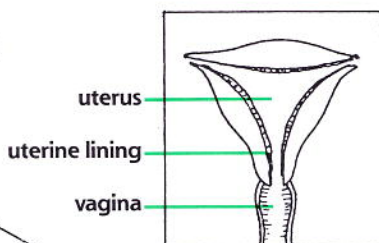
Menstruation, or "having a period," doesn't prevent a girl from doing the things she normally does, like taking part in sports, bathing or swimming. All she needs to do is wear a sanitary napkin or a tampon. Some girls experience cramps or mild discomfort before or during their period. Mild exercise, placing a hot-water bottle on the stomach or massaging the abdomen can help. If pain persists, a girl should see her family doctor. The most important thing to remember is that menstruation is a healthy, natural process that a girl can feel good about. It's a sign that her body is growing and changing exactly as it should.

When menstruation starts, how long it lasts each month and the number of days between periods are different with every individual. Some girls begin menstruating at age eight, while others don't start until they are 18. Studies show that menstruation usually follows the beginning of breast development by two or three years. Once a girl's period starts, it can last from three to eight days within a 21 to 45-day cycle. The menstrual cycle is the time between the first day of one period and the first day of the next period. Skipping a period or having them every two or three months is not unusual for the first years after the onset of menstruation.

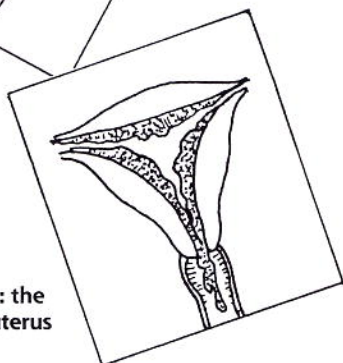


The Menstrual Cycle

The lining of the uterus begins to grow



The lining of the uterus grows thicker.



Menstruation: the lining of the uterus breaks down

ESPECIALLY YOU

As adolescence approaches, many children struggle to find a balance between being an individual and being part of a group. **Especially You** is designed to help youngsters acquire the skills they will need to cope with peer pressure. The film focuses on the importance of liking oneself, of developing strong decision-making/problem-solving abilities and of respecting differences in others. Adolescence may present a few hurdles, but with self-esteem, a positive attitude and the support of caring and understanding parents, it can be a whole lot easier to live through.

Especially You is designed to help your child:

- acquire a sense of himself or herself as a unique and likeable person
- appreciate and respect differences in others
- identify the feelings associated with peer pressure (e.g., fear of rejection, confusion, etc.)
- develop a positive attitude toward decision making and problem solving (e.g., have the feeling that, with effort, most problems can be resolved)





Discussion Time

The following questions are designed to help you initiate lively and challenging discussions with your child.

1. In the film, Blu asked the students what they liked about themselves. What do you think makes you special?
2. Why was it hard for Blu to tell Barbara that he liked Georgie? Why do you think Barbara made fun of Georgie's hair and shoes? How would Georgie have felt if he had heard Barbara talking about him? What do you think might have happened if Barbara hadn't suggested that Georgie play basketball with them?
How is this situation an example of peer pressure?
3. Nobody is a perfect person who always does exactly what he or she thinks is right, no matter what. All of us give in to peer pressure now and then.
How does it feel when someone pressures you to do something you don't want to do? How do you feel when you give in? How do you feel about yourself afterwards? How do you feel when you haven't given in to peer pressure? Why do you think you give in to peer pressure sometimes but not other times?
4. What would you do if:
 - a) You were practising piano and your friend wanted you to come out and play?
 - b) You were in a store and your friend stole something?
 - c) Someone wanted you to do something (like kissing) that you didn't feel good about?What are some of the things you could say to your friends in each situation? How do you feel about making decisions like these? Is it easy for you? Is it difficult? Why?
5. What does it mean to be popular? Is it the same as "having friends"? How important is it to be popular? What would you do to be popular?



Vocabulary List

AIDS—Acquired Immune Deficiency Syndrome is a disease in which part of the body's immune system is damaged. The body then becomes open to attack from serious diseases. At present, there is no cure for AIDS.

acne—a skin disturbance experienced by some girls and boys during puberty. Acne is caused by overactive oil glands and almost always clears up after puberty. Acne is also known as pimples.

breasts—both males and females have them. Women's breasts, which are more developed than men's, can make milk to feed a baby after it is born.

circumcision—the removal of loose skin from the end of the penis. This may be done when a boy is newly born.

clitoris—a small female sex organ located above the opening of the vagina and the urethra. The clitoris has many nerve endings and is very sensitive to touch.

conception—the moment of fertilization.

condom—also known as a "rubber" or a "safe," a condom is a sheath made of rubber or other synthetic material. It is fitted over the penis just before sexual intercourse and prevents sperm from entering the

vagina. Condoms are a form of birth control. They also reduce the possibility of infection from some sexually transmitted diseases.

egg or ovum (ova are more than one ovum)—the cell released from a woman's ovary that can start a pregnancy when it is fertilized by a man's sperm.

ejaculation—the release of semen from the penis. During ejaculation, urination cannot occur.

embryo—the fertilized egg from the time of conception to the ninth week of its development.

erection—usually refers to the penis filling with blood and becoming bigger and more rigid.

estrogen—the female sex hormone.

fallopian tubes—two tubes that carry egg cells from the two ovaries to the uterus.

fertilization—the union of ovum, or egg, and sperm.

fetus—the developing embryo from about ten weeks to birth.

genitals—the male or female sexual organs.

hormones—chemicals made by the body which flow along in the blood through our bloodstream. One of their many





functions is to regulate the rate of sexual development.

hypothalamus—portion of the brain that signals the pituitary gland to produce hormones that stimulate physical changes during puberty.

labour—the process during which the uterus pushes the baby out of the mother's body.

masturbation—the stroking of one's own genitals for comfort or pleasure.

menstrual cramps—mild discomfort or more intense pain experienced before or during menstruation.

menstruation—a normal, healthy stage in a female's body cycle. About once a month, if she's not pregnant, the female's body releases blood and tissue from the lining of the uterus through the vagina. Menstruation is sometimes called "having a period." It starts during puberty and usually lasts until a woman is in her late forties or early fifties.

nocturnal emission—during sleep, semen can be ejaculated from the penis. Sometimes called a "wet dream," this is a normal occurrence.

orgasm—the climax of the sexual act. A warm, pleasurable feeling resulting from the release of muscle tension.

ovaries—the pair of female reproductive organs that produce egg cells and secrete hormones.

ovulation—the release of a mature egg, or ovum, from an ovary. The egg travels through the fallopian tube to the uterus. In most females, this happens once a month.

penis—a part of the male's body used for both urination and sexual intercourse.

perspiration—the perspiration (sweat) glands are found in the skin. They become more active during puberty, sometimes resulting in a more adult body odour.

pituitary gland—a gland which secretes hormones that regulate growth and affect the activities of other glands.

puberty—the time when the body develops from that of a child to that of a young adult.

pubic hair—short, curly, somewhat wiry hair that grows around the genitals. It may be blond, brown, black or red and does not necessarily match the colour of hair on one's head.

reproductive system—the part of the human body which can make a baby.

sanitary napkin—a small pad of absorbent material worn inside the underwear during menstruation. It absorbs the menstrual flow. Sometimes a tampon is used instead.



scrotum—the pouch of skin hanging at the base of the penis. Inside are the testicles, or testes, which make sperm and secrete hormones.

semen—whitish fluid that comes out of the penis during ejaculation. Semen contains sperm cells.

sexual intercourse—sexual intercourse between a man and a woman is the act by which the man's penis goes into the woman's vagina.

sperm—tiny cells found in semen. These are the cells from a male's testicles that help start a pregnancy.

STDs—sexually transmitted diseases are spread primarily through sexual activity. They range from fairly mild to very serious medical conditions. Most STDs can be cured if they are treated early enough by a doctor. The five most common STDs in North America are chlamydia infections, gonorrhea, genital warts, genital herpes and AIDS.

tampon—a narrow tube made of absorbent material. During menstruation, it's inserted into the vagina to absorb the menstrual flow before it leaves the body.

testicles or testes—the pair of male reproductive organs that make sperm and secrete hormones.

testosterone—the male sex hormone.

umbilical cord—the cord that connects the growing baby to the mother. The baby gets food and oxygen from its mother through the umbilical cord.

urethra—the opening through which we urinate. In females, it's between the vagina and clitoris. In males, it's at the end of the penis.

uterus—a pear-shaped organ located at the top of the vaginal canal. When a woman is pregnant, the fetus grows in the uterus. Another word for uterus is womb.

vagina—the passageway leading from the outside of a female's body to her uterus. It is sometimes referred to as the birth canal. During menstruation, blood and tissue leave the body through the vagina. It is also the opening into which the man's penis goes during sexual intercourse and through which the baby leaves its mother's body during childbirth.

vulva—protective folds of soft skin, called the labia or lips, surrounding the clitoris, the urethra and the vaginal opening.





Suggested Readings

For Preteens

Gardner-Loulan, JoAnn, and others. **Period.** San Francisco: Volcano Press Inc., 1981.

Madaras, Lynda, with Area Madaras. **The What's Happening to My Body? Book for Girls. A Growing Up Guide for Parents and Daughters,** new edition. New York: Newmarket Press, 1988.

_____. **The What's Happening to My Body? Book for Boys. A Growing Up Guide for Parents and Sons.** New York: Newmarket Press. 1984.

Mayle, Peter. **"What's Happening to Me?" A Guide to Puberty.** Toronto: George J. McLeod Limited, 1975.

_____. **Where Did I Come From?** Toronto: George J. McLeod Limited, 1975.

McCoy, Kathy, and Charles Wibbelsman. **Growing & Changing. A Handbook for Preteens.** Toronto: General Publishing Co. Limited, 1986.

Miller, Jonathan, and David Pelham. **The Facts of Life. A Three-Dimensional Study.** London: Jonathan Cape Limited, 1984.

For Parents and Teachers

Campbell, Judith, and Jill Golick. **Sexuality. An Education Resource Book.** Canada: Globe/Modern Curriculum Press, 1988.

Canfield, Jack, and Harold C. Wells. **100 Ways to Enhance Self-Concept in the Classroom. A Handbook for Teachers and Parents.** New Jersey: Prentice-Hall, Inc., 1976.

Cassell, Carol. **Straight From the Heart. How to Talk to Your Teenagers About Love and Sex.** New York: Simon & Schuster Inc., 1988.

Meredith, Susan. **Understanding the Facts of Life,** ed. Robyn Gee and Cheryl Evans. London: Usborne Publishing Ltd., 1985.

Ratner, Marilyn, and Susan Chamlin. **Straight Talk. Sexuality Education for Parents and Kids 4-7. A Family Handbook.** Markham: Penguin Books Canada Limited, 1987.

Somers, Leon, and Barbara Somers. **Talking to Your Children About Love and Sex.** Markham: Penguin Books Canada Limited, 1989.

GROWING UP SERIES

FOR HOME USE

GROWING UP SERIES FAMILY VIDEO 75 min. no. 1 0189 115

This home video can be purchased or rented from NFB Audiovisual Centres listed below. It may also be borrowed from many public libraries across Canada.

FOR EDUCATIONAL USE

The **GROWING UP SERIES**, designed for classroom use, consists of a comprehensive Teacher's Guide and the following three films:

HEAD FULL OF QUESTIONS	20:16 min.	no. 1 0189 051
CHANGES	18:50 min.	no. 1 0189 052
ESPECIALLY YOU	16:48 min.	no. 1 0189 053

Individual titles can be purchased or rented on 16mm film or in video format from **NFB Audiovisual Centres** across Canada.

National Film Board of Canada Audiovisual Centres

Vancouver
#100-1045 Howe St.
Vancouver, B.C. V6Z 2B1
TEL (604) 666-0716
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Edmonton
120 Canada Place
9700 Jasper Ave.
Edmonton, Alta. T5J 4C3
TEL (403) 495-3010/3011
FAX (403) 495-6412

Saskatoon
424-21st Street East
Saskatoon, Sask. S7K 0C2
TEL (306) 975-4245
FAX (306) 975-5897

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245 Main Street
Winnipeg, Man. R3C 1A7
TEL (204) 983-4131/4696
FAX (204) 983-0742

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150 Kent Street
Ottawa, Ontario K1A 0M9
TEL (613) 996-4861
FAX (613) 992-9097

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1 Lombard Street
Toronto, Ontario M5C 1J6
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FAX (416) 973-6318

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TEL (514) 283-4823/4824

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350 St. Joseph Street E.
Quebec, Quebec G1K 3B2
TEL (418) 648-3852
FAX (418) 649-6313

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1222 Main Street
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TEL (902) 426-6001
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Tom Brydon

Titles

Martin Rose

Production

Co-ordinator

Kathryn Lynch

Unit Administrator

Bruce Hagerman

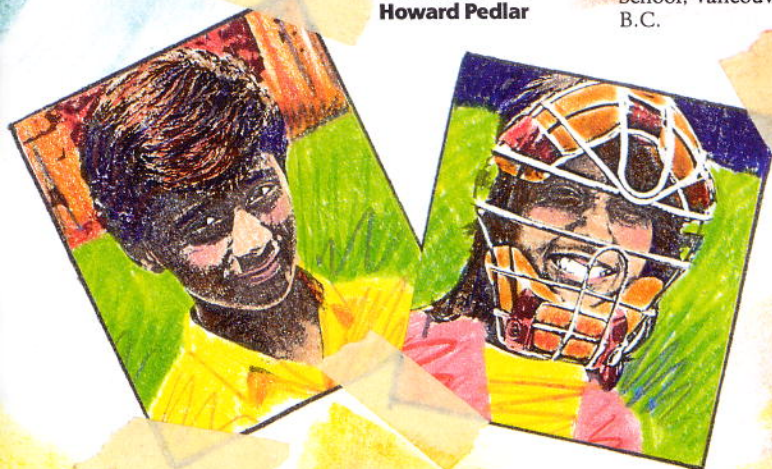
Producer

Jennifer Torrance

Executive Producer

Barbara Janes

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