

# CITIZENSHIP

Resources for 11–19 year olds  
2003/2004

Videos  
Books  
CD-ROMs  
Websites  
Online Support

INSPIRATION



LEARNING



4Learning  
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Dear Colleague

I'm delighted to send you 4Learning's Citizenship & PSHE Brochure for 11-19 year olds for the academic year 2003/2004. As you'll see, our learning resources online, in print and on video enhance and extend the 400 hours of schools programmes we broadcast during term time on Channel 4.

As a provider of high quality learning resources, we are so much more than a TV channel.

Highlights for this year include:

- **Citizen Power**, our new multimedia citizenship series aimed at involving 10-14 year olds in active citizenship
- **Faith in Action**, our new RE series which focuses on faith as it is lived today, ideal for the GCSE short course in RE

If you require more copies of this brochure please call 08701 246 444. We always welcome comments and feedback, so once you start using 4Learning's resources with your classes contact us at [4learning@channel4.co.uk](mailto:4learning@channel4.co.uk) and tell us what you think.

My best wishes for a happy and successful year.

Heather Rabbatts, Managing Director, 4Learning

## HOW TO ORDER YOUR LEARNING RESOURCES

All the resources in this brochure are available direct from 4Learning. When ordering, please quote the prices and ISBNs shown alongside the product descriptions. Payments can be made either by cheque, credit card or debit card. We welcome Visa, Mastercard, Delta and Switch.

### You can order resources from 4Learning in several ways:

**By telephone**  
Call **08701 246 444** and place your order

**By post**  
Complete the order form in this brochure and send it to **4Learning, PO Box 400, Wetherby, LS23 7LG**

**By fax**  
Complete the order form in this brochure and send it to **08701 246 446**

**Via the Internet**  
Our online shop has been designed so that you can purchase online securely and safely.  
Go to **[www.channel4.com/learningshop](http://www.channel4.com/learningshop)**

Please note that postage and packaging is charged at **£3.90** per order received by post, phone or fax.  
Orders placed via our online shop will be charged postage and packaging at **£2.00** per order.  
Orders for new products not released until the summer or autumn terms will incur additional postage charges of **£3.90** per term.  
Prices in this brochure are guaranteed until 1 April 2004.  
All products marked with this symbol \* **include VAT**.

### How to use this brochure

Our resources are categorised by subject and indicate the age ranges for which they are suitable. Follow these easy icons:

- |                        |  |
|------------------------|--|
| <b>Video</b>           | <b>CD-ROM / TV-ROM</b>                 |
| <b>Teachers' Guide</b> | <b>Poster</b>                          |
| <b>Book</b>            | <b>Website</b>                         |
| <b>Activity Book</b>   | <b>Programme Notes / Online Extras</b> |
| <b>Pack</b>            |  |

## RE

### Faith in Action

**NEW**

Key Stage 4, GCSE / Scottish Level E, F, SG  
Age 14-16

#### Curriculum Relevance

- Moral, ethical and humanitarian issues
- World religions and how they affect actions, attitudes and values
- Supports GCSE and Standard Grade RE courses

These five programmes focus on faith as it is lived today. Each programme examines a topic through the experience of individuals whose lives are influenced by their beliefs. **Faith in Action** shows how a strong faith can help in facing the challenges and dilemmas presented by today's world. The programmes have been made to support themes and religions in the GCSE short course syllabuses.



#### Video

1. **With Hope and Help**  
Buddhist monks helping to prevent the spread of AIDS in Thailand
2. **Sacred Nature**  
An environmental campaigner in India inspired by Hinduism's belief in the sanctity of life
3. **The Perfect Baby?**  
Bio-ethics and how they affect the decisions of a Christian family in the UK
4. **Peace Warriors**  
Young people reconciling Moslem and Hindu communities in India
5. **The Strength to Quit**  
Christian compassion guides a project rehabilitating drug addicts in the UK

5 x 15-minute programmes  
1851448349 **£19.99\***

Available Autumn 2003

## CITIZENSHIP IDENTITY

### We Are From ...

Key Stage 2, 3 / Scottish Level C, D, E  
Age 9-12

#### Curriculum Relevance

- Citizenship
- Awareness of people with different values and customs
- European awareness

Children from 13 European countries introduce themselves and their countries to children from other parts of Europe. They take us to the different regions of their country, show us the variety of people who live there, and talk about their interests and lifestyles.

This series allows children in the UK to get a feeling for other European countries, and the continent's varied physical and human landscape. It will help to overcome some of the insularity and ignorance about Europe that characterise many UK children.

#### Video 1

Programmes 1-5

1. **The Netherlands**
2. **Greece**
3. **Denmark**
4. **France**
5. **Sweden**

5 x 15-minute programmes  
1862158215 **£19.99\***

#### Video 2

Programmes 6-10

6. **Germany**
7. **Norway**
8. **Turkey**
9. **Finland**
10. **Britain**

5 x 15-minute programmes  
1862158223 **£19.99\***

#### Video 3

Programmes 11-13

11. **Slovenia**
12. **Czech Republic**
13. **Croatia**

3 x 15-minute programmes  
1862159580 **£19.99\***

**All three videos**  
1851448980 **£49.99\***

**Website: [www.channel4.com/wearefrom](http://www.channel4.com/wearefrom)**

Find out what it would be like to grow up in another European country. What would school be like? What would you eat? Find the answers right here.



## Origins

Key Stage 3, 4  
Scottish Levels E, F, SG  
Age 11–16

### Curriculum Relevance

- Changes in societies and cultures in the twentieth century
- Citizenship and PSHE
- English

Five short films, brought together in one programme, tell personal stories of crossing the seas to settle in Bristol. Told through moving narrative, animation, interviews and poetry, these stories are about the challenges of living in a new land with an unfamiliar culture, about searching for a lost identity and about human dignity and survival.

### Video

Includes Polish refugees (Second World War), Caribbean migration (1958), Irish migration (1976), a Vietnamese boat family (1975) and a Pakistani restaurant owner (1959).

1 x 30-minute programme  
1862156441 **£9.99\***



Polish Refugees, 1939 © Hulton-Deutsch Collection/CORBIS

## In Search of the Tartan Turban

**NEW**

Key Stage 4, GCSE+ / Scottish Level SG, NQs  
Age 14–19

### Curriculum Relevance

- Citizenship skills
- Rights and responsibilities
- Prejudice and discrimination
- Mutual respect and understanding
- Changes in societies and cultures
- National identity

Hardeep Singh Kohli is a Sikh Scottish Londoner. He's been commissioned to write his first ever six-part TV sitcom, but time is running out. He needs to discover what's funny about living in today's multicultural UK – not an easy task. As Hardeep retraces his steps back to Scotland via Yorkshire in search of his cultural origins, he gains all sorts of unexpected insights into what it means to be a citizen of the UK today. And there's so much to do! How to find a suave, handsome, witty, charismatic leading man? Or should he just do it himself? And where can he order a matching kilt and tartan turban?

### Video

1 x 25-minute programme  
1851448438 **£14.99\***

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## A Nation Once Again

Key Stage 4, GCSE  
Scottish Level SG, NQs  
Age 14–18

### Curriculum Relevance

- Modern Studies, politics & citizenship
- The campaign for a Scottish Parliament
- National identity and Scotland
- Election procedures
- Current affairs and political issues
- Parliamentary and government procedures
- Awareness of different points of view

This series, presented by broadcaster Kirsty Wark, takes a look at the fast-changing world of Scottish politics. How did Scotland get a Parliament? Who won the elections, and why? What does the future hold?

### Video

1. Testing Times
2. A Nation Once Again
3. The People Decide
4. Reality Check
5. The Choice Is Yours

5 x 20-minute programmes  
1851449833 **£19.99\***

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)



*'Entertaining and accessible ... a really slick addition to the Higher School resource cupboard'*  
Modern Studies Association Newsletter, 2000

## School Ties

Key Stage 3 / Scottish Level E, F  
Age 11–14

### Curriculum Relevance

- Citizenship skills
- Cultural heritage
- Encourages talking and listening skills

This comedy drama tells the story of two secondary school groups, one Catholic and one Protestant, who join forces – somewhat reluctantly – to design and erect a monument for the new millennium as part of an education for mutual understanding (EMU) project.

### Video

3 x 20-minute programmes  
185144713X **£19.99\***

### Online Extras

These offer free additional activities that complement 4Learning's videos but can also be used independently. Sections may include: key information for each topic; FAQ; a quiz; a key word glossary and student activities. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**Forum**

**All Together Now**

Key Stage 3, 4 / Scottish Level E, F / Age 11-14

**Curriculum Relevance**

- Rights and responsibilities
- Public services
- Mutual respect and understanding
- Voting
- Community-based voluntary groups
- Conflict resolution

This series provides the cornerstone for teaching KS3 citizenship. It examines the concepts behind the major areas of the new curriculum, human rights and personal responsibilities, using a combination of drama, historical evidence and documentary.

- Engaging, open-ended mini-dramas explore how human rights impact on young people's lives at the most fundamental level
- Celebrity presenters explain significant turning points for human rights in British history
- Those involved in human rights bodies update the situation today and highlight what still needs to be done
- Children demonstrate their active citizenship and outline their own responsibilities

**Video**

1. Fairness
2. Freedom of Speech
3. Democracy
4. Services
5. Justice

5 x 20-minute programmes  
1862158355 £19.99\*

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**Off Limits**

**School Stories**

GCSE+ / Scottish Level SG, NQs / Age 14-19

**Refugee Voices**

Refugees from Somalia and Kurdistan, now in British schools, tell of their experiences of being forced to leave their native countries and start new lives in Britain.

**Video**

1 x 25-minute programme  
1862151725 £14.99\*

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**Off Limits**

**Human Rights**

GCSE + / Scottish Level E, F, SG, NQs  
Age 14-19

**Curriculum Relevance**

- Rights and responsibilities
- Mutual respect and understanding
- Inspires classroom debate

Jill Morrell, founder of Friends of John McCarthy, investigates human rights around the world with a group of students from a secondary school.



**Video**

**Programme 1**

Drama, library film and news footage are used to explain how the human rights movement has evolved, what rights are and how they can be abused.

**Programme 2**

The students take their newly-won knowledge to the UN in Geneva, to the Philippines, to Germany, and back to the UK, meeting those caught up in the day-to-day struggle for the rights of the oppressed.

2 x 25-minute programmes  
1862153132 £19.99\*

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**pl@net.com**

Key Stage 2, 3 / Scottish Level C, D, E  
Age 9-13

**Curriculum Relevance**

- Educating pupils about sustainable development
- Ideal for global citizenship
- Conveys the message 'Think Global, Act Local'
- Highlights the scale and impact of problems both globally and locally
- Offers advice and information to young people on how they can make a difference to the environment
- Familiarises viewers with the major environmental challenges of the day, and their underlying economic and social causes (Agenda 21)



Using environmental case studies from around the world, chosen for their interest and relevance to pupils, these programmes offer advice and information to young people on how they can make a difference to the environment. In the wake of Agenda 21, the programmes familiarise viewers with the major environmental challenges of the day and their underlying economic and social causes.

**Video**

1. Water
  2. Biodiversity
  3. Natural Resources and Recycling
  4. Energy
  5. Foods and Farming
  6. Cars
  7. Rich World / Poor World
- 7 x 20-minute programmes  
1862157073 £19.99\*

**Teachers' Guide**

Includes background information, programme outlines and looks at the impact of environmental change.  
1862155712 £3.95

**Website:** [www.channel4.com/planet](http://www.channel4.com/planet)

**pl@net.com** includes not only global stories about the impact and solutions of environmental problems but also a range of activities encouraging pupils to think globally and act locally. The website includes all the latest environmental news; discussion and feedback sections; ideas and tips for taking action, including contacting organisations around the world, and links to other relevant websites.

Supports education for sustainable development and global citizenship.

**Pressure Points**

Scottish Level C, D and E / Key Stage 2  
Age 9-12

**Curriculum Relevance**

- People and Place
- Built and physical elements of the landscape
- Impact of development, conservation and planning

**Pressure Points** looks at five contrasting land-use debates that are still ongoing or just concluding in Scotland. Establishing the background to each dilemma and charting the story of how a solution is reached, strong emphasis is placed on the people who live in these areas and how these changes affect their lives.

Highlights subjects such as:

- Environment
- Wildlife conservation
- Pollution
- Citizenship
- Decision making

**Video**

1. Over the Bridge to Skye
  2. Edinburgh on the Move
  3. Timber!
  4. Shipping, Shrubs and Science in Glasgow
  5. Carry On up the Cairngorms
- 5 x 15-minute programmes  
313070 £14.99\*

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## The Time of My Life

Key Stage 2, 3 / Scottish Level C, D, E  
Age 9–13

In this series, young interviewers find out from older people what have been the most significant events and experiences of their lives. The programmes take in the whole sweep of the twentieth century, from before the First World War up to the present day.

### Video 1

1. East London, early 1900s
  2. Yorkshire Mills 1930s
  3. Ireland, 1930s–1940s
  4. Fraserburgh, Scotland from 1939
  5. D-Day Landings
- 5 x 15-minute programmes  
1862159556 £14.99\*

### Video 2

1. Tiger Bay, Cardiff 1950s
  2. Dorset Farming 1940s–1960s
  3. Immigration, Bradford 1960s
  4. Liverpool 1960s
  5. London 1970s
- 5 x 15-minute programmes  
1862159564 £14.99\*

## EDUCATION FOR SUSTAINABLE DEVELOPMENT

### Forum

#### Once Upon a Planet

Key Stage 3 / Scottish Level E, F  
Age 11–16

#### Curriculum Relevance

- Citizenship
- The Global Economy
- Modern studies

**Once Upon a Planet** seeks to bring schools up to date with the latest thinking on some of the major environmental problems of our time. The programmes include an 'alarm bell' component, spelling out the sheer scale of the global crises engulfing us – biodiversity extinction, climate change, pollution and over-consumption of natural resources. But there is also a campaigning edge, as we highlight solutions being developed in Britain and around the world, and show what ordinary citizens can do.

The programmes stress the economic and social issues underlying environmental crisis, and the need to pursue a global model based on the ideal of sustainable consumption.

### Video

1. Drop the Debt
  2. Fair Trade?
  3. Staying Cool
  4. What a Waste
  5. Life on Earth
- 5 x 20-minute programmes  
186215757X £19.99\*

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)



## Off Limits

### Talking about Justice

Key Stage 4, GCSE+ / Scottish Level E, F, SG, NQs  
Age 14–17

Challenging and informative three-part series explores the impact of existing and new legislation on 14–17 year olds, and illustrates the legal pitfalls that can face youngsters on the street, in the family and at work.

### Video

1. The Street
  2. Family Life
  3. All Work – No Play
- 3 x 25-minute programmes  
186215743X £19.99\*

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## Off Limits

### Talking about Race

Key Stage 4, GCSE+ / Scottish Level E, F, SG, NQs  
Age 14–19

A mixed group of young people discuss their approaches to a multi-ethnic Britain.

### Video

1. Who are we? Identity
2. Mixing it? Multi-culture
3. Futures

3 x 25-minute programmes  
1862151830 £19.99\*

### Teachers' Guide

Includes class activity sheets and ideas for classroom discussion. Also includes notes for **Talking about Violence**.  
1862151431 £4.95

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)



## Off Limits

### Talking about Violence

Key Stage 4, GCSE+ / Scottish Level E, F, SG, NQs  
Age 14–19

Two programmes that look at violence on the screen and in real life. Ideal for conflict resolution.

### Video

1. On Screen
  2. For Real
- 2 x 25-minute programmes  
1862151784 £19.99\*

### Teachers' Guide

Includes class activity sheets and ideas for classroom discussion. Also includes notes for **Talking about Race**.  
186559 £4.95

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

### Talking About Pack

Includes the videos from Talking About Justice, Race and Violence.  
1851449000 £49.99\*

### Citizen Power

Key Stage 2, 3  
Scottish Level C, D, E, F  
Age 10–14

#### Curriculum Relevance

- Democracy
- Conflict resolution
- Human rights
- Diversity
- Global community
- Social and ethical issues in the media

**Citizen Power** is an integrated, multi-media concept to deliver citizenship to 10–14 year olds. It combines television programmes with an integrated website to complement existing citizenship provision supporting work both within the school environment and the wider community. The series will be fronted by Jon Snow but additional items will be presented by young people and ITN journalists.

The combination of television with the Internet enables **Citizen Power** to maximise the key participation element of citizenship studies. The magazine-format television programmes and online facility will enable contributors not only to share their views on citizenship issues with others, but to review content which is constantly updated between transmissions. Schools, community groups and individuals can participate from within and outside the UK so that views from the wider world will shape online debate.

Teachers can download programme content from the website in advance, in order to integrate them into their lesson planning.

Topics covered will include: Crime, Human Rights, Diversity, Animals, Democracy, Community and the Media.

**NEW**

#### Video 1 Government and Democracy

1. Who Rules?
  2. Your Voice Counts
- 1851448071 £14.99\*

#### Video 2 Human and Animal Rights

1. Your Rights
  2. Animals and Us
- 185144808X £14.99\*

#### Video 3 Global Citizenship

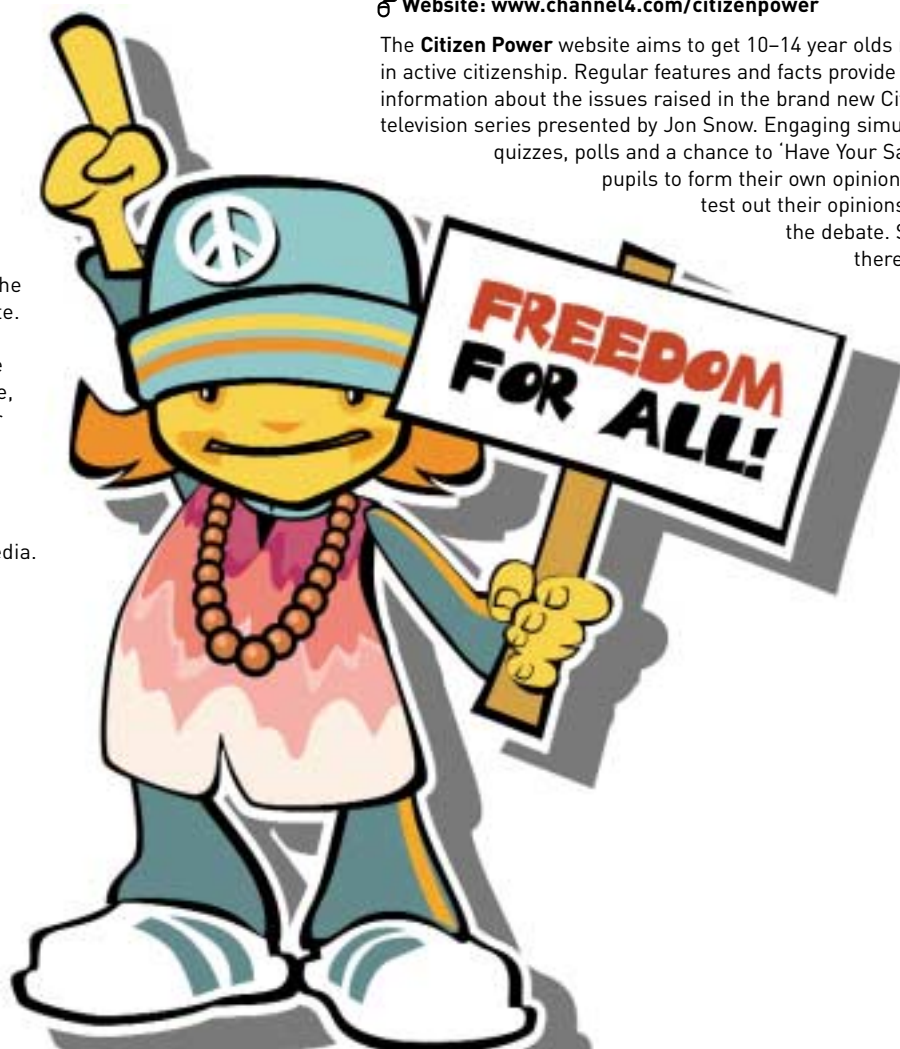
1. One World
  2. War and Peace
- 1851448098 £14.99\*

#### Video 4 Law and Media

1. Crime and Punishment
  2. Media Matters
- 1851448101 £14.99\*

Website: [www.channel4.com/citizenpower](http://www.channel4.com/citizenpower)

The **Citizen Power** website aims to get 10–14 year olds more involved in active citizenship. Regular features and facts provide further information about the issues raised in the brand new Citizen Power television series presented by Jon Snow. Engaging simulations, with quizzes, polls and a chance to 'Have Your Say' encourage pupils to form their own opinions and they can test out their opinions by joining in the debate. So don't just sit there, get involved!



### Off Limits

#### Get Working

Key Stage 4 / Scottish Level SG, NQs  
Age 14–19

Two-part series looks at a variety of young people who balance school life with the demands of a job.

#### Video

1. Round the Clock
  2. Your Rights and Wrongs at Work
- 2 x 25-minute programmes  
1862152756 £19.99\*

#### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

### My Brilliant Career

Key Stage 4 and A Level / Scottish Level SG, NQs  
Age 14–19

#### Curriculum Relevance

- Careers education

These 25 five-minute programmes, aimed at young people from 14 upwards, are attractive snapshots of a wide range of jobs, from advertising to hairdressing, from engineering to animal welfare. The programmes are made in the style of television commercials, whetting the appetite of students, soon to be workers, whilst giving them some insight into the fast-changing world of work.

#### Video

- |                              |                           |
|------------------------------|---------------------------|
| 1. Nursing                   | 14. Construction          |
| 2. Fashion                   | 15. The Police            |
| 3. The Retail Motor Industry | 16. Inn-Keeping           |
| 4. Architecture              | 17. Accountancy           |
| 5. Radiography               | 18. The Fire Service      |
| 6. Engineering               | 19. Web Design            |
| 7. The Army                  | 20. The Sports Industry   |
| 8. Horticulture              | 21. The Music Industry    |
| 9. Surveying                 | 22. The Arts              |
| 10. The RAF                  | 23. Advertising           |
| 11. Product Design           | 24. The Chemical Industry |
| 12. Personnel                | 25. Make-up and Beauty    |
| 13. Teaching                 |                           |

25 x 5-minute programmes  
186215841X £29.99\*

### Off Limits

#### Work Experience

Key Stage 4 / Scottish Level SG, NQs  
Age 14–19

These two programmes provide students with an excellent introduction to work experience.

#### Video

1. All in a Week's Work (documentary)
  2. When Roger Met Karen (comedy drama)
- 2 x 25-minute programmes  
1862151377 £19.99\*



Website: [www.channel4.com/brilliantcareers](http://www.channel4.com/brilliantcareers)

Channel 4's **Brilliant Careers** site is for young people thinking ahead, exploring jobs and careers. They can discover what careers might be right for them by taking the online 'personality' test. The site hosts a database of over 450 jobs, and video profiles of professionals and celebrities who give advice about getting in and getting on. Each month there are competitions and articles by those in the know. Students can download helpful tools, such as CV templates, to make their searches and applications successful.

Website: [www.channel4.com/realdeal](http://www.channel4.com/realdeal)

**Real Deal** is a rich media experience for the aspiring entrepreneur, providing a key service to anybody with the germ of a business idea. Combining innovative design, video, flash, html, game-based learning, downloads and tools, Real Deal opens up the business world to the uninitiated, providing inspiration, key learning tools and information to help young people turn their business idea into reality.



**Off Limits**  
 Looking After the Penneys  
 Key Stage 3, 4  
 Scottish Level E, F, SG, NQs  
 Age 11-16

- Curriculum Relevance**
- Personal finance education
  - Financial literacy
  - Social and economic systems

Handling money requires understanding, competence, responsibility and enterprise. This series develops these in interesting, entertaining and practical ways, designed to encourage pupils to feel that personal finance issues are relevant to them. Using engaging characters and credible, humorous dialogue, this drama series follows the Penneys, a fictional family who have typically diverse financial needs. They encounter a variety of everyday situations in which they have to make important decisions involving money. The situations are left open-ended on screen so that pupils can take on the role of problem solvers.

**Video**

1. **A Fool and his money**
2. **Deals on Wheels**
3. **Never, Never ...**

3 x 25-minute programmes  
 1862158134 **£19.99\***

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**Teaching Citizens**

**For Teachers**

This series is targeted at secondary and primary teachers wishing to equip their students with the conceptual skills they will need for dealing with complex issues.

The series first sets out to anticipate and answer the questions teachers are likely to ask about the introduction of citizenship into the curriculum.

It then concentrates on developing the thinking skills children require in order to contemplate the more complex issues raised by citizenship. Different teaching methods are demonstrated in real classrooms and the methodologies shown in these programmes will be useful to both primary and secondary teachers.

*Developed jointly by Just Television and the Citizenship Foundation.*

**Video**

1. **Rights and Responsibilities**
2. **Community and Democracy**
3. **Primary Philosophy**

3 x 25-minute programmes  
 1862157162 **£19.99\***

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**Teaching Controversial Issues**

**NEW**

**For Teachers**

This film is designed to help teachers new to citizenship, teach controversial issues in the classroom. It features a range of teachers from three different schools as they tackle controversial issues with their students. From asylum seekers to gay rights, the subjects and teaching methods vary. Interwoven with these lessons a young student teacher describes her experiences as she goes into school for the first time and faces these challenges as a trainee.

**Video**

1 x 25-minute programme  
 1851448411 **£14.99\***  
 Available Autumn 2003

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)



## Off Limits

### Love Talk

Key Stage 3 / Scottish Level E, F  
Age 11–14

#### Video

Five programmes, on a single video, explore the myths and misconceptions about relationships, love and sex.

1. What Are You Looking For?
2. Do Girls Want Love and Boys Want Sex?
3. How Girls Get Pregnant and How They Don't
4. How To Have Fun and Keep Healthy
5. Boys Bite Back

5 x 15-minute programmes  
1862152578 **£19.99\***

#### Book

*Let's Talk About Sex*

This 96-page full-colour book covers growing up, changing bodies, sex and sexual health. Includes cartoon illustrations. Published by Walker Books. 074453674X **£8.99**

#### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## Channel 4's health website

[www.channel4.com/health](http://www.channel4.com/health)

Straight-talking information for a younger audience on a range of health issues, Channel 4's Health website features a team of online counsellors to answer users' questions. The website was developed for those who may be hesitant or, perhaps, unaccustomed to asking for health and emotional advice. Modules include sex, stress, illness, drugs, mind, food and family.



NB: Some of the material on this site may be inappropriate for younger children. Teachers should explore this site before directing students to it.

## Off Limits

### In My Experience

Key Stage 3 / Scottish Level E, F  
Age 11–14

#### Curriculum Relevance

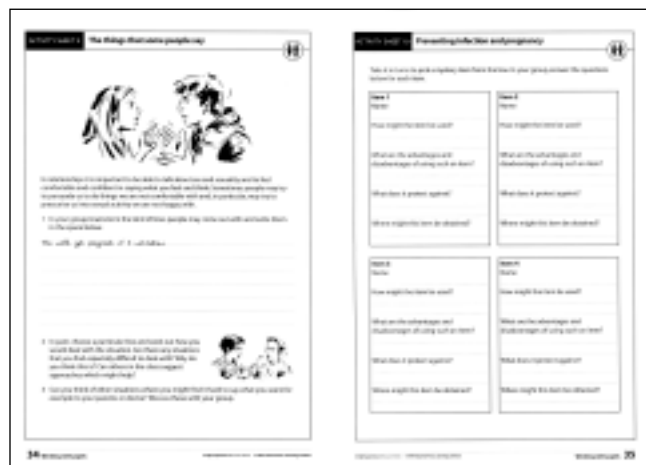
- Interpersonal and group skills
- Relationships
- Self awareness, self-reliance and self-confidence
- Rights and responsibilities
- Sex education
- Physical and emotional health

**In My Experience** uses the immediacy of video diaries to explore a range of issues. Taking students' own lives as a starting point, the films explore relationships in a dynamic and active way, dealing with issues as they are experienced. These direct, unpatronising films use real-life examples and have been created by the subjects themselves. Accessible and immediate, the films are designed to initiate wide-ranging discussion in the classroom.

#### Video

1. Just Friends
2. Dating
3. Pressure

3 x 25-minute programmes  
1862158169 **£19.99\***



#### Resource Book

A comprehensive guide to discussing relationships and developing sex education within the school. Resources are ideal for use with teachers, governors and pupils. 186215578X **£6.95**

#### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## Off Limits

### Tell Me About It

Key Stage 3 / Scottish Level E, F / Age 11–14

#### Video

A panel of young people discusses teenage crushes, fashion slavery, eating disorders, coping with parental divorce, and alcohol and drug abuse.

1. Number One Fan
2. What Do You Look Like!
3. Heavenly Bodies
4. It's All My Fault!
5. Too Much, Too Young!

5 x 15-minute programmes  
1862151067 **£19.99\***

## Off Limits

### AIDS Special

Key Stage 3 / Scottish Level E, F  
Age 11–14

#### Curriculum Relevance

- Sex education
- Interpersonal and group skills
- Relationships
- Self-awareness, self-reliance, self-confidence
- Rights and responsibilities
- Physical and emotional health
- What AIDS is: how it can be contracted, prevented and treated

Using reports from Africa and the UK, and interviews with experts, this programme explains what AIDS is, how it spreads and what can be done to prevent infection. The programme also looks at why it has become a modern-day plague and investigates public health campaigns.

#### Video

1 x 25-minute programme  
1862159726 **£9.99\***

#### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## Sex, Love and Video Diaries

### For Teachers

#### Skills for sex and relationships education

This programme is a much-needed addition to debate, understanding and training, and is available with a comprehensive training guide. Although featuring adolescents, the skills and approaches shown are applicable to all learning stages.



What do you need in order to teach sex and relationships education well? Special skills? New methodologies? To be able to move between different roles? Learning about attitudes and feelings, looking at behaviour, and helping young people to think about choices are the aims of this work. Based on actual training sessions and classroom practice, four teachers (three secondary and one primary) are shown struggling to teach this kind of education successfully. Feedback from the young pupils is presented in clips from video diaries.

Thierry Maton is a Business Studies specialist at Forest Hill Boys' School. A Year 7 tutor, he is new to sex education. 'Normally I would have a class discussion and use the board ... the problem with this is that some of the boys will not take part...' He is shown trying out new approaches in his classroom.

Jill Barry is an experienced drama teacher and Year 7 tutor at Crofton Mixed Comprehensive. 'Pupils take me into what they know or what they want to know... through the controlled conditions of drama.'

Jacky Anderson's team is shown teaching a Year 6 class at Rushey Green Primary, where she has been working since she qualified four years ago. 'We play games with them, we do circle time...like you see today... I think it's more formal in secondary school.'

Rachel Quick teaches PSHE to a Year 9 class in the girls school at Haberdasher Askes CTC. 'I've learnt that I need to think more about my techniques of teaching... to make them even wider.' Rachel does not just think about it, she does it – taking some risks in the process.

#### Resource Pack

This pack contains the video of the programme and a 48-page resource book. Produced in association with Lewisham LEA 1851449744 **£19.99\***

Website: [www.channel4.com/health](http://www.channel4.com/health)

**CROSS REF** See page 12 for more details on Channel 4's health website

**Off Limits**

**The A-Z of Love and Sex**

Everything you wanted to know, but were afraid to ask ...

Key Stage 4 and GCSE+ / Scottish Level SG, NQs  
Age 14–19

**Curriculum Relevance**

- Interpersonal and group skills
- Relationships
- Self-awareness, self-reliance and self-confidence
- Rights and responsibilities
- Health Studies
- Physical and emotional health
- Sex education

**The A-Z of Love and Sex**

is a fast-moving, unashamedly direct series that answers all those burning questions about love and sex which are far too embarrassing ever to articulate. Up front, open-minded and straightforward, each programme moves through a section of the alphabet as a way in to a range of questions and issues, with views from a variety of participants. From well-known experts to young people themselves, the information comes from a wide area of knowledge and experience. The emphasis is on young people being able to make informed responsible decisions in their personal lives.



**Video**

1. **A to F: Thinking about Love and Sex?**
2. **G to M: Everything You Are Afraid to Ask**
3. **N to Z: Mainly About Respect**

3 x 25-minute programmes  
1862156395 **£19.99\***

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**Website:** [www.channel4.com/health](http://www.channel4.com/health)

**CROSS REF** See page 12 for more details on Channel 4's health website

**Off Limits**

**Growing Up Gay**

Key Stage 4 and GCSE+ / Scottish Level SG, NQs  
Age 14–19

**Curriculum Relevance**

- Interpersonal and group skills
- Relationships
- Self-awareness, self-reliance and self-confidence
- Rights and responsibilities
- Prejudice and discrimination
- Sexual difference and homophobia
- Support and reassurance
- Bullying

**Growing Up Gay**

takes a lively, accessible and sensitive approach to a difficult subject without preaching. The first programme aims to engage even the most antipathetic viewer through strong, humorous drama. The second programme shows five energetic personal films made by young people living ordinary lives who just happen to be gay. The programmes are carefully shaped for the audience and aim to entertain whilst also being thought-provoking.



**Video**

1. **School's Out**  
A drama about homophobic bullying which is complicated when bully and victim become step-brothers
  2. **Friends and Lovers**  
Five fast, frank and funny personal films made by young gay people
- 2 x 25-minute programmes  
1862157839 **£19.99\***

**Online Extras**

These offer free additional activities that complement 4Learning's videos but can also be used independently. Sections may include: key information for each topic; FAQ; a quiz; a key word glossary and student activities. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**Sex Education Pack**

This pack includes the videos from The A-Z of Love and Sex, Growing Up Gay and In My Experience series.  
1851448993 **£49.99\***



**Off Limits**

**Borrow a Baby**

Key Stage 4 and GCSE+ / Scottish Level SG, NQs  
Age 14–19

**Curriculum Relevance**

- Sex and parenthood education
- Interpersonal and group skills
- Self-awareness, self-reliance and self-confidence
- Rights and responsibilities
- Physical and emotional health
- Relationships

Three teenagers are given a real baby to look after. This documentary, first shown on Channel 4's evening schedule, follows the fortunes of two girls and a boy as they struggle with the endless routine of feeding, nappies, sleepless nights and entertaining a baby while the anxious parents look on via CCTV monitors. The teenagers' every move is recorded and the big question is – will they make it through the weekend? **Borrow a Baby** is gripping, funny and moving and shows teenagers that the reality of having a baby is far more complex than it often seems.

**Video**

1 x 50-minute programme  
1862157561 **£19.99\***

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

**Off Limits**

**Parenting Stories**

Key Stage 4 and GCSE+ / Scottish Level SG, NQs  
Age 14–19

**Curriculum Relevance**

- Parenting skills
- Rights and responsibilities
- Pregnancy
- Child development
- Play and Discipline
- Finance
- Child-parent bond
- Sources of help

**Parenting Stories** is a valuable aid for teachers who want to introduce students to the reality of parenthood. Using real-life documentaries and a drama, the unit looks at the fortunes of new mums and dads and their offspring, and examines the emotions and challenges involved in dealing with pregnancy and coping with growing children. The unit aims to help students acquire the skills needed to become effective and happy parents, and to provide children with a loving, safe and secure environment.

**Video**

1. **Birth Days**
  2. **Toddlers and Young Children**
  3. **Forever**
- 3 x 25-minute programmes  
1862157820 **£19.99\***

**Programme Notes**

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## Off Limits Embarrassing Illnesses

Key Stage 4 and GCSE+ / Scottish Level SG, NQs  
Age 14–19

### Curriculum Relevance

- Physical, emotional and social health
- Diseases and conditions
- Promotes discussion

**Embarrassing Illnesses** is a powerful and informative series which brings into the open medical conditions that some people see as embarrassing.

The series looks at illnesses that affect younger people, such as Acne and Crohn's, as well as exploring general medical conditions. The programmes feature a mixture of personal home life as well as hard-hitting footage from inside the operating theatre. Each programme features long running narratives, following people through various forms of treatment, and offers short personal statements from people who have either learned to cope with or received successful treatment for their condition.

### Video

1. Testicular Cancer
2. Sexual Health
3. Skin
4. Periods
5. Bowels

5 x 25-minute programmes  
1862157812 **£19.99\***

### Online Extras

These offer additional activities that complement 4Learning's videos but can also be used independently. Sections may include: key information for each topic; FAQ; a quiz; a key word glossary and student activities. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

Website: [www.channel4.com/health](http://www.channel4.com/health)



See page 12 for more details on Channel 4's health website

## Off Limits Talking about Drugs

Key Stage 4 / Scottish Level SG, NQs  
Age 14–19

### Pack

A thought provoking three-programme series about the impact of drugs, designed to promote class discussion and encourage personal reflection. The pack includes a video and Resource Book, which support developing a drugs policy and give essential guidance on working with young people, parents and school governors.

1. Society
2. Science
3. Messages

3 x 25-minute programmes  
1899214143 **£19.99\***

Website: [www.channel4.com/health](http://www.channel4.com/health)



See page 12 for more details on Channel 4's health website

## Off Limits A Life of Ecstasy?

Key Stage 4 / Scottish Level SG, NQs  
Age 14–19



Two part series dealing with Ecstasy and, in particular, with the life and tragic death of 17-year-old Daniel Ashton.

### Video

1. **The Drama** (The play Daniel Ashton wrote for his GCSE Drama course about a teenager who dies after taking Ecstasy)
2. **The Documentary** (The reality surrounding the drug, and how it killed Daniel Ashton)

2 x 25-minute programmes  
1862152764 **£19.99\***

## Off Limits Losing It

Key Stage 4, GCSE+ / Scottish Level SG, NQs  
Age 14–19

### Curriculum Relevance

- Developing confidence and responsibility
- Developing a healthy, safer lifestyle
- Developing good relationships



One in five young people experience mental health problems, and one in ten have problems serious enough to need professional help. Taking its audience on the first steps of a journey towards understanding stress and anxiety, depression and disorder, self-harm, suicide and despair, **Losing It** is designed to help young people, and those working with them, to:

- identify the factors which affect mental health
- understand what mental health is and distinguish it from mental illness
- overcome the fear and stigma associated with mental illness
- develop confidence, self-esteem and emotional literacy

**Losing It** is supported by a Science on Stage and Screen Award from The Wellcome Trust.

### Video

1 x 25 minute programme  
1862158312 **£14.99\***

Website: [www.channel4.com/losingit](http://www.channel4.com/losingit)

Contains ideas for classroom discussion, background information, contact names and addresses to follow up issues highlighted, ten tips for friends and relatives and an ABC of mental health.

Website: [www.channel4.com/health](http://www.channel4.com/health)



See page 12 for more details on Channel 4's health website

## Winning the Mind Game

NEW

Key Stage 4, GCSE+  
Scottish Level E, F, SG, NQs  
Age 14–19

### Curriculum Relevance

- Developing a healthy, safer lifestyle
- To reflect on and access strengths
- The causes, symptoms and treatments for stress and depression
- Developing good relationships

Mental illnesses such as depression and anxiety are increasingly prevalent among young people in the UK. At their most extreme, they can kill. Suicide is the second most common cause of death among Britons under 35. Yet, a lot can be done to stop things reaching such desperate and tragic ends. Friends, families and colleagues can really help. This programme challenges the stigma of owning up to mental health problems. It profiles three attractive, successful young people who have suffered and conquered mental illness. Their deeply moving stories prove that having a mental health problem isn't the end of the world, and can even lead to personal growth. Their ultimate success is a testament to the importance of articulating emotions and the value of friendship.

### Video

1 x 25-minute programme  
1851448195 **£14.99\***

Available Summer 2003

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)



## That's My Life

Key Stage 2, 3 / Scottish Level C, D, E  
Age 9–14

### Curriculum Relevance

- Offers the opportunity for children to appreciate different views and perspectives
- Provides lively discussion material for PSHE and citizenship

These films feature young disabled people talking about themselves, their lives and relationships. The films reveal how assumptions and prejudices can create barriers for people regarded as different.

**That's My Life** aims to open up ideas for reflection, discussion and action for staff and pupils, and to break down those barriers.



### Video

1. **Carl**, who has been blind from a very young age
2. **Stacey**, who has cerebral palsy
3. **Christopher**, who has Asperger's Syndrome
4. **Natalie**, who has Down's Syndrome
5. **Elliott**, who has cerebral palsy

5 x 5-minute programmes  
1862157413 **£9.99\***

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## Being Different

Key Stage 2, 3 / Scottish Level D, E / Age 10–14

### Curriculum Relevance

- Offers the opportunity for children to appreciate different views and perspectives
- Provides lively discussion material for PSHE and citizenship

We are all different. Some differences are small, but significant, whilst others are more obvious and have a big impact. In this series of funny and touching video diaries, children from across the country explain why they feel different to others, and how being different affects them. The stories include being adopted, being a newcomer, having a speech impediment, having divorced parents, having psoriasis, being a young carer, being a Christian, being a male ballet dancer and being a twin.

### Video

1. **I'm Different**
2. **My Family's Different**
3. **My Lifestyle's Different**
4. **My Interests are Different**
5. **Surviving Anorexia**

5 x 10-minute programmes  
1862159246 **£14.99\***

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## Off Limits

### Strong Language

Key Stage 3, 4, GCSE+  
Scottish Level E, F, SG, NQs / Age 11–19

### Curriculum Relevance

- Prompts debate about a wide range of personal and social issues

This powerful and intriguing drama tells the story of Zöe, a deaf teenager struggling to establish her identity and independence. Subtitled throughout, this programme is intended equally for deaf and hearing viewers.

### Video

1 x 25-minute programme  
1862158320 **£19.99\***

### Programme Notes

These contain an outline of this video, including curriculum relevance, further reading and suggestions on how it can be used in the classroom. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

## Express

Key Stage 3, 4 and A Level  
Scottish Level E, SG, NQs  
Age 11–19

### Curriculum Relevance

- Sign language
- Deaf culture
- Communications

This series opens up the world of deaf culture and communications and, in setting out how to discover how communication works for deaf and hearing people, explores the power and expressiveness of sign language. Focusing on strong stories drawn from personal experience, the programmes look at everyday situations from new and intriguing perspectives.

### Video

1. **Why Don't You Listen?**  
Community and conflict between the generations
2. **The Learning Game**  
Explores the experiences of deaf students at school
3. **Strong Language**  
Examines visual and verbal communication in the arts and entertainment
4. **The Works**  
Focuses on relationships at work
5. **Media Messages**  
Explores the powerful role the media can play in all our lives

5 x 10-minute programmes  
1862153086 **£14.99\***



### Without You

**NEW**

Key Stage 4, GCSE+  
Scottish Level SG, NQs  
Age 14–19

#### Curriculum Relevance

- Developing a healthy and safe lifestyle
- Self-awareness, self-knowledge, self-confidence
- Emotional health: recognising the stages of emotion associated with loss and change
- Relationships
- Interpersonal skills
- Support and reassurance

**Without You** explores the experiences of young people whose lives have been affected by bereavement. The documentary focuses on portraits of young people in very different circumstances, and traces the individual ways they have come to terms with grief and loss, and learned the strength to face the future.

**Without You** supports work in PSHE and citizenship designed to encourage young people to develop a sense of their own identity and to form and sustain strong personal relationships. In particular, the programme aims to help young people to recognise the emotions associated with loss and change, deal positively with strong feelings, overcome their fears, and begin to ask for support from others and give it in return.

#### Video

1 x 25-minute programme  
1851448381 **£14.99\***

Available Autumn 2003

### Rush

GCSE+  
Scottish Level SG, NQs  
Age 16–19

#### Curriculum Relevance

- Understanding deafness and disability as part of cultural diversity
- Respecting the differences between people as they develop their own sense of identity
- Understanding the types of stereotyping, prejudice, bullying, racism and discrimination and how to challenge them assertively

**Rush** is a compelling and original drama about a group of friends struggling to make sense of their lives. Adam, Troy, Kelly, Maya, Nicky and Mel are deaf – six students working and playing hard in a hearing world. **Rush** follows each of them on a different journey as they try to live for the present, and fight for a future. The drama explores the themes of friendship, identity, tough choices, secrets and lies, love and losing it, viewed from a young, deaf perspective.

**Rush** brings together a cast of deaf and hearing actors and is filmed in a mix of speech and sign language. The drama is a strong and engaging introduction to sign language, deaf culture and communications.

#### Video

1 x 65-minute programme  
1851448187 **£19.99\***

#### Online Extras

These offer free additional activities that complement 4Learning's videos but can also be used independently. Sections may include: key information for each topic; FAQ; a quiz; a key word glossary and student activities. Visit [www.channel4.com/secondary](http://www.channel4.com/secondary)

#### Website: [channel4.com/veetv](http://channel4.com/veetv)

**Vee-TV**, the lively series for young deaf people, gets even more interactive this year with weekly updates from cities around the UK. Plus **Rush** continues highlighting the ups and downs of your favourite characters grappling with relationships and getting on with their lives.

### Homework High

[www.homeworkhigh.com](http://www.homeworkhigh.com)

For students who need help with their homework, 4Learning's **Homework High** gives students access to expert help in real time. Real teachers provide customised same-day help online and students can also consult a vast library of previously asked questions. A personal guidance service is available on Wednesday evenings.

#### Timetable for specialist, real-time help:

	4:00–5:30pm	6:30–9:00pm
<b>Monday</b>	English	Science
<b>Tuesday</b>	History Geography	Maths
<b>Wednesday</b>	Science	Personal (6:30–8:30pm) English Languages
<b>Thursday</b>	Maths	History Geography
<b>Sunday</b>		English (6:30–8:30pm) History (6:30–8:30pm) Geography (6:30–8:30pm)

#### Homework High Revision Heaven

Books, CD-ROMs and online learning for Key Stage 3 and GCSE students.

Homework High Revision Heaven is a great new way for students to learn and prepare for their tests and exams. Presented in a bright, accessible style, each title focuses on revision and practice of the core curriculum topics.

Created to complement the highly successful, **Homework High** website, these new resources concentrate on National Tests and GCSEs. Each title combines:

- A colourful, stimulating book, enabling students to understand the most likely test topics
- A fantastic CD-ROM that includes either two full Test Papers (Key Stage 3) or two Mock Exams (GCSE). Each paper is accompanied by Model Answers, hints and tips, which aid revision at school or at home
- Links and access to the **Homework High** website, where all of your students study and revision questions will be answered

Key Stage 3 English National Test Revision Book and CD-ROM  
1862159432 **£4.99**

Key Stage 3 Maths National Test Revision Book and CD-ROM  
1862159483 **£4.99**

Key Stage 3 Science National Test Revision Book and CD-ROM  
1862159505 **£4.99**

GCSE English Revision Book and CD-ROM  
1862159440 **£6.99**

GCSE Maths Revision Book and CD-ROM  
1862159475 **£6.99**

GCSE Science Revision Book and CD-ROM  
1862159491 **£6.99**

GCSE French Revision Book and CD-ROM  
1862159459 **£6.99**

GCSE Geography Revision Book and CD-ROM  
1862159467 **£6.99**



Subject to availability at selected WHSmith High Street stores.



### Amazing Grades

[www.channel4.com/amazinggrades](http://www.channel4.com/amazinggrades)

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