

Learning Resources

Annapurna - A Womans Place

Historic 1978 expedition which put the first women on the worlds 10th highest mountain. They struggle with not only the climb but to achieve common goals as women working together.

Ages 16 to Adult
45 minutes, order 7-2003-IN

Anorexia Nervosa - The Covert Rebellion

Candid view from the perspective of the anorexic, the family, and the professionals involved.

Ages 15 to 18, Adult
26 minutes, order 1-9969-IN

The Burden Of Knowledge

Moral Dilemmas In Prenatal Testing

This provocative documentary explores the difficult ethical issues arising from advances in biotechnology that now make it possible to identify genetic defects during pregnancy.

It features interviews with seven couples who speak openly and honestly about how they made their individual decisions about prenatal testing - as well as about how they have dealt with the positive and negative consequences of those decisions.

A selection of videotapes that focuses on equality, issues, and womens' achievements.

Also included are the comments of geneticists, genetic counselors, physicians, mid-wives, disability activists and scholars; central to their discussion is a recognition of our society's changing perspectives on disability, which raise new questions about the option of selective abortion.

While offering no easy answers, the film stresses the importance of acknowledging the ways in which the weight of responsibility for making these decisions has shifted from "experts" to expectant couples. Raises crucial questions about personal responsibility and about the changing roles of science, medicine, and technology in an increasingly complex world.

Adult
55 minutes, order 9-7321-IN

Chrysanthemums By John Steinbeck

Surprisingly contemporary and sensitive account of a woman's inner struggle to be valued in a male-dominated society. Examines the forces that prevent a 1930's farm wife from becoming what she is capable of.

Ages 15 to 18, Post Secondary - Introductory, Adult
23 minutes, order 8-1039-IN

The Club (Animation By George Griffin)

Hilarious spoof plays with stereotypical images of male bonding, as animated phalluses drift absent mindedly about in a variety of characteristically clubby activities.

Ages 16 to Adult
4 minutes, order 9-6018-IN

A Doll's House

Ibsen's classic is a compelling analysis of a woman trapped into being a toy for her husband. Claire Bloom portrays Nora in this adaptation.

Ages 16 to Adult
39 minutes, order 1-4062-IN

Eating Disorders: The Slender Trap

Examines the variety of reasons people fall prey to these disorders; describes anorexia nervosa, bulimia and compulsive overeating; symptoms, signs and treatment.

Ages 12 to 14, Ages 15 to 18, Adult
21 minutes, order 1-9868-IN

First Lady Of The World: Eleanor Roosevelt

Her early life is told through old photographs & her own words. Explores her increasing involvement in national and world affairs.

Ages 12 to 14
25 minutes, order 1-4279-IN



Learning Resources

Girl Power: (Student Version) Empowering Young Women

GIRL POWER: (STUDENT VERSION) EMPOWERING YOUNG WOMEN

Studies indicate that as girls reach adolescence they undergo a crash in self-esteem unique to their gender. It is during this stage in life that girls are confronted with such critical issues as body image, sexual pressure, depression, relationship violence, date rape and eating disorders. In response to these issues, girls' clubs have sprung up around the country in an attempt to educate and empower young women on these subjects.

Hosted by Girl Club founder Amy Debower, this program takes viewers inside an actual girl club meeting, allowing viewers to listen in as participants discuss their personal issues and relay how the meetings have helped them through tough times in their lives. Club members are comforted by the fact that they are faced with the same problems and are able to share their feelings in a safe environment.

The program also outlines the four components of a girl club—talk, education, media awareness and action—and discusses the mentor-student relationship.

KEY POINTS

- Discusses pressing issues facing young women today and the need for a mentor relationship.
- Introduces the girl club program and outlines the four components of meetings—talk, education, media awareness and action.
- Illustrates the importance and effectiveness of girl clubs through member testimonials and hard-hitting vignettes.

1999 25 minutes, order 8-2008

Ages 15 to 18
minutes, order 8-2008-IN

Handmaidens: About Nursing

Nurses are expected to be sweet, caring, and quietly efficient - even when working under stressful conditions or with disrespectful people.

Recent studies suggest that many people who enter nursing have been trained from childhood for roles as selfless caregivers. Growing up in alcoholic or other dysfunctional families, they learned to ignore their own needs, to take care of others, and, above all, not to make waves.

This powerful program encourages nurses to stand up for themselves, for each other, and for their rights as professionals. Producer Barbara Bird surveys the roots and present-day realities of nursing, and intertwines this with several poignant stories of nurses' experiences.

An excellent resource for a course in nursing history from a sociological viewpoint ... presents some startling statistics regarding the family background and health problems of nurses" - Judy Lindop, Coordinator, Nursing Resource Centre, George Brown College, Toronto.

Professional
35 minutes, order 9-7199-IN

Master Smart Woman (American Film Festival Red Ribbon 1985)

Portrait of writer Sarah Orne Jewett and her role as mentor to a generation of writers like Willa Cather and Edith Wharton. Excerpts of her fiction and auto-biographical writings.

Ages 16 to Adult
27 minutes, order 7-2001-IN

New Beginnings: Women, Alcohol And Recovery

Follows recovery of three women of varying ages and backgrounds - a career woman and grandmother, a young single woman, and the author of *I'm Black and I'm Sober*.

Adult
20 minutes, order 1-9554-IN

Pearl Buck: The Woman, The World, And Two Good Earths

The American Lifestyle Series

Nobel Prize-winning author was also a sculptor, pianist, philanthropist, and mother of nine adopted children. Explores her work and beyond through her life in China and U.S.

Also available in laser videodisc.

Ages 9 to 11, Ages 12-18, Adult
23 minutes, order 1-9747-IN

Sally Ride: America's First Woman Astronaut

Expanding Frontiers: The Exploration Of Space Series

When physicist Sally Ride made history as the first female American to fly in space in 1983, she became a symbol for women's achievements in all male-dominated fields. Her journey from Stanford graduate student to national icon is an inspiring story of courage, confidence and the determination to fulfill one's dreams.

Ages 12-18, Ages 16 to Adult, Post Secondary
33 minutes, order 8-1130-IN



Learning Resources

Second Opinion: Women's Health Issues

An intimate look at the life-changing experiences of three women in their battle, not only with breast cancer, heart disease and AIDS, but also with the health system and its providers.

Includes perceptive commentary by the authors of the groundbreaking book, *Our Bodies, Ourselves* - on the treatment these women received and on the treatment of women's health in general.

Identifies inequalities in the health care delivery system and helps to empower women seeking medical care.

An invaluable resource for nursing and allied health programs, schools of medicine, women's studies programs, outreach and advocacy groups, patient education, and public libraries. Nominated for an EMMY award.

Adult
29 minutes, order 9-7193-IN

Surviving Rape: A Journey Through Grief

Five rape survivors share their experiences along the road to recovery. Using Elizabeth Kubler-Ross' model, the program describes five stages of grieving often experienced by victims of rape and helps victims to become survivors.

Adult, Professional
30 minutes, order 1-8455-IN

Take The Power

Rock anthem video Rportrays over 150 scenes of women from all walks of life, from rural to city scenes featuring non-traditional and traditional working women, mothers, and international women.

All Ages
6 minutes, order 7-8036-IN

These Vital Years

A Conversation With Betty Friedan At 76

Betty Friedan originally gained fame for her important role in the Women's Movement of the 1960's and 1970's. She continues to be an insightful and often pithy social critic. In this video, she discusses the research she has done about the myths and realities of aging and her personal experience of being over 70.

Her zesty style of speaking and her sharp analysis of the mistaken beliefs we have so long accepted about aging make this video a stimulating and provocative experience.

Professional
24 minutes, order 8-1079-IN

Trailblazers: The First American Women In Space

Expanding Frontiers: The Exploration Of Space Series

With the development of the space shuttle program in the late 1970s came the introduction of women into the NASA astronaut corps.

Trailblazers: The First American Women in Space, tells the story of these pioneers, the obstacles they faced and their ultimate success in winning the respect of their male peers.

Ages 12-18, Ages 16 to Adult, Post Secondary
30 minutes, order 8-1129-IN

Whisper, The Waves, The Wind

Unique and lyrical inspiration to see older women in a new light as they participate in a performance art piece talking simply and honestly about their lives - past, present and future.

Adult
28 minutes, order 9-7208-IN

Why, God - Why Me?

Delicately told, compelling dramatization of true life story of a single woman, will aid discussion and understanding of sexual abuse. For mature high school/college students and community groups.

Adult, Professional
27 minutes, order 6-1015-IN

Women & Depression

The Doctor Is In Series

Clinical depression affects 19 million Americans and two-thirds of them are women. But the good news is that depression is a diagnosable and treatable illness. This program will explain how that's done and women and their families will talk about their experiences. Experts include Valerie Davis Raskin, MD, a therapist and research psychiatrist whose practice is solely dedicated to women and Ardis Olsen, MD, a physician and researcher at Dartmouth-Hitchcock Medical Centre.

Viewers interested in learning more about women's health should visit OBGYN.net, which is designed for women and patients.

Adult
28 minutes, order 2-3138-IN



Learning Resources

Women At Midlife

The Doctor Is In Series

Recognized by the National Health Information Awards

The midlife years are the new focus of the baby boomers who are turning 40 and 50. This is the time when menopause occurs, chronic diseases appear, and major transitions in family and work challenge long-held routines and beliefs.

This program outlines the latest advice in the areas of menopause and hormone replacements, and prevention of heart disease, cancer, stroke and osteoporosis. Dr. Eileen Hoffman, author of the book, *Our Health, Our Lives, a Revolutionary Approach to Total Health Care for Women*, talks about the transition from an emphasis on child-bearing and child-rearing to preventing the chronic diseases that can cripple women in their older years.

Adult, Professional
28 minutes, order 2-3115-IN

Women's Health

The Doctor Is In Series

Do women experience heart disease differently from men? Why do they have a higher rate of becoming depressed? Does any treatment that has been developed from research on men work for women? This program examines the lack of medical research conducted on women, and how that has reduced the effectiveness of treatments in the areas of heart disease, depression and alcoholism.

Experts interviewed include Pamela Douglas, cardiologist at Beth Israel Hospital, Gerald O'Connor, epidemiologist at the Dartmouth-Hitchcock Medical Center, Martin Seligman, a psychologist at the University of Pennsylvania, Carl Thoresen, a psychiatrist at Stanford University, and Donald West, Director of the Alcohol and Substance Abuse Program at the Dartmouth-Hitchcock Medical Center.

Adult, Professional
28 minutes, order 2-3105-IN

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