



Health Resources

From the Bergen County Health Promotion Resource Center

January/February 2003

Two educational videos recently added to the Bergen County Health Promotion Resource Center focus on sex education. Both present information concerning abstinence as well as safer sex.

Hope is Not a Method

The setting is a family planning clinic. Two couples and one woman accompanied by a friend come to the clinic to talk with counselors about various methods of birth control. Detailed information explains how each method is used correctly. Revised by United Learning in 2002, this video can be used with grades 9 through adults.

A teacher's guide and blackline masters on methods of contraception are available.

VHS, 15 minutes

Request: AV M53

STDs, AIDS, and the Clean Love Solution

Follow two urban teens on their quest for information about sexually transmitted diseases. They learn about transmission, symptoms and treatment of STDs. Alternatives to sexual involvement, as well as refusal skills, are presented. Intended for students in grades 7 - 12, this video was produced by United Learning in 1997.

A teacher's guide includes follow up questions and black-line masters.

VHS, 30 minutes

Request: AV A26

NEW CURRICULUM SUPPLEMENTS FROM THE NATIONAL INSTITUTES OF HEALTH

In July 2002, the National Institutes of Health released three curriculum supplements, available to teachers of students in in grades 1 to 12. These supplements are:

The Brain: Understanding Neurobiology Through the Study of Addiction. Allows students in grades 9 through 12 to explore how drugs alter brain function by changing the way neurons communicate.

Chemicals, the Environment and You: Explorations in Science and Human Health. Enables students in grades 7 and 8 to explore the relationship between chemicals in the environment and human health, utilizing basic concepts in the science of toxicology.

Open Wide and Trek Inside. Encourages students in grades 1 and 2 to gain understanding of the mouth as a living environment and learn major scientific concepts relating to oral health.

For more information online, visit <http://science.education.nih.gov/supplements>. For more information, or to place an order, contact: Dr. David Vannier, Professional Development Coordinator, OSE, NIH 6705 Rockledge Drive, Room 700, Bethesda, MD 20892-7894, telephone: (301) 496-8741.

The Health Promotion Resource Center offers information and health promotion materials such as videos for loan and accompanying handouts on a wide range of health issues to residents of towns contracting with the Department of Health Services for health education. Residents are invited to call their health educator at (201) 634-2600 or the Resource Center at (201) 634-2703.

Policies for Borrowing Videos

- Up to two videos may be borrowed at one time.
- Videos may be borrowed for a period of 5 business days.
- A \$50 personal or business check or voucher (school or other) is required as a deposit for each video that is borrowed.
- School personnel can call to inquire about courier delivery.

Health Promotion Resource Center

Bergen County Department of Health Services

327 E. Ridgewood Avenue, Room 301 • Paramus, New Jersey 07652-4895

www.bergenhealth.org • (201) 634-2703 • mdoremus@co.bergen.nj.us



Program conducted under the auspices of Bergen County Dennis McNerney
and the Board of Chosen Freeholders



Health Publications
From the Bergen County Health Promotion Resource Center
January/February 2003

The brochures described below are free to residents of towns contracting with the Department of Health Services for health education. Please complete the form at the bottom of the page to receive a single copy.

Facts about 7 Sexually Transmitted Diseases (STDs) - A single table includes information on symptoms, transmission, diagnosis and consequences of lack of treatment for each STD. Other information includes addresses and phone numbers of local treatment centers, additional resources and guidelines to protect yourself and your partner.

For Kids' Sake - Produced by the Consumer Product Safety Commission, this pamphlet addresses common dangers associated with toys and emphasizes the importance of reading the label for age recommendations.

Have You Heard About EDITH*? - Edith stands for "Exit Drills In The Home." Practical suggestions for planning an escape in the event of a fire emergency and practicing fire safety skills are described. A handy graph to diagram escape routes from the home is included.

Nonpoint Source Pollution - This colorful brochure explains what nonpoint source pollution is and the simple changes in our daily lifestyle that can make a difference in the quality of New Jersey's water. Produced by New Jersey Office of Environmental Planning.

Please send me the following brochure(s):

- Facts about 7 Sexually Transmitted Diseases (STDs)*
- For Kids' Sake*
- Have You Heard About EDITH*?*
- Nonpoint Source Pollution*

Name: _____

School/Organization: _____

Street address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Mail your completed form to:

Health Promotion Resource Center
Bergen County Department of Health Services
327 E. Ridgewood Avenue, Room 301
Paramus, NJ 07652-4895

Forms may also be faxed to 201-986-1068, *ATTN: Resource Center*
For information on multiple copies, call 201-634-2703.