

**LATEST TOP-RANKED VIDEOS**  
**Reviewed and Recommended by Teens for Teens\***  
**Health Information Project 2002 of the Mid-Hudson Library System**



<http://midhudson.org/hip/main.htm>

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**ALCOHOL USE AND TEENAGERS**

**Alcohol's Seduction of Teens**....48 min. (2001)  
*Opened my eyes to the tricks behind advertising.*

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**BODY IMAGE/EATING DISORDERS**

**Dying to Be Thin**.... 60 min. (2000)  
*Good information about all aspects of eating disorders.*

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**DATING VIOLENCE**

**No Means No! Date Rape**....28 min. (2000)  
*VERY informative on how and why date rape happens and what to do.*

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**DECISION MAKING/PEER PRESSURE**

**Cliques: Behind the Labels**....30 min. (2000)  
*A topic that teens have always had to deal with; stories told by teens were powerful and revealing.*  
**Gossiping, Taunting, Bullying: It's All Harassment**.... 22 min. (2001)  
*Real kids show how they were harassed; advice on how to stop it and handle it.*

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**DEPRESSION IN YOUTH**

**Day for Night: Recognizing Teenage Depression**....26 min. (1999)  
*Real teenagers talked about their problems; a lot of good information.*  
**The Other Side of Blue: The Truth About Teenage Depression**....31 min. (2000)  
*Covered the topic very thoroughly; promoted getting help.*

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**DRUG ABUSE**

**Ecstasy**....30 min. (2001)  
*Answered many questions, and provided many facts; provides perspectives from many sides.*  
**Ecstasy: The Facts**....30 min. (2001)  
*Real life examples and a variety of situations; easy for teenagers to relate to.*  
**Flipping the World: Drugs through a Blue Lens**....31 min. (2000)  
*Great video; promotes awareness; creative, original; powerful.*

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**INTERPERSONAL RELATIONS**

**Between Mother and Daughter**....47 min. (1999)  
*Very realistic; powerful; helps put breast cancer in perspective.*  
**It's Not Only Murder: Discovering the Violence in Your Life**....16 min. (2001)  
*Pointed out situations most people don't think about; good discussion starter.*  
**It's Your Life Series**

- **Understanding Gang Life**....22 min. (2000)  
*Honest and powerful.*
- **The Consequences of Gang Life**....26 min. (2000)

*Focuses on the realities; why gang life is so horrible; persuasive.*

- **Alternatives to Gang Life**....26 min. (2000)  
*Great alternatives; persuasive advice without being preachy.*

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**La Verdad Sobre el Odio (The Truth About Hate)**....32 min. (1999)  
*Brutally honest.*

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**SELF-ESTEEM**

**Killing Us Softly: Advertising's Image of Women**....34 min. (2000)  
*No-holds-barred portrayal of advertising and women; made a clear and strong point.*  
**The Power of Girls: Inside and Out**....20 min. (2000)  
*Useful information on how to respect yourself and how to deal with hard times; very supportive of making the right choices.*  
**Real Strength: Boys Talk About Life**....20 min. (2000)  
*I enjoyed it a lot because I know exactly how it feels to be made fun of; should be shown to every school.*

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**SEXUAL BEHAVIOR**

**La Verdad Sobre el Sexo (The Truth About Sex)**....24 min. (1999)  
*Good video; gives useful advice.*  
**Why Abstinence: The Price of Casual Sex**....30 min. (2000)  
*Factual, straight to the point, clearly defines abstinence as best solution.*

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**SMOKING**

**Tobacco X-Files: Revisited**....30 min. (2001)  
*The information was presented very clearly and creatively; gave the tobacco business a face.*

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**SUICIDE**

**Suicide**....59 min. (2000)  
*A lot of useful information; how to recognize warning signs and how to help; an ideal research source.*

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**VIOLENCE PREVENTION**

**Hidden Victims: Children of Domestic Violence**....45 min. (2000)  
*Thought provoking; helpful information; where to go for help.*  
**Live By the Gun. Die By the Gun**....30 min. (1999)  
*Touching, honest; very strong message; a lot of good information on the dangers of owning a gun.*  
**She Said Yes: The Unlikely Martyrdom of Cassie Bernall**....36 min. (2000)  
*This video was just incredible; great for parents and teens; discussion guide could be used effectively.*  
**The Truth About Violence**....57 min. (2001)  
*Presents strong and clear message about teen violence; honest; thought-provoking.*

\*During the summer of 2001, 37 teen interns evaluated 116 videos on general health issues. Interns' comments appear in italics.

*Free borrowing available from the Mid-Hudson Library System; ask at your public library or REQUEST A TITLE through your library's online catalog.*

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