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## **Introduction**

The Status of Women Council of the NWT is happy to send you our video catalogue. This listing includes all of our old titles and new additions to the video library.

A few videos and audiocassettes are in Inuktitut, South and North Slavey, Dogrib, Chipewyan, Gwich'in and French languages. Discussion guides come with some videos and could be useful to facilitate a group workshop and discussion. Videos that have discussion guides will have **Guide** written after the length of time, below the title.

To make your choice easier, the titles are listed by Subject and the page you can find the description on. In the second part of the catalogue, the videos and a description are listed in alphabetical order.

We are continually upgrading our collection. If you know of some interesting videos or audiocassettes or if you need a specific title which is not in our list, please tell us and we will try to find it for you.

**We wish you a good film presentation!**

## HOW TO BORROW VIDEOS AND AUDIOCASSETTES

You can borrow as many as 4 titles from this catalogue, free of charge, for up to one month. Please remember, sometimes the videos or audiocassettes that you would like might be already on loan, so make a list of 5 or 6 choices before you make your request.

If you cannot return a video on the due date, please give us a call and let us know. When you receive your video or audiocassette, please remember to read the loan instructions carefully on the back of the loan contract.

Thank you in advance. Your cooperation will help to keep our video library operating and we will be able to add new titles in the future.

### **If you are interested in borrowing some of our videos or audiocassettes:**

call:

Leila at (867) 920-6178

Fax:

(867) 873-0285

write:

Leila Besarra

Information & Events Co-ordinator

Status of Women Council of the NWT

Box 1320

Yellowknife NT X1A 2L9

Email:

[leila@statusofwomen.nt.ca](mailto:leila@statusofwomen.nt.ca)

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**2004**

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## VIDEO DESCRIPTIONS

### **A CHANCE FOR CHANGE**

*English/Health Canada/1991/31 minutes/Guide*

This video is about the knowledge, attitudes, and behaviours associated with **HIV/AIDS**. The video and accompanying material are designed specifically for aboriginal youth, but would be useful for a wide variety of audiences.

### **A CIRCLE FOR ALL**

*English/Quickbean Films North/2001/1 hour*

In this video dealing with **restitution** or restorative justice, we are introduced to a new method of dealing with student discipline that is being used in several schools in Yellowknife. Rather than the old way of reward and punishment, students and teachers learn skills such as how to resolve disputes, treat each other with more respect, and make responsible decisions in their relationships with one another. Kids learn how they can become their own referees and how to talk things through in peace circles.

### **A CIRCLE FOR ALL - KIDS VIDEO**

*English/Quickbean Films North/2001/10 minutes*

A shortened video of the above. It shows how students can, with a little help from teachers, resolve disputes among themselves and learn to treat each other with more respect and dignity. When mistakes are made, it is possible to be given a second chance to restore peace and to learn a lesson.

### **A HOUSE DIVIDED**

*English/NFB/1988/35 minutes/Guide*

A video dealing with **elder abuse**. Through four personal portraits, this video documents the emotional complexity of family relationships that can lead to elder abuse, the anguish and isolation of the victims, and the need for community support.

### **A LIFETIME OF CARING**

*English/Kinetic Video/25 min.*

This video and lesson guide present ways in which friends, families and communities can provide better care for seniors. It looks at difficult issues facing **aboriginal elders** and ways of providing high quality care to them. The video is designed for health professionals, aboriginal elders, hospitals, and groups wanting to improve the quality of life for aboriginal seniors.

## **A LITTLE ELBOW ROOM PLEASE**

*English/Employment and Immigration Canada/1992/22 minutes*

Suitable for **high school and women** considering a career in **non-traditional fields**. Women from various occupations and professions are interviewed and filmed on the job site. They explain how they became involved in their work, what obstacles they encountered, and how they made a place for themselves among their male colleagues.

## **A LOT OF LOVE AND NO DRINKING**

*English/Tawow Society and Uncle Gabe's Friendship Centre/27 minutes/Guide*

In this documentary, three women talk about their alcoholic experiences. They discuss the role **alcohol abuse** played in their lives. Each of them, at a different stage of alcoholism, tells of their fight for recovery and the **healing** process.

## **A LOVE THAT KILLS**

*English/NFB/1999/19 minutes*

A powerful documentary that tells the story of Monica, a nineteen-year-old woman who was murdered by her former boyfriend. Monica's mother speaks throughout the video, bravely telling about her daughter's life and death, and the helplessness she felt during the abuse. The video helps to identify the **warning signs of partner abuse**, especially in young people. It will help generate discussion and action and appropriate for use in Health, Guidance, Family Law or Social Studies classes.

## **A NEW DAWN**

*English/Health Canada/circa 1983/14 minutes*

"A New Dawn" was the slogan of a conference sponsored by the Native Women's Association of Canada to talk about **drug and alcohol abuse in native communities**. In this video of that conference, several people, including elders and children, talk about the effects that drugs and alcohol have had on their culture and traditions.

## **A PLACE TO START**

*English/BC Institute on Family Violence/1994/40 minutes/Guide*

An educational video package for women who have been assaulted by their husbands or boyfriends. Several survivors share their personal experiences. Professionals, including a police officer, prosecutor, and judge, describe what happens when a charge is laid and a case goes to court. The guide offers women more **detail about the legal system** and other support available. There are many **resources** available in Canada to help women stop being victims of violence, so the message is one of hope.

## **A PUBLIC FORUM ON MENOPAUSE**

*English/Status of Women Council of the NWT/1997/60 minutes*

Janine O'Leary Cobb, sociologist and editor of a newsletter on **menopause**, speaks to a Yellowknife audience on menopause - what it is, the pros and cons of hormone therapy, and alternatives to hormones. She also corrects some of the myths associated with this phase of women's lives so the viewer has a better understanding of what happens to women physically, emotionally and mentally when they go through it. Some other topics are hysterectomies, the process of aging, and the risk factors for breast cancer. Following her presentation is a question and answer session with the audience.

## **A SCORE FOR WOMEN'S VOICES**

*English/NFB/2002/86 min.*

This uplifting and inspiring film is about the global **Women's March of 2000** organized by the women of Quebec to protest inequality and violence against women. The march began in March and continued to October of that year in countries such as Canada, India, the USA, Ecuador, Mozambique, Mexico, etc. We get a sense of the issues women face around the world in their everyday lives, such as welfare, violence, homelessness, and lack of education and training. Of particular interest is an example of circle sentencing in India by a group of women who are trying to bring justice to a wife who has been abused.

## **A SUMMER IN THE LIFE OF LOUISA**

*Inuktitut with English subtitles/IBC/30 Minutes*

In this film we meet Louisa, an Inuit woman living with her abusive husband, what she tries to do to deal with the **violence** and how they work on a solution.

## **ADDICTIVE RELATIONSHIPS VIDEO #1 - COMPULSIVE RELATIONSHIPS**

*English/Kinetic Inc./1989/36 minutes*

This video has information on **compulsive relationships**. These are relationships people get involved in even though they know they will be hurt by it. These people feel that they need to be in a relationship at whatever cost. It will also show how to work towards forming a healthy relationship.

## **ADDICTIVE RELATIONSHIPS VIDEO #2 - RELATIONSHIP STYLES**

*English/Kinetic Inc./1989/30 minutes*

Video #2 examines 3 types of addictive relationships, compulsive, apathetic, and healthy. These three types are different in many ways including expectations, communication, trust,

boundaries, etc. The information is useful to those couples who are involved in building **healthy relationships**.

### **ADDICTIVE RELATIONSHIPS VIDEO #3 - RELATIONSHIP BUILDING**

*English/Kinetic Inc./1989/33 minutes*

Dr. Claudia Black and Terry Gorski, therapists, explain how to create a **healthy relationship** the same way as one would construct a house. There must be a foundation (communication, caring, and commitment) and levels (casual contact, companionship, friendship, romantic love, and committed love).

### **AFTER THE MONTREAL MASSACRE**

*English/NFB/1991/27 minutes*

On December 6/1989, 14 women were murdered by one man in Montreal. This video makes the connection between this massacre and male violence against women. It sets the stage for an exploration of **misogyny and sexism**.

### **AIDS AND STD PSAs**

*English/Swan Productions/1994/12 min.*

Five **PSAs** produced by the Status of Women Council of the NWT and Health & Social Services GNWT to raise awareness of the need for safe sex practices to prevent AIDS.

The five titles are: The Right to Say "No", Awareness of the Right to Self Protection, Parent/Child Communication, How Do We Prevent Transmission, and What is an STD?

### **ALL OUR BUSINESS**

*English/Health Canada/1985/30 minutes*

A woman who is battered by her husband gets help from her neighbours.

### **ANCIENT FUTURES-LEARNING FROM LADAKH**

*English/International Society for Ecology and Culture/1993/60 min.*

Ladakh, located in Tibet, has been home for thousands of years to a thriving culture. After "development" came, however, there is pollution, inflation, unemployment, social and psychological problems. The video teaches about the root cause of these problems and provides valuable guidelines for our own future **land development**.

### **ATTENTION: WOMEN AT WORK!**

*English/NFB/1989/28 minutes*

The four women in this film are successful in their **non-traditional jobs**. They talk about their choices and give practical advice while a group of teenage girls discuss the factors that will influence their career choices, such as; sex-role stereotyping and fear of failure.

### **BABY BLUES**

*English/NFB/1990/25 minutes*

For the teenage audience, this film will break through the, "It could never happen to me" attitude. Jason and Kristen have pretty well everything going for them in their ideal middle class lives. Their plans and dreams are soon shattered when they are faced with the consequences of an **unplanned teenage pregnancy**.

### **BALANCE-HEALING THROUGH HELPING**

*English/Health Canada/1997/44 minutes*

This is an upbeat look into the lives of many **First Nations, Inuit and Metis youth** in Canada. They talk about issues that affect their everyday lives such as peer pressure, family values, physical fitness, personal health, traditional healing and self-esteem.

### **BATTERED WOMAN, MCATEER HOUSE- YELLOWKNIFE**

*Chipewyan, Dogrib, English, Slavey/YWCA/1989/18 minutes.*

Alison McAteer House is a **shelter** for abused women and their children. This video contains an interview with a woman who stayed in the shelter, an overview of the program and services at the shelter.

### **BEFORE I WAS BORN**

*English/Taqramiut Productions/2002/26 min./guide*

The video was produced mostly for young Inuit women between the ages of 13 and 18. It is about **FAS and FAE** - the causes, preventability, symptoms, the problems that children will have, and the ways of handling both the child and the problem. The viewing guide provides factual information, is a reference for commonly asked questions and facilitates discussion before and after viewing.

### **BEGINNING WITH US**

*English/Health Canada/1992/19 minutes/Guide*

This 20 minute video is part of "The Mountain and Beyond" multi-media kit which was developed by several service agencies (police chiefs, nurses, social workers, etc.) in response to the problem of **domestic violence**. It features the personal views and experiences of 12 service providers from across Canada who are committed to a collaborative approach to their work.

## BEHIND CLOSED DOORS

*English/Dene Nation and Dept. of Culture and Communication, cassette, GNWT/3 hours*

- Six parts:
- Introduction: **Spousal assault** in the NWT
  - The Survivor's Point Of View
  - The Batterer's Point Of View
  - The Children's Point Of View
  - Sources Of Help
  - Community Action

## BEHIND THE VEIL: NUNS

*English/NFB/1984/130 minutes*

The history of nuns mirrors the history of all women - in what we are taught about the past, women are almost invisible. This video records the turbulent and remarkable **achievements of women** in religion, from the pre-Christian Celtic communities to the radical sisters of the 1980s. Contemporary nuns of strength, dignity and commitment speak of their lives and their predecessors.

## BIRTHING IN PEACE

*English/Peggy Olsthoom/1993/32 Minutes*

In many countries around the world women continue to die in childbirth. This video tells the story of Brazilian obstetrician Dr. Galba Araujo and his work with **traditional midwives** to improve health care in rural Brazil. Through this work he became convinced that their methods had a place in modern medicine.

## BRADSHAW ON: THE FAMILY

*English/PBS Television Series/1986/10 videos/58 minutes each*

### Part One: **The Family in Crisis**

An overview of what constitutes a family in crisis.

### Part Two: **The Healthy Family**

How a healthy, functional family operates

### Part Three: **The Unhealthy Family**

Characteristics of the dysfunctional family

### Part Four: **The Compulsive Family**

Compulsive behavior, the core of all addictions

### Part Five: **The Persecuted**

**Incest and violence** within the family

### Part Six: **The "Bad" Child**

Shame and guilt, moral and **emotional abuse**

Part Seven: The Most Common Family Illness

**Co-dependency**, the most common untreated addiction

Part Eight: **Help** for the Family

Dealing with resentments, getting to forgiveness

Part Nine: **Health** for the Family

Stopping the denial of problems, making interventions within the family

Part Ten: Hope for the Family

**Healing** ourselves, healing the world

## **BUT HE LOVES ME**

*English/Churchill Productions/1992/30 Minutes*

This is the dramatic story of a young woman's struggle through an **abusive relationship**. She meets and starts dating the most "attractive and popular" guy at her high school. Everything seems ideal until the relationship takes a sharp turn for the worse and she begins to learn things about him she never imagined.

## **CALL OF THE DRUM**

*English/Health Canada/23 minutes*

This video was filmed on the Nipising Reserve in North Bay, Ontario. It tackles the drug and alcohol problems of this reserve and stresses the importance of culture, having role models, youth programs, and using elders to gain a better understanding of native history. Useful as a **tool for drug and alcohol workers**.

## **CAREGIVERS SERIES - EPISODE ONE: MADELEINE AND ROSE**

*English/NFB/1997/49 min./Guide*

The Caregivers Series is a how-to series of five videos which portray the challenges of **caring for family members with Alzheimer's, dementia, aphasia and physical disabilities**. In Episode one, Madeleine takes early retirement to care for her mother who has suffered a stroke.

## **CAREGIVERS SERIES - EPISODE TWO: DORIS AND TOM**

*English/NFB/1997/50 min./Guide*

78- year-old Doris cares for Tom, her husband of 50 years who, after a stroke, can no longer walk or speak.

## **CAREGIVERS SERIES - EPISODE THREE: KURT AND ELIZABETH**

*English/NFB/1997/49 min./Guide*

88 year old Elizabeth has **Alzheimer's**. After having cared for her at home for eight years, her son, Kurt, is struggling.

### **CAREGIVERS SERIES - EPISODE FOUR: PAT AND MOLLY**

*English/NFB/1997/50 min./Guide*

Pat cares at home for her 95-year-old mother, Molly, who requires round-the-clock attention.

### **CAREGIVERS SERIES - EPISODE FIVE: PAUL AND JEAN**

*English/NFB/1997/50 min./Guide*

Paul visits his mother, Jean, who has Alzheimer's, twice a week at a nursing home, trying to bring as much cheer as possible into her life.

### **CHAKO "TO BECOME"**

*Chee Mamuk (B.C.)/2002/20 min./Guide*

Chee Mamuk, Aboriginal Program, BCCDC, brought six **youth** from different Nations through a month of coming-of-age training. The youth made drums, cultural costumes, and worked on a carving together. Guest speakers shared traditional teachings, and there was also discussion on **drugs, alcohol, HIV, hepatitis and STDs**. Students and teachers could learn how to start a similar program in their community.

### **CHANGE OF HEART**

*English/NFB/1990/56 minutes*

After thirty years of married life, Edna decides to leave her hostile and bully husband and build a new life. This video describes the family reaction, the problems associated with mid-life **divorce** and the difficulties faced by older women who try to re-enter the workforce.

### **CHILDREN ARE NOT THE PROBLEM**

*English/Congress of Black Women-Toronto/30 Minutes*

This film is about **racism** and how it is taught and learned and how it can affect a child's development. It shows us how parents and teachers often do not want to talk with children about racial differences. Kids can also pick up negative messages from books, music, and the classroom.

### **CHILDREN OF ALCOHOL**

*English/NFB/1984/18 minutes*

In the relaxed environment of a mountain campsite, young people discuss their anger, frustration, and struggles to cope with their **alcoholic parents**. By sharing their experiences, they open a door for others like them.

### **CHILDREN OF THE EAGLE**

*English/Health Canada/1990/30 Minutes/Guide*

This empowering video outlines the healing of three **sexually abused children** after they have disclosed the abuse. It invokes the symbolism of the eagle-representing bravery, leadership, and wisdom - to evoke similar qualities in the community called on to help children in crisis.

### **COMMUNITY JUSTICE: COMING FULL CIRCLE**

*English/GNWT Justice Div./1997/44 Minutes*

Community Justice Specialists, elders, and other players within the criminal justice system come together to explain the concept of **community justice**. This is an alternative system to the present legal system which is foreign to aboriginal culture in its philosophy and methods of dealing with offenders. The video would be informative and useful for community people, RCMP, court workers, social workers, students and anyone else who is interested or deals with the criminal justice system.

### **COUNTING OUR VICTORIES-POPULAR EDUCATION AND ORGANIZING**

*English/Repeal The Deal Productions/1996/28 Minutes*

This video shows how two different groups of women use different **popular education methods** to raise questions and further their work. These women, some from Canada and some from South America, discuss the value of popular education for organizing in the 1990's.

### **CRIAW: THE NORTHERN CONFERENCE**

*English/CRIAW/1989/28 minutes*

This is an overview of the Canadian Research Institute for the Advancement of Women Conference held in Yellowknife November 10, 1989. The video contains the history and goals of CRIAW and the outline of different workshops.

### **DAUGHTERS OF THE COUNTRY - PART 1 (Ikwe and Mistress Madeleine)**

*English/NFB/1986/57 minutes*

Both Ikwe and Mistress Madeleine concern the marriages of native women to non-native men in the early days of the Canadian Northwest. Both depict the clash of **cultural values** and how the women dealt with their situations when their unions fell apart.

## **DAUGHTERS OF THE COUNTRY - PART 2 (Places Not Our Own *and* The Wake)**

*English/NFB/1986/56 min.*

These two stories deal with Metis women and their struggles with **racism**. Places Not Our Own takes place in the 1920s while The Wake happens in the 1980s.

## **DAVID WITH FAS**

*English/NFB/1996/44 minutes*

David Vandenberg seems like a normal 21 year old, bright and articulate. While in his mother's womb, however, he suffered permanent brain damage because of the alcohol she drank. David narrates this personal story, using video footage shot by himself, outlining his own experiences and those members of his adopted family who are loving and caring and trying to cope with the consequences of **FASD**. The video shows how alcohol gets into the developing brain and how, 21 years later, the child tries to deal with depression and the inability to function normally in his daily life.

## **DAYCARE SURGERY & ABORTION: WHAT TO EXPECT**

*English/Stanton Yellowknife Hospital*

This video gives viewers an introduction to all of the steps that they will go through on the day of surgery. The second part of the tape gives the viewer more details of what will happen when they go to the hospital to have an **abortion**.

## **DECADE OF WOMEN CONFERENCE UNITED NATIONS**

*English/Nairobi/1985/60 minutes*

In 1985, 17,000 women from 150 countries around the world came to Nairobi, Kenya. They were, for example: philosophers, homemakers, writers, political activists, workers, and educators. During the conference, women were able to share their views on such topics as: education, politics, violence against women, and most importantly, development, **equality and peace**.

## **DEGRASSI TALKS - ON ABUSE**

*English/McNabb & Connolly/1992/30 Minutes*

In this video, the Degrassi team hits the streets to listen to kids who have been victims of abuse and to find out how they got help. We meet young adults who have been victims of some form of **abuse; emotional, physical, or sexual**, and are struggling to lead normal lives.

## **DEGRASSI TALKS - ON ALCOHOL**

*English/McNabb & Connolly/1992/30 Minutes*

In this episode, we meet a girl who began to drink at 10 years of age and a 16 year old who is a reformed alcoholic. We also witness the devastating **effects of drinking and driving** from both the victim's and the driver's point of view.

### **DEGRASSI TALKS - ON DEPRESSION**

*English/McNabb & Connolly/1992/30 Minutes*

There are many reasons for teenagers to get depressed but why do some get so depressed that they take their own lives? In this video, we meet young people whose lives may have been damaged by **depression** but who have learned to talk, to share and to express their feelings.

### **DEGRASSI TALKS - ON DRUGS**

*English/McNabb & Connolly/1992/30 Minutes*

Here we meet teens who have been hit the hardest by **drug use** and see how their abuse has lead to the destruction of the family unit and, in one case, to jail. We meet a reformed solvent abuser who talks about the drug problem in native communities. However, we also hear that drug use is actually on the decline and that more young people are choosing healthy methods to get high.

### **DEGRASSI TALKS - ON SEX**

*English/McNabb & Connolly/1992/30 Minutes*

Despite awareness of safe sex, Canadian teenagers are still getting pregnant and contracting STDs. In this video, the Degrassi team hits the streets to find out what **teens** really think about **sex**. They speak honestly and openly about teen parenthood, abortion, adoption, STDs, infertility and AIDS.

### **DEGRASSI TALKS - ON SEXUALITY**

*English/McNabb & Connolly/1992/30 Minutes*

The Degrassi kids venture out once more to speak with and listen to Canadian kids about **sexuality**. We hear open and honest feelings about the many not so enjoyable aspects of puberty. In addition, we hear about first feelings of sexuality, and attractiveness to the opposite and same sex.

### **DISCLOSURE: THE CHOICE TO STRUGGLE UPWARD**

*English/Naturas Inc./1990/30 Minutes/Guide*

This video produced by the National Youth in Care Network, is part of a resource kit on Child Sexual Abuse. It has been developed for the training of child and youth care workers. The

balance of the kit contains a training manual, facilitator's guide, booklets and other resources on the subject of **child sexual abuse**.

## **DISCOVERING THE CHILD WITHIN**

*English/Women In Crisis-Northumberland County/1992/30 Minutes/Guide*

This video is an exploration of the lives of women who have been **battered during pregnancy**: the effects on the woman, the fetus, on society, the family, and the professionals who serve them.

## **DOCTOR, LAWYER, INDIAN CHIEF**

*English/NFB/1986/28 minutes*

Five Native women from across Canada discuss how they have taken control of their personal and work lives by drawing on their own strengths and the **values** of their **culture**.

## **DOMESTIC ASSAULT**

*English/Hamilton-Wentworth Police Video Training Unit/18 minutes*

This is an **abuse intervention resource** tape for health care professionals. It instructs how to recognize the signs of wife assault, and then, how to approach and help the victim.

## **DOMESTIC VIOLENCE**

*English/CBC-Focus North/30 minutes*

The situation of **violence against women in the NWT** is explained and people on the government task force give their point of view on the topic.

## **DRUG DIALOGUE - A HOME VIDEO FOR PARENTS**

*English/Health Canada/1989/20 min.*

Four drugs are discussed: tobacco, alcohol, inhalants (glue, gas, etc.), and marijuana. It explains why adolescents try these **drugs** and how parents could talk to them about it. Also discussed are the effects of these substances and how children and youth can say no to peer pressure to try them.

## **ECHOES OF THE SISTERS**

*English/Health Canada/1996/25 min.*

First Nations women discuss their personal experiences and methods of dealing with **breast cancer**. Alternative treatments which include herbal medicines, spiritual healing, prayer, smudges, and support groups are discussed, as well as the importance of mammograms and self-examination.

## **ENTERPRISING WOMEN**

*English/NFB/1987/30 minutes*

Six Nova Scotia women talk about their experiences in setting up a **small business**, the opportunities open to women and the advantages of being self-employed.

## **FAITHFUL WOMEN - VOLUME 2**

*English/NFB/1991/107 minutes*

Harmony and Balance: Shares the personal and community traditions of **native** American **spirituality** which is deeply rooted in all creation. Working Towards Peace: An Israeli and a Palestinian woman struggle with the deep rooted conflicts which separate their communities.

## **FALLAIT QUE CA CHANGE**

*French/NFB/1986/28 minutes*

A partir de faits réels, ce vidéo nous fait connaître le cheminement d'une femme qui a réussi à briser le cycle de violence. Le vidéo comporte également des témoignages de son mari abuseur qui a cherché de l'aide et d'intervenants dans le domaine de la **violence conjugale**.

## **FAMILY CRISIS PART I**

*English/NFB/90 minutes*

Three different stories are on this video: 1) One Step Away which deals with the **peer pressure** faced by adolescents and how one young man handled it. 2) A Gift For Kate, dealing with **mental illness** and the stigma attached to it, and 3) Running Scared, dealing with **jealousy** in a husband-wife relationship. Intended to be discussion starters for programs that deal with the family.

## **FAMILY CRISIS PART II**

*English/NFB/80 minutes*

The three stories on this video are: 1) A Single Regret, about a middle-aged man who has had an illegitimate son in his past whom he would like to know, and his complex feelings about himself and his family. 2) The Last Right, on **aging** and a grandfather's wish to "go quietly" after he becomes very sick, and 3) Out of a Job, on **unemployment** and how it affects one young man's confidence and self-esteem.

## **FAMILY SECRETS**

*English/Health Canada/25 minutes*

A story about the problems faced by three teenagers in an aboriginal family whose mother is **alcoholic**. It explains, through group counselling sessions, how members of a family in this situation take on roles (mother, martyr, etc.) in order not to have to deal with reality and make a change for the better. By doing this, they become “crutches” for the dysfunctional person. This video would be useful for a high school audience and for drug and alcohol counsellors.

### **FAMILY VIOLENCE PSAs, AIDS PSAs**

*English/Swan Productions/1994, 1995/15 min.*

A series of public service announcements, each lasting one minute or less, produced by the Status of Women Council of the NWT and Health and Social Services GNWT. The No Excuse for Abuse PSA titles are: Child Abuse, Wife Abuse, Alcohol Abuse, Elder Abuse, Sexual Assault, Sexual Harassment, and Collage. The AIDS titles are: The Right to Say No, Awareness of the Right to Self Protection, Parent/Child Communication, How Do We Prevent Transmission, and What is an STD?

### **FEELING YES, FEELING NO: PART 1**

*English/NFB/1984/14 min./guide*

Part 1 of the four films designed to teach children **skills to protect themselves against sexual assault**. Part 1 teaches skills that build self-esteem, self-confidence and good judgement. Children are encouraged to take pride in and take responsibility for their own bodies through a catchy song and watching the role playing done by adult actors.

### **FEELING YES, FEELING NO: PART 2**

*English/NFB/1984/14 min./guide*

In Part 2, children learn through skits about possibly dangerous situations involving strangers. They learn the three questions to ask themselves when a stranger asks them to do something. They also are given a simple non-threatening definition of **sexual assault**.

### **FEELING YES, FEELING NO: PART 3**

*English/NFB/1984/15 min./guide*

Part 3 introduces the issue of **sexual assault** by a trusted adult, possibly even in the child's family. Actors role-play different responses to family assault situations. It encourages each child to keep asking for help, no matter how big the problem may seem, until they find an adult who helps them.

### **FEELING YES, FEELING NO: THE ADULT FILM**

*English/NFB/1984/27 min./guide*

This last film of the series provides information to parents and helping professionals on the nature of **child sexual assault**, and the skills needed to assist a sexual assault victim. It points out the behavioural signs of an assaulted child, and provides material and ideas to reinforce the prevention skills the children have learned from the first three videos.

### **FIGHTING BACK**

*English/Tawow Society/1990/25 minutes*

Interviews with **battered women** (native and non-native) and **abusive men** on how they have handled their situation.

### **FINDING COMMON GROUND**

*English/Big Fish Productions/1998/28 min.*

This video discusses the implications for the future of the new Western Northwest Territories after division from Nunavut. Division is seen as an opportunity for aboriginal and non-aboriginal groups to work together to find common ground in developing a constitution for their new Territory. Two possible **models of government** - combined and government to government - are presented by the Constitutional Working Group.

### **FINDING OUT**

*English/Victoria Women's Transition House/1990/25 minutes/Guide*

Robin, a victim since age nine, talks about the devastating **effect of sexual abuse**. Her mother tells how she dealt with the disclosure and subsequent break-up of her marriage and home. Other mothers describe their shocked reactions and their guilt at not having recognized the signs of sexual abuse.

### **FOR ANGELA**

*English/NFB/1993/21 min.*

An Aboriginal woman and her daughter experience **racism and harassment** from three boys during a bus ride. The woman finds the courage to take a powerful stand against ignorance and prejudice. The film is a great discussion starter on racism. A teacher's guide is included.

### **FOR OUR SISTERS, FOR OUR DAUGHTERS**

*English/Ashland Video Corporation/1991/16 minutes*

History of the struggle of women in Canada for **equal rights** from the Suffragettes to the Constitutional Conference of Women held in Ottawa February 14, 1982.

## **FOR RICHER, FOR POORER**

*English/NFB/1988/28 minutes/Guide*

The story of a middle-class **woman escaping a battering husband**. Her coping with lack of affordable housing, the welfare system, food banks, legal battle; her problems with retraining, employment and depression; her struggle for independence and autonomy.

## **FORBIDDEN LOVE**

*English/NFB/1992/85 Minutes*

Ten women, ranging in age between 40 to 70, speak about their lives during an era when **same sex love** was “the love that dared not speak its name”. This documentary includes interviews with Ann Bannon, writer of lesbian fiction, as well as four stories based on the typical adventures of lesbian heroines in novels.

## **FRAGILE: HANDLE WITH CARE**

*English/IOF TV NETWORK/26 minutes*

This film dramatizes three actual **child abuse case studies**. It shows us the battering parent, the results of child abuse, and focuses on the help that society can offer.

## **FROM DISCLOSURE TO JUSTICE**

*English/Pacific Producers Group/1996/50 minutes*

There are two main purposes of this video: one is to assist social workers or other health care givers to deal with **male survivors of child sexual abuse**, and two is to sensitize people to the effect of sexual abuse on males. Survivors speak about the fear to disclose because of upsetting the family, threats from the past, and being considered homosexual. A social worker and psychologist tell what abusers do to silence their victims. Other topics include female abusers, pedophiles, coping skills of the survivor, and the roles of police and victim services worker. This film would be good for counsellors in healing situations or incarceration facilities.

## **GOOD THINGS CAN STILL HAPPEN**

*English/NFB/1992/22 minutes/Guide*

This animated video and user's guide will facilitate working with **sexually abused children** who have disclosed abuse. The story involves two young friends who express feelings to each other about disclosure, fear, anger, confusion, powerlessness, hope and healing.

## **HARASSMENT: KEEPING IT OUT OF THE WORKPLACE**

*English/Workwell Training Videos/1998/18 minutes/Guide*

A Canadian production that defines and discusses the many forms of **workplace harassment**. Highlighting the most common forms: sexual harassment, racism, discrimination, abuse of authority, verbal abuse and exclusion. Viewers come to understand the destruction caused by this behaviour and perhaps develop a positive attitude toward eliminating it.

### **HEADS UP - A SELF ESTEEM VIDEO**

*English/YWCA of Yellowknife/1994/28:50 minutes/Guide*

This video is made up of two dramas of situations familiar to young women living in the north. The video deals with a number of serious issues such as living with alcoholic parents and party rape. These are only some of the things that affect young women and their **self-esteem** in today's society.

### **HEALING AFTER RESIDENTIAL SCHOOL**

*English/Magic Lantern/1998/25 min.*

Almost one-third of native children were forced to leave home to attend **residential schools** from the late 1800s until recently. The video describes the experiences of one mother and her son as they describe the emotional scars and dysfunction that resulted from sexual abuse, family neglect and alcohol abuse. It offers a message of hope and healing to those who have been down the same path.

### **HEALING JOURNEY**

*English/Health Canada/24 minutes/Guide*

A number of Ojibwa **youth** get together to discuss **suicide** and their personal experiences with it. They go through a drama and storytelling workshop with a facilitator as a means of healing from sexual abuse, alcohol abuse and parental neglect. This video would be a good tool for an aboriginal youth and suicide workshop.

### **HELPING FAMILIES-HELPING CHILDREN**

*English/Yellowknife Assoc. For Community Living/1997/28:50 minutes*

Parents and foster families of children who have been diagnosed with **FASD** will benefit from this video. The importance of self-esteem to these children and the importance of early identification, early intervention and appropriate stimulation is stressed. Techniques for handling behavioral problems, for developing social skills and developing motor skills are shown. Both aboriginal and non-aboriginal parents from Yellowknife are interviewed, as well as health professionals and caregivers.

## **HELPING FAMILIES-HELPING CHILDREN PART 2**

*English/Yellowknife Films/2001/29 minutes*

This video is designed primarily for parents but is also very useful for teachers and health professionals. It shows elementary school **children with FAS** and partial FAS with their families and in the school system. The video offers concrete suggestions for parents and teachers on how to maximize children's successes at home and in the classroom.

## **HOLDING OUR GROUND**

*English/NFB/1988/51 minutes*

This is the story of group of Filipino women who have organized collectively to pressure the government for land reform, the establishment of their own money-lending system, and the creation of shelters for street kids. This is a good example of **grassroots organizing** that can be a model in both hemispheres.

## **HOLLOW WATER**

*English/NFB/2000/48 min.*

Hollow Water in Manitoba is home to 450 people, many of them victims of sexual abuse. Deciding that jail had not stopped offenders in the past, the community chose to bring offenders home to face **sentencing in a healing circle**. The video follows one family who participates in the circle. This model of justice is reuniting families and healing both the victims and their offenders. "Hollow Water" is a tribute to one community's ability to heal and to change.

## **HONORED BY THE MOON**

*English/Women Make Movies/1990/15 Minutes*

In this upbeat and empowering video, Native American lesbians and gay men speak of their unique historical and spiritual role within the Native American community. Interviews with leading activists and personal testimony about the positive and painful experiences of being **Native and gay**.

## **HONOURING OUR VOICES**

*English/Native Counselling Services of Alberta/1992/34 Minutes*

This is a **documentary about family violence**. Women share their stories and talk about the choices they made to end the silence and violence. They encourage others to talk in order for healing to begin. An elder describes the five healing medicines: talking, laughing, crying, yelling, and singing.

## **HOOKED**

*English/AADAC/1996/15 min.*

The emotional story of how problem **gambling** affected two families. Designed for use by counsellors trained to treat problem gamblers, it would also be useful in raising awareness with high-school students about this issue. It would also be a good tool for presentations on gambling.

## **HOW THEN SHALL WE LIVE**

*English/Live Wire Video Productions/24 min./Guide*

Through personal interviews with people who have left **abusive relationships**, the video explores the process of leaving and rebuilding, and offers practical suggestions for those who need to leave, and those who support them as friends or service providers. It defines abuse, and shows that recovery, healing and rebuilding one's life is possible.

## **HUMAN RIGHTS FOR ALL**

*English/Northern Women's Human Rights Committee/1998/29 min.*

The NWT is the only part of Canada without a Human Rights Act or a Human Rights Commission. In 1994, a group of concerned women formed the Northern Women's Human Rights Committee to raise awareness of **human rights in the western NWT and Nunavut**. The video they produced gives examples of human rights abuses through personal stories and discussion. The discussion guide will help community people, educators and others to hold discussions or workshops on this issue.

## **IKAJURTI: MIDWIFERY IN THE CANADIAN ARCTIC**

*Inuktitut with English subtitles/IBC & Paukttuutit/1990/50 minutes*

Ikajurti ("the helper") examines the role of the traditional Inuit midwife and how traditional ways have been gradually displaced by current medical practices. It also looks at an innovative northern approach taken by Povungnituk in Northern Quebec where local women are trained as **midwives** at a specially created birthing centre.

## **IN OUR DEFENCE**

*English/Image Works Alberta Inc./1992/29 Minutes*

Here are the stories of three young women who became victims in **abusive or violent relationships**. Along with the dramatic story presented, there are also statements from counsellors, police, and legal experts with direct reference to Canadian society and law.

## **IN YOUR HANDS - BREAST HEALTH EDUCATION**

*English/Pidco Productions/2001/17 min.*

Every woman must take responsibility for her own breast health. This is the main message of "In Your Hands", a video produced in the NWT by the NWT Breast Health/Breast Cancer Action Group and the Status of Women Council. It outlines the practice and method of good breast health and includes interviews with northerners who have been affected by breast cancer.

### **IS IT HOT IN HERE?**

*English/NFB/1989/38 minutes*

A group of women discuss their experiences during **menopause** and how they learned to cope. Throughout history we've been misinformed about issues of sexuality, aging, osteoporosis, hysterectomies and hormone treatment therapy. We can have a positive and realistic view of this natural life transition.

### **IS LOVE ALL THAT MATTERS**

*English/BC Council for Families/10 minutes*

A video on the subject of the importance of **marriage preparation**. Discusses with several couples the benefits they received from taking this course, including being better financial, legal and family planners.

### **IT ONLY TAKES A MOMENT - SHAKEN BABY SYNDROME**

*English/Child Protection Centre (Winnipeg)/12 minutes*

The consequences of **shaking a baby** by a frustrated or angry parent are shown in a very clear and effective way in this video. It only takes two seconds for an infant to be damaged for life and for the adult to have their life changed in the same amount of time. Would be a good tool for a parenting skills workshop.

### **IT'S A CRIME**

*English/BC Ministry of Attorney General/1993/14 minutes*

When spousal abuse occurs and is reported, a number of people become involved. In this video, the roles that police, Crown Counsel, court worker and probation officer play are clearly explained, as well as the consequences that will likely happen to the abuser. Some hardhitting facts on family abuse are cited against a scene of **domestic violence**.

### **JOAN CHITTISTER: WOMEN, RELIGION AND PEACEMAKING**

*English/Catholic Church/60 minutes*

Sister Joan Chittister speaks at a conference on how religion treated women and the importance of **equality of women in religion** in attempting to have a better world.

## **JOURNEY I**

*English/Minnesota Program Development/1989/55 Minutes*

## **JOURNEY II**

*English/Minnesota Program Development/1989/55 Minutes*

These two videos document a group discussion of several American **Native women** as they share their experiences, insights and pain on the following topics: racism, sexual abuse, spirituality, and women as a support system. Would be a useful tool to stimulate group discussions in a peer counselling situation.

## **KECIA - WORDS TO LIVE BY**

*English/Health Canada/1991/24 minutes*

This documentary is about a young native girl from a community on Vancouver Island and the events which led her to become infected with **HIV**. The video features Kecia's tour of Ontario Native communities as she delivers strong messages to youth about their bodies and AIDs.

## **KEEPERS OF THE FIRE**

*English/NFB/1994/55 Minutes*

"No people is broken until the hearts of its women are on the ground" In this video Mohawk, Haida, Maliseet and Ojibwe women speak from their hearts with dignity and courage. They are storytellers, dreamers, healers, and fighters. They have fought in some of the most important struggles of **aboriginal people in Canada**. They are keeping the fires of hope and determination burning, and as long as they speak, the fire will burn.

## **KIDS IN COURT**

*English/GNWT/1992/20 minutes/Guide*

This video, to be used with the kit provided, is to help support child/teen witnesses in court. It presents information based on the physical abuse of a young person. The kit contains a user's guide and booklets to help the child to develop court concepts and deal with the fears of **appearing in court**.

## **KITTY NOWDLUK-REYNOLDS**

*English/CBC-Focus North/1991/10 minutes*

Kitty was raped and beaten in her home town of Iqaluit in June 1990. In August she was arrested at her home in B.C. because she did not appear for the trial. She was held in 5 different

jails in 8 days and then put in the same vehicle as her rapist. The video shows interviews with Kitty, the RCMP and the crown attorney.

### **LIFE IS HARD: REDUCING STRESS NOW!**

*English/Impact Publishers Inc./1996/60 Minute Audiocassette*

A psychologist offers advice on **emotional healing**: Actions you can take in times of emotional stress and in day-to-day living. Reduce stress in your life by gaining control over your own thoughts, actions, attitudes and self criticism. Self confidence and a belief in yourself can promote healing.

### **LINDSAY'S STORY**

*English/The Mississauga Hospital Sexual Assault Team/14 minutes/Guide*

This is the history of a date that went terribly wrong. Lindsay, a teenager, has been **sexually assaulted** by her boyfriend on her second **date**. The viewing must be followed by a discussion and a facilitator's manual is provided with the video.

### **LISTEN TO US PART 1 - TELLING IT ALL**

*English/NFB/31 minutes*

This is Part 1 of the 4-part video series Listen To Us. Each video can be used individually or as a package. Only Part 1 is recommended for use in the secondary school classroom. The others should be used by professionals only. Part 1 is intended as a discussion starter. **Teenagers** from different backgrounds talk about family crisis and breakdown, the influence of peers, control issues, and ways of coping with problems. Students are able to reflect on the experiences and values of the teenagers in the video.

### **LISTEN TO US PART 2 - ABOUT GROUP HOMES**

*English/NFB/18 minutes*

Teenagers in this video discuss their experiences in a **group home** with an on-camera counsellor. They describe the circumstances that led to being placed in a group home and consider the role of group homes in rebuilding their lives. The video is designed for use by professionals in social services, the court system, counsellors, probation officers and other mental health workers. Recommended for use in one-on-one, small group, and group home or family therapy settings.

### **LISTEN TO US PART 3 - THREE PERSONAL STORIES**

*English/NFB/45 minutes*

### **LISTEN TO US PART 4 - FOUR PERSONAL STORIES**

*English/NFB/55 minutes*

In these two videos, participants focus on serious problems they have had in their **child-parent relationships**, including physical, emotional and mental abuse. In Part 3, Chelsea, Naseem and Sandy discuss separation from a parent at an early age, the caregiving role of grandparents, the concerns of being adopted, and problems of immigration. In Part 4, Robyn, Nathan, Vinnie and Eric explore family relationships and their feelings on the same topics. Professionals in the social services and mental health fields will find these videos useful in small group or one-on-one settings.

### **“LIVE” & WELL - SUICIDE PREVENTION**

*English/GNWT Dept. Of Health & Social Services/1996/1hr.56 min*

Produced by the Department of Health & Social Services, this video begins by showing a film on suicide produced by the P.W. Kaeser High School In Fort Smith. A panel composed of one adult and four youth then discuss **suicide** rates in the NWT, options to suicide, their personal experiences with suicide, and different ways to help a suicidal person. They also answer questions from viewers who are watching the video on TVNC. Suitable for peer counselling groups and high school students.

### **“LIVE” & WELL - HIGH RISK BEHAVIOUR PREVENTION FOR TEENS**

*English/GNWT Dept. Of Education, Culture & Employment/1996/87 minutes*

Video begins by showing a film called “Just Having a Good Time” about the consequences of **drinking and driving**. Following this, a panel of high school students who belong to SADD (Students Against Drinking and Driving), and a teacher who was a victim of a drunk driver, answer questions on a phone-in television show. Other items discussed: what happens when you go to jail, how to form a SADD group, impact of accidents on victims’ families, and how to improve communication with parents.

### **LIVING WITH DYING**

*English/NFB/1992/27 Minutes/Guide*

Albert is terminally ill and his wife, Margaret, is his primary fulltime caregiver. **Palliative home care**, neighbours and friends offer social psychological, and spiritual support in order for him to remain at home where he wants to be.

### **LIVING WITH HIV IN THE NORTH**

*English/AIDS Prince George Society/1999/10 min.*

Brian and Jan tell what it's like living in northern B.C. with **HIV**. They explain how it was contracted, its effects, accessing services, and the challenges of parenting and finding

employment. This short video gives a positive and hopeful slant to the situation of living with HIV in a northern community.

## **LOVE TAPS**

*English/NFB/1997/23 min.*

High school students Mark and Terese, and Kelly and Benson, are involved in abusive relationships. One relationship is about physical abuse, the other is emotional. A powerful drama about teens, relationships and **dating violence**, Love Taps is meant to be a discussion starter and should be previewed first.

## **LOVED, HONOURED AND BRUISED**

*English/NFB/1980/25 minutes*

A documentary that tells the story of a woman from an isolated farm in Manitoba who escaped from a long, **abusive marriage**. It includes an interview with her husband it demonstrates the importance of emergency shelters.

## **MEDIA AND SOCIETY: IMAGES OF WOMEN**

*English/NFB/1989/54 minutes*

This video presents important questions about the relationship between media images and the way women are defined by others and the way women see themselves. It examines a variety of issues from the **standards of beauty** defined by advertising, to the effects of rock videos and the influence of pornography.

## **MCATEER HOUSE, YELLOWKNIFE**

*English/CBC-Focus North/1987/15 minutes*

Battered women talk about the importance of **shelters** for them. It includes a visit to the McAteer shelter.

## **MIKMAQ FAMILY**

*English/NFB/1994/32 Minutes*

In this video we follow the journey of Catherine Anne Martin who is looking at ways of the past for guidance in **raising her children**. She takes them to a Mi'kmaq summer gathering at Chapel Island-a Mawio'mi where, for decades Micmaq from all over the Atlantic provinces have come to celebrate St. Annes Day. There she learns that for the Mi'kmaq, raising children is a task shared by parents, extended family, and the whole community.

## **MIXED MESSAGES: PORTRAYALS OF WOMEN IN THE MEDIA**

### **EPISODE #1 - INTRODUCTION**

*English/TVO, SCN, Knowledge Network, Access, TVNC/1995/5 1-hr. tapes*

Program 1 helps viewers identify and focus on media images and begin to name violent imagery. Gives some history of images of women and discusses the links between the **portrayal of women in the media** and the real violence against women.

## **MIXED MESSAGES: PORTRAYALS OF WOMEN IN THE MEDIA**

### **EPISODE #2 - ADVERTISING**

Viewers are taught to recognize particular techniques that advertisers use to shape their views of women. It also reviews the regulations in place that apply to advertisers and the opportunities that consumers have to control the type of **advertising**.

## **MIXED MESSAGES: PORTRAYALS OF WOMEN IN THE MEDIA**

### **EPISODE #3 - MEDIA AND REALITY**

This program reviews the issues of **gender stereotyping**, humor, gender equity, and the commercial exploitation of stories of women as victims.

## **MIXED MESSAGES: PORTRAYALS OF WOMEN IN THE MEDIA**

### **EPISODE #4 - A TASTE FOR VIOLENCE**

This program focuses on women and **violence in programming** aimed at youth. There is discussion on what can be done to protect children.

## **MIXED MESSAGES: PORTRAYALS OF WOMEN IN THE MEDIA**

### **EPISODE #5 - WHAT SHALL WE DO?**

Program 5 briefly reviews the **portrayal of women** and violence in the previous programs and examines what consumers can do to influence this portrayal.

## **MOTHER AND DAUGHTER ON ABORTION**

*English/NFB/1987/12 minutes/Guide*

An intimate conversation between two mothers - a 50 year old woman and her adult daughter. Each of them, in trying to obtain an **abortion**, were caught in the system and its rules in different decades (before and after the 1969 amendment to the federal law).

## **MOTHER OF MANY CHILDREN**

*English/NFB/1977/57 minutes*

For centuries **aboriginal women** have fought to maintain their **culture** despite enormous pressure to adopt the values and the traditions of white society. Indian and Inuit women of all ages talk about their struggle to regain a sense of equality and to instill in their children a sense of cultural pride.

## **MOVING ON**

*English/NFB/1986/28 minutes*

This video looks at the problem of **wife assault** in London, Ontario, a rare model community that has effectively responded with a co-ordinated effort by the police, lawyers, doctors, transition house staff, women's groups, and social services agencies. The London Battered Women's Advocacy Clinic and "Changing Ways", a therapy program for men who batter, are also part of their answer.

## **NATIONAL SEX COMMUNICATION QUIZ**

*English/B.C. Council for the Family/28 minutes/Guide*

In this video, two couples are in a game show to determine which couple is the most effective at **communicating** with one another about **sexual matters**. The video is also informative and intelligent, offering insights and information about human sexual response, effective communication skills as well as practical solutions to common pitfalls and problems that may occur in a relationship both inside and outside the bedroom.

## **NEVER SHAKE A BABY!**

*English/Kiwanis Club of Ottawa*

This video provides information about **Shaken Baby Syndrome**. When an infant or toddler is repeatedly shaken, their brain may be injured and bleed, which can lead to permanent disability or even death. The video also discusses ways that parents or caregivers can avoid becoming so frustrated or stressed that they resort to shaking or hurting the baby.

## **NO PLACE TO HIDE**

*English and Inuktitut/CTV/1985/60 minutes*

A documentary that includes interviews with **women and men who have been abused**, men who have been abusive and children caught in the crossfire.

## **NOSE AND TINA**

*English/NFB/1980/28 minutes*

Tina is involved in **prostitution** and Nose is a switchman. They both work an eight-hour shift. This film describes their lifestyle, and the inevitable problems connected with her trade.

## **NO TIME TO STOP**

*English/NFB/1990/29 minutes*

A documentary about **immigrant women** who are forced to take low-paying ghetto jobs because they do not have the training or language skills that they need. They speak intimately and hopefully about the circumstances that shape their lives.

## **NO WAY! NOT ME**

*English/NFB/1987/30 minutes*

Rosemary Brown, Canadian social activist and educator, gives a startling account of the high incidence of **poverty among women in Canada**. This video outlines the role of women in the workforce and in society, the causes and possible solutions to the feminization of poverty.

## **NWT SENIORS SOCIETY RADIO PSAs (cassette)**

*English/NWT Seniors Society/59 sec. each*

Five Parts:

- Communication
- Depression
- Financial Abuse
- Healthy Lifestyles
- Myths of the elderly

## **NWT SENIORS SOCIETY TV PSAs**

*English/NWT Seniors Society/1987/3 minutes*

A collection of 3 59-second television public service announcements on **seniors**. The first deals with living a healthy lifestyle which means a healthy diet, fewer pills, and exercise. The second talks about financial abuse when seniors' pension cheques are sometimes taken away from them by family members. The third is about the society itself and how it can help older people, if they need it, in such areas as inquiring about late pension cheques.

## **OLDER STRONGER WISER**

*English/NFB/1989/28 min.*

Five **black women** talk about their lives in rural and urban Canada between the 1920s and 1950s. What results is a unique history of Canada's black people and the legacy of their community elders.

## **ONE HIT LEADS TO ANOTHER**

*English/Victoria Women's Transition House/1990/15 minutes/Guide*

A powerful video designed to stimulate discussion and destroy common myths surrounding the issue of **wife assault**. The video combines "real-life" interviews with brief dramatized scenarios.

## **ONE OUT OF SIX**

*English/IOF TV NETWORK/17 minutes*

"New Image Teen Theatre" is a young acting group which performs for adult and teen audiences. In this video, they present stories and situations dealing with **child sexual abuse**. Through feelings such as anger, fear, and shame they show us that there is hope, help and yes, you can say NO.

## **OUR DEAR SISTERS**

*English/NFB/1975/15 minutes*

Alanis Obomsawin, a North American Indian who earns a living by singing and making films, is the mother of an adopted child. She talks about her life, her people, and her responsibilities as a **single parent**.

## **OUR NEW SEXUALITY: LIFE WITH AIDS & STDS**

*English/Status of Women Council, Health Canada/1994/44 minutes*

Presented in a workshop format, this video examines the issue of **AIDS and STDs in the Northwest Territories** and among aboriginal people. Participants, with the help of two facilitators, discuss topics ranging from sexuality and self-esteem to safer sex and how diseases are spread. Film demonstrates the proper way to use condoms.

## **OUT - STORIES OF LESBIAN AND GAY YOUTH**

*English/NFB/1993/79 Minutes*

This is an intimate exploration of the struggles and victories of **gay and lesbian youths** in Canada. Through a look at the emotional, societal, and familial conflicts lesbian and gay youths often face, this film breaks the damaging silences surrounding sexual orientation and sexual differences. This video will provide awareness, understanding and hope to gay and lesbian youths, parents, counsellors and educators.

## **PARENTING**

*English/NFB/1987/71 min.*

### **PART 1 - THE THIRD PERSON**

This film documents a couple's expectations of **parenting** and how they clash with reality during the first 3 months following the birth of their first child. It confirms the fact that there is no such thing as perfect parents, and the reality is a mixture of love, fear, frustration, and satisfaction.

### **PART 2 - POST PARTUM DEPRESSION**

Almost 20 % of new mothers experience **post partum depression**. This video shows how the responsibilities and pressures of a new baby can affect family relationships. It will also show how counselling and group discussions can help new families survive the emotional stress.

### **PART 3 - CHILDREN OF THE TRIBE**

Japanese and Canadian ways of **parenting and education** are very different. This film shows us Japanese family life, parenting skills, and the two very different elements of their society - great competitiveness and great dependence on the group.

### **PATH TO PROVINCEHOOD (NWT)**

*English/CPAC/2004/1 hour*

Excellent documentary about the Northwest Territories: Its history, system of government, resources, people, cultures, and infrastructure. Many people are interviewed, including politicians, aboriginal leaders and youth, on the aspirations of the Territory toward provincehood and control of its own resources. The video reflects the opposing views of federal officials who are both slow and reluctant to give up control, and the Territories' leaders who maintain their readiness to become a province. It explains the concepts of resource revenue sharing and devolution.

### **PATRICK'S STORY**

*English/NFB/1999/24 min.*

Patrick Bird shares his journey from despair to survival. As a child and teen, he experienced sexual abuse, **foster homes**, youth detention centres and suicide attempts. With the help of friends and family, he turns his life around and finds strength in Cree spiritual traditions. The video could be used with parents and teachers, and organizations working with **youth** and their families.

### **PHIL DONAHUE AND JERRY SPRINGER ON BATTERERS**

*English/Phil Donahue Show and Jerry Springer Show/1993/160 minutes*

This is three hours of programming taped from television. It contains interviews with **batterers**, battered women, and families of victims of violence.

In this show, Phil hosts a panel of wife batterers, some of who were convicted, and all are now in treatment.

**(2) JERRY SPRINGER**

In this show Jerry does in depth interviews with batterers. He also speaks with the daughter of a woman who had been brutally murdered by her boyfriend.

**(3) JERRY SPRINGER**

In this third hour, Jerry visits a women's correctional facility. He listens to the stories of abuse these women have suffered. To save their own lives, they were driven to murder their abusers.

**PLAYING FOR KEEPS**

*English/NFB/1990/44 minutes/Guide*

The desperate struggles of three **teenage** girls as they face the reality of **single motherhood**. As they try to feed two mouths instead of one, they barely manage to get by. Most teen mothers who decide to keep their babies do so with little or no help from their parents or the birth father.

**POINT OF DEATH**

*English/Fort Smith Metis Council/30 min./guide*

An excellent presentation by the Fort Smith Metis Council on contracting **HIV, AIDS and Hepatitis C**. Using northern actors, aboriginal leaders, addictions counsellors and health specialists, this film explains clearly the dangers of drug and alcohol use. It follows the story of two friends, Kim and Cynthia, who get caught up in drug use and prostitution. Like these two, many northern and aboriginal youth get trapped in situations that can lead to a "point of death".

**PORNOGRAPHY: THE DOUBLE MESSAGE**

*English/CBC-Man Alive/30 minutes*

This video is on **pornography** in Canada. It describes the effects of pornography and gives recent data on the negative effects of pornography on people. Examples of pornography in video and video-clips are also given.

**POUNDMAKER'S LODGE: A HEALING PLACE**

*English/NFB/1987/29 minutes*

Poundmaker's Lodge is a treatment centre in Alberta where native people that are troubled by **drug and alcohol addiction** can come together for support. They participate in the sweat lodge healing ritual and rediscover their traditions. It shows the strength of a people, and their courage in overcoming substance abuse.

## **POUR NE PLUS AVOIR PEUR**

*French/Canadian Panel on Violence Against Women/25 min.*

Pour ne plus avoir peur est un film émouvant qui montre comment six femmes ont survécu à la **violence**. En suivant l'odyssée personnelle d'Ann-Maria, Bessie, Emma-Jane, Leonie, Lisa et Nicole, vous commencerez à saisir l'ampleur du problème de la violence dans la société canadienne et à comprendre pourquoi toutes les femmes sont menacées.

## **PRECIOUS GIFT**

*English/Saskatchewan Inst. On Prevention of Handicaps/1997/17 min.*

A prevention video on **FAS**. Filmed on two reserves in Saskatchewan, it deals with the issue of drinking during pregnancy. Celeste believes she is pregnant and with the support of her partner and family, she decides she will not drink during pregnancy in order to have a healthy baby.

## **PUT THE CHILD FIRST**

*English/Canadian Council on Children and Youth/1989/15 minutes/Guide*

This video, to be used with the kit provided, is an aid in **training youth leaders and volunteers**. Three adults discuss how they are faced with the sensitive issue of child abuse for the first time. They share their feelings and reactions and how they dealt with the problem. To be used by professional trainers, this kit contains handbooks for volunteers and youth leaders. There are additional books on leadership, prevention, legal issues, and an overall guidelines manual.

## **RAE-EDZO CONFERENCE ON VIOLENCE AGAINST WOMEN**

*English/CBC-Focus North/1985/30 minutes*

A report on the **1985 conference on family violence** sponsored by the Society Against Family Abuse (SAFA). This video gives a good portrait of violence against women in Yukon.

## **RAISING YOUNG VOICES**

*English/B.C. Ministry of Women's Equality/16 minutes*

A video on how **stereotyping of girls and boys** can shape us. Heather Jane Robertson talks about what it means to be a boy or girl, how roles are learned on the playground, and how parents and educators can use different teaching techniques to help children understand "there's a world beyond their box." A thought-provoking discussion on sexism.

## **RAP-O-MATICS**

*English/Industry Science and Technology Canada/1991/12 minutes/Guide*

Kate is 15, loves music, and dislikes **math and science**, because she believes she is a failure. After meeting the leader of a rap group in a recording studio, she learns that these subjects aren't just for "whiz" kids and that there are a variety of options available to her if she sticks with them.

## **REACH OUT WITH HOPE - ADULT SUICIDE**

*English/Alberta Health/1992/19 Minutes*

This video serves as an introduction to the issue of **adult suicide** and provides some guidelines on how to assist an adult who is experiencing a suicidal crisis. An overview of some of the risk factors and characteristics that have been found to be common among adults that have committed suicide.

## **RECOVERY SERIES**

*English/NFB/1985/56 minutes*

Four personal interviews with women who share their courageous struggle to remain free of **alcohol and drugs** and to affirm life.

### **PART 1 - LORRI - 14 minutes**

Lorri had no idea she was an alcoholic. Because of many bad feelings she began to fear she might be crazy and admitted herself to a psychiatric ward. She discovered that her bad feelings were common effects of alcoholism. Once embarked on treatment and support, she learned to embrace life. As a lesbian, Lorri knows the constant struggle it takes to live her life proudly.

### **PART 2 - RUTH - 14 minutes**

Ruth comes from a childhood of physical, mental, and sexual abuse. She was addicted for eighteen years starting at the age of 14. She often worked as a prostitute to support her habits. Once she sought treatment, she found that destructive behaviours can be overcome. Says Ruth, "I found it's not scary to grow up. That I can be responsible. That I can do it. I am doing it."

### **PART 3 - DELIA - 12 minutes**

Delia, a professional therapist and a single parent, was driven to be perfect - a characteristic shared by many alcoholics. She began drinking primarily to escape an intense pressure to perform. Although it was a difficult decision for her to quit her job and enter a residential treatment centre, she needed the physical, mental, and emotional

support to get better. Delia's most significant discovery has been that she can enjoy her sobriety!

#### **PART 4 - DEBBY AND SHARON - 15 minutes**

Two sisters talk about their battle to shake addictions that began when they were teenagers and the feeling of self-worth they have discovered as a result of being alcohol- and drug-free. They also describe how their friendship and a renewed commitment to Native culture has helped them to maintain their sobriety.

### **RELATIONSHIP BUILDING - ADDICTIVE RELATIONSHIPS #2**

*English/Kinetic Inc./33 Minutes*

This video will show how to build a **healthy relationship** like building a house. The foundation is made of communication, caring, and commitment. The floors built up from this are casual contact, companionship, friendship, romantic love, and committed love. All parts of a healthy relationship are looked at.

### **RELATIONSHIP STYLES - ADDICTIVE RELATIONSHIPS #3**

*English/Kinetic Inc./30 Minutes*

This video has **information** on 2 kinds of **unhealthy relationships**; compulsive and apathetic. It also has information on healthy relationships and how to work towards building a healthy relationship.

### **REMEMBERING TOM**

*English/NFB/1999/24 min.*

Tom was 18 when he killed himself, leaving his family to deal with the pain of his death. This video brings **youth suicide** out into the open and tries to help us understand the myths surrounding this sensitive subject. It can be used as a grief and loss resource as well as a tool in suicide prevention.

### **RICHARD CARDINAL: CRY FROM A DIARY OF A METIS CHILD**

*English/NFB/1986/29 Minutes*

This is the story of the life of Richard Cardinal, a Metis child who was shuffled between 28 different **foster homes**. In 1984, he took his own life. It is based on his diary.

### **RIGHTS FROM THE HEART**

*English/NFB/1994/36 min./Guide*

Rights From the Heart is a series of animated films that are intended to improve the lives of children everywhere. They try to teach **children** that they have **rights** and that adults must make sure this law is followed. Part One is intended for children 5 to 8 years old. It touches on the subjects of bullying, poverty, effects of TV on children, and parents who are too busy.

### **SACRED ASSEMBLY**

*English/Native Multimedia Productions/55 minutes*

A gathering of several thousand Canadians to begin a process of **spiritual healing** and reconciliation called for by Cree M.P. Elijah Harper. Participants include aboriginal elders, politicians (including Prime Minister Chretien), leaders of Christian Churches and other faiths, and community and grassroots people from every part of Canada. This video tells the story and captures the spirit of that historic four-day event.

### **SAFE DISTANCE**

*English and Inuktitut/NFB/1986/28 Minutes*

This video looks at some innovative approaches to providing services and accommodation for **battered women** in rural, northern and Native communities.

### **SANDRA'S GARDEN**

*English/NFB/1991/34 Minutes*

The struggle to cope with the trauma of **incest** is one that many face alone. Sandra's story is one of how a woman found the courage to speak the truth. Sandra and the women in her community are reshaping their lives, and their honesty and courage will give others the strength to heal.

### **SEEN BUT NOT HEARD**

*English/The BC Yukon Society of Transition Houses/1993/29 minutes*

A docu-drama about the serious emotional and physical effects on **children who witness their mothers being abused**. It includes commentary by a psychologist and school counsellor who explain what the children are expected to cope with and how they try to help them.

### **SEXUAL HARASSMENT IN HIGH SCHOOLS**

*English/Green Dragon Press/1992/10 Minutes*

This video is ideal for use in the classroom. It will show different situations involving **harassment** and different solutions for the **student** who finds themselves a victim of harassment. It comes with a user's guide and should be used only with supervision of a teacher/facilitator who will prompt worthwhile discussion afterward.

## **SHAMEFUL SECRETS**

*English/ABC TV movie*

A made-for-TV movie based on a true story about a woman who was a victim of **spousal abuse**. Story takes place in the United States and concerns a law which prevented women from testifying against their husbands and which was overturned.

## **SHIFTING GEARS**

*English/NFB/1981/13 Minutes*

This a drama about the relationship between two men, one who is abusing his wife and one who used to be violent but has stopped. It shows how the friendship between "buddies" can become a force to discourage **wife assault**.

## **SISTERS IN THE STRUGGLE**

*English/NFB/1991/49 min.*

Black women who are active in community organizations and politics share their insights and personal experiences in the areas of **racism and sexism**. It is about the ongoing battle against racism and systemic violence against women and people of color.

## **SKILLS FOR HEALTHY RELATIONSHIPS**

*English/Lambert Multimedia/1993/55 min./guide*

A humorous, fast-paced and very informative video on **HIV/AIDS**, how and why to use a condom, and the skills needed to have **healthy relationships**. It is intended primarily for a teenage audience but would also appeal to parents, teachers and young adults. The video explains the three types of behaviours - passive, aggressive and assertive - and outlines the supports, compassion and survival skills needed in today's world of relationships.

## **SONIA**

*English/NFB/1986/54 Minutes/Guide*

A drama about a mother with **Alzheimer's disease**, and the daughter who cares for her. The video examines the course of the disease and the qualities needed to help victims and their families survive its extreme.

## **SPOUSAL ASSAULT RADIO ADVERTISEMENTS**

*English, Chipewyan, Dogrib, North Slavey, Loucheux, Inuktitut, and South Slavey.*

*GNWT/6 ads - 30 seconds each on audiocassette*

These six radio spots have been created to raise awareness on the issue of **spousal assault**. More specifically, they are geared to send a message to the victim that help is available from a social worker, a professional counsellor, an elder, a friend, relative or clergy. The ads cover a range of issues, as follows:

- The victim is not to blame and not alone.
- The victim fears telling people who won't understand, but, it's OK to ask for help.
- The victim's situation is usually ignored or misunderstood by society.
- This is one message to the abuser; that the violence can stop and there is hope and help.
- The affects of abuse on children who live with it or are abused themselves.
- This radio spot tries to break down society's view that "Whatever happens in someone else's home is nobody's business."

## **STANDING STILL**

*English/NFB/1998/20 min.*

In this documentary, four elderly women from Vancouver Island are asked, "What's it like being old?" Viewers soon discover that no woman is ordinary, that every personal history is rich and filled with lessons. The four **elders** teach the importance of standing still and enjoying the present.

## **STORIES OF SUPPORT**

*English/Det. of Justice GNWT - Maintenance Enforcement Program/1996/22 Minutes*

**Child support** (maintenance) is money paid by a parent to the other parent who is looking after the children, after the marriage or common law relationship breaks up. This northern video explains what child support is and how to get it. It also talks about how the **Maintenance Enforcement** Office can make sure that the parent without the kids makes the support payments.

## **SURVIVING DEATH - STORIES OF GRIEF**

*English/NFB/1998/47 min.*

This film explores the experience of loss by death. Parents, siblings, children and friends speak about their grieving process, their need to form new relationships and reassess values. The people profiled come from different cultures. They hope their stories will allow others to begin expressing and understanding their **grief** after a death.

## **SYLVIE'S STORY**

*English/NFB/1986/27 Minutes*

By presenting the experience of Sylvie, the video shows the services offered by **transition homes** and the value of participation in **support groups**.

## **TAKING CHARGE**

*English/NFB/1996/1996*

This video shows teens taking steps to overcome the fears and difficulties of growing up in an increasingly violent society. Through role playing, peer discussion and anti-violence groups, and theatre groups, these young people have 'taken charge' to educate themselves about **the effects of violence, sexism, racism and homophobia**.

## **TALKIN' ABOUT AIDS**

*English/Health Canada/1989/30 minutes*

This is a dynamic documentary for **youth** about **AIDs**. We hear frank opinions from teenagers and people with AIDs. It demonstrates assertiveness skills, presents the facts and dispels the myths.

## **TEEN REBEL, TEEN MOM**

*English/Starry Night Productions/57 minutes*

Intended for an audience of post secondary students, teachers, parents, health care professionals, social workers, and the general public, this film is about four teenage mothers who actually planned a pregnancy. The film profiles Dr. Debra Boyer, a cultural anthropologist who shares her research looking at the link between child abuse and **teenage pregnancy**. It also talks about the communication gap between parents and their teenagers and its effects.

## **THE BODY POLITIC**

*English/University of Queensland/1990/57 minutes/Guide*

This is a story of **violence and the process of healing**. While discussing the causes of violation in our society, it still offers a positive message of hope for healing from the traumas of sexual abuse and gang rape.

## **THE BURNING BED**

*English/1984/110 minutes*

This made for television movie aired in 1984. It is based on the true story of Francine Hughes, a repeatedly abused and **battered wife** who was finally driven to murder her husband to save her own life. \* **This film contains violent scenes that some viewers may find offensive.**

## **THE BUTTERFLY COLLECTORS**

*English/Vicom Multimedia/1996/18 minutes*

The Butterfly Collectors tells the true story of two girls and how they became involved in a life of **prostitution**. This video is intended for fundraising on behalf of "Street Teams" of Calgary, a group formed to contact and recover children who have turned to prostitution.

### **THE CIRCLE MOVING**

*English/Health Canada/28 Minutes*

This video shows how the people on several different reserves throughout Canada, from the Tsartlip Reserve and Alkali Lake Reserve in B.C. to the Kahnawake Reserve in Quebec, are dealing with the **alcohol problems** they face. The use of counselling, cultural activities, street patrols, elders and Alcoholics Anonymous are all shown. Would be useful for recreation directors, Band Councils, women's groups, etc. to generate discussion on this topic.

### **THE CROWN PRINCE**

*English/NFB/1989/37 minutes*

This powerful drama looks at the real and pressing problem of **wife assault from the child's perspective**. It explores the difficult choices which have to be made and how the cycle of violence can be broken.

### **THE DEVIL MADE ME DO IT**

*English/Culture and Communication, GNWT/1989/17 minutes*

This video is about the **Child Sexual Abuse Conference** held in Yellowknife, January, 1989.

### **THE HONOUR OF ALL PART I**

*English/Health Canada/1986/56 Minutes*

A moving, educational docudrama that recreates the story of the Alkali Lake Indian Band's struggle to conquer widespread **alcoholism**. It is a true story that occurred between 1940 and 1985 and painfully portrays the slow road to sobriety.

### **THE HONOUR OF ALL PART II**

*English/Health Canada/1986/43 Minutes*

Part II portrays members of the Band who discuss the past, present, and future of their community. Provides guidelines for others in their struggle with **alcoholism**.

### **THE LAND AND A PROMISE**

*English/BHP Minerals/1997/25 min.*

This video shows how BHP Diamonds, Inc. Is developing the **Ekati Diamond Mine**, located in the NWT. It features the land, water and wildlife of this remote part of Canada. It also shows how the mine is implementing its policy of hiring northern and aboriginal residents, and what the employees have to say about their jobs. How diamonds were found and formed is part of the presentation.

### **THE LEARNING PATH**

*English/NFB/1991/59 minutes*

Generations of native children were taught in schools, that to be native was somehow wrong. For this and future generations, this need not be repeated. Here, we meet three remarkable educators who talk about their **residential school experiences** and their determination to ensure the continued survival of the native identity.

### **THE LONG WALK**

*English/NFB/1998/48 min.*

Ken Ward was the first Native Canadian to go public with his HIV diagnosis. He works as an activist of HIV prevention, primarily with Native people in Western Canada and in prisons. Filmmaker Alan Bibby accompanies him as he brings his message of tolerance and understanding, hope and guidance to people living with **HIV and AIDS**.

### **THE MIND OF A CHILD**

*English/NFB/1995/59 minutes*

A dramatic and moving documentary about aboriginal, African, American and Jewish children traumatized by **racism, poverty and violence**, and the teachers who are working with them. Filmed in Vancouver, Jerusalem and Washington, and featuring the work of Vancouver First Nations educator Lorna Williams.

### **THE NEXT VOLUNTEER**

*English/IOF TV NETWORK/28 minutes*

This film discusses the invaluable work of volunteers in helping fight against **child abuse and neglect**. Someone initially seeking help can be a potential volunteer. From having gone through the same experiences, they can learn to give help, and gain the inner growth and fulfilment that are possible.

### **THE NIGHTINGALE ROARS**

*English/Full Frame Video/1988/40 minutes*

This is the moving and personal story of an **incest** survivor's process of recovery.

## **THE ONLY GIFT**

*English/Health Canada/circa 1980/30 minutes*

Children are the focus of this video on **drug and alcohol abuse in native culture**. The idea that children are on loan to us and as such, they must be well-cared-for is stressed. Sometimes the only gift that parents can give their children is to stay away from alcohol. The importance of women as being the centre of a community and in maintaining an Indian identity in children is discussed by participants in the video.

## **THE POWER TO CHOOSE**

*English/Kinetic Inc./20 Minutes*

This video looks at the issues of power and **violence in teenage dating** relationships. There are 5 short scenes and each one ends with a question to provoke a group discussion.

## **THE RED DRESS**

*English/NFB /1978/28 Minutes*

Teresa, the adolescent daughter of a non-status Indian, respects her father's love for the **traditional ways**, but feels torn because of her attraction to white society values.

## **THE SPIRIT WITHIN**

*English/NFB/1990/52 min.*

Made by aboriginal filmmakers, this video enters some of Canada's harshest **prisons** where nearly half the population is native. Through the use of native spiritual ceremonies and customs, inmates learn to forgive themselves and deal with their own guilt. For them, the Sweatlodge and the Pipe become the tools to break the cycle of poverty, alienation and violence.

## **THE STERILIZATION OF LEILANI MUIR**

*English/NFB/1996/47 minutes*

A single IQ test and misguided science changed the life of a 14 year old Canadian girl forever. At the age of 14, she had been sterilized under the authority of an Act of the Alberta government. This video talks about Leilani's personal search for justice and the "science" of **eugenics** which tried to improve the qualities of a race and eradicate physical and mental disabilities.

## **THE TICKET BACK**

*English/NFB/1991/50 Minutes*

This drama is about the destructive powerplays after **divorce**. Linda is struggling but determined to start a new life for herself and her two daughters. Her ex-husband refuses to let go and continues to physically and psychologically abuse her. How can Linda guarantee her safety and that of her children? Should she run or should she stay and fight?

### **THE VICTIM IN COURT**

*English and Inuktitut/Inuit Communications Systems Limited/1992/18 Minutes*

This video is for **victims called to court as a witness**. It goes step by step through what will happen before and during court procedures. This is a helpful aid for victims in a situation they know little about, and most of all, fear.

### **THE WOMEN THAT GOT AWAY**

*English/Canadian Filmmakers Distribution West/1990/41 Minutes*

Stories of women who escaped or intervened in **sexual assault** by a male perpetrator are discussed by a panel of women self-defense instructors. The stories and discussion serve to challenge the traditional advice given to women to be submissive during assault.

### **THEM THAT'S NOT: SINGLE MOTHERS AND THE WELFARE SYSTEM**

*English/NFB/1993/55 min.*

This video puts a human face to **poverty**. Through their eyes, voices and experiences, we learn what it feels like to be poor and to raise children under the scrutiny and monitoring of an unsympathetic **welfare system**. These women must accept having their rights and privacy violated in order to provide for themselves and their children.

### **THERE IS HOPE**

*English/IOF TV NETWORK/28 Minutes*

This is a documentary in which role playing shows us families coming to terms and dealing with the problem of **incest**. The feelings of the victim, the abuser and other family members are discussed and we see that help and healing are possible.

### **THERE'S NO EXCUSE FOR ABUSE - 7 PUBLIC SERVICE ANNOUNCEMENTS FOR TELEVISION**

*English/Swan Productions/1995/4 minutes*

This video contains seven public awareness advertisements produced by the Status of Women Council of the NWT and funded by the GNWT's Department of Health and Social Services and Department of Justice. They are all 30 seconds in length and address the issues of Child Sexual

Abuse, Spousal Abuse, Alcohol Abuse, Elder Abuse, Sexual Assault, and Sexual Harassment. The last ad sends the message for us all to stop **abuse** and make a better world for our children.

### **THROUGH THE EYES OF A CHILD**

*English/IOF TV NETWORK/30 Minutes*

This video looks at the psychological damage and emotional problems that adults can suffer, from having been **abused as children**. A group of people in therapy disclose what they went through.

### **TIME TO CHANGE**

*English/Victoria Family Violence Prevention Society/1992/26 Minutes/Guide*

This video is about treatment options for men who abuse their wives and girlfriends. It is the sequel to *One Hit Leads To Another*, a video about spousal assault produced in 1990 for the same agency, but the film makes sense on its own. Interviews and dramatic fictional scenes are used to show how men can overcome their **abusive behaviour patterns**. Men's groups, women's groups and shelters, family counsellors, victim support services, etc. would find this a powerful tool to raise awareness and to lobby for support for family violence counselling programs in their communities.

### **TIME TO HEAL**

*English/PEI Services for Adult Survivors of Sexual Abuse/1991/25 Minutes/Guide*

Five adult survivors speak honestly and intimately of the **sexual abuse** they suffered as children. Their stories are taken directly from personal journals and go on to tell how they are dealing with the consequences in their adult lives in order to heal.

### **TO A SAFER PLACE**

*English/NFB/1987/58 Minutes*

This video is about a woman who was **sexually abused** by her father from infancy to early adolescence. Shirley shares her story and how she is dealing with it today.

### **TO HAVE AND TO HOLD**

*English/NFB/1982/20 Minutes*

A documentary about **spousal assault** from the abuser's point of view. Men explain why they used violence and how they have learned new ways of expressing themselves.

### **TOWARD INTIMACY**

*English/NFB/1993/61 minutes*

A compelling look at how four **women with disabilities** confront physical and attitudinal barriers regarding their **relationships**. These women talk openly about issues such as sexuality, self-esteem and stereotyping. The viewer comes to realize that women with disabilities have the same needs and desires as those who are non-disabled.

### **TWICE CONDEMNED**

*English/NFB/1994/54 minutes*

In this film we are shown an insider's view of life for many **women in prison**. Most have been physically or sexually abused, never finished high school, and many develop addictions or become dependent on abusive partners. They are serving time for murder, drug dealing or fraud. They reveal how their lives went wrong and we learn how the legacy of pain and oppression continues behind bars.

### **VICTIMS**

*English/IOF TV NETWORK/28 Minutes*

This is a documentary about the source of **violence and child abuse**. Interviews with prisoners, convicts, and child criminals show us that abusers were most likely abused. Studies done at the time of this video showed that 80% of all convicts were victims of abuse.

### **VILLAGE TO VILLAGE**

*Chipewyan, English & South Slavey/Alaska Dept. of Public Safety /1983/25 Minutes/Guide*

**Aboriginal** people from remote Alaskan communities speak out about **family violence** and tell how they have begun to find solutions.

### **VIOLENCE AGAINST WOMEN**

*English/Status of Women in Canada/8 Minutes*

Mary Collins, Minister of the Status of Women in Canada speaks about violence against women and **preventive action for domestic violence** and shows awareness announcement made by the Ontario, Manitoba and Quebec governments.

### **VIOLENCE PREVENTION: INSIDE OUT**

*English/Kinetic Video/1993/60 min./guide*

This video consists of three 20 minute parts: Understanding Violence, Preventing Violence, and Coping With Violence. **INSIDE/OUT** looks at the cycle of violence, showing how and why it erupts. It shows that , while **violence** is a learned behaviour, preventing and coping with it can also be learned. It would be especially useful to teach **anger management** to adolescents.

## **VIOLENCE: YOU CAN MAKE A DIFFERENCE**

*English/French/Canadian Assoc. Of Broadcasters/1996/14 - 1 minute ads*

A collection of public service announcements on the theme “**Violence Makes Victims of Us All**”. These ads are sponsored by the Canadian Association Of Broadcasters and are aired on both English and French TV and radio.

## **VISIONS BY WOMEN**

*English/Women's Secretariat/1988/8 -One hour audiocassettes*

Unedited version of the women's workshop and conference proceedings held in Rankin Inlet March 25-29, 1988 and sponsored by the Kataujaq Society.

## **VOICES OF WOMEN**

*English/one hour*

A documentary which chronicles the 30 year **history of women and the Peace movement**. It is special because it also shows women’s continuing role as activists in a number of social areas.

## **VOYAGE OF REDISCOVERY**

*English/Frank Brown/1990/60 Minutes*

Frank has a lot of social problems. After many back and forths in prison, he suggests to the people of his community that they help him build a boat and go on a hunting trip. The community is willing to participate in his **healing**.

## **WAGING PEACE PART 1**

*English/NFB/2001/33min.*

## **WAGING PEACE PART 2**

*English/NFB/2001/39 min.*

An inspiring and uplifting two part documentary about turning a troubled school around. At Caledonia Junior High, female principal Edy Guy-Francois manages to bring effective discipline into a school that was considered hopeless and "bad". In addition to adhering to the regular school curriculum, she instituted a **peer mediation** program, monthly dances, talent show and a winter carnival. The video shows the positive effects of trusting teens and giving them some responsibility. Would be especially useful for educators.

## **WATCHING TV**

*English/NFB/1994/5 min.*

An animated video that helps children deal with the question of **violence on TV**, how it affects them and others. Its images and sounds are disturbing and makes young people aware of what, how and why they watch TV. It is intended for ages 10 and up.

## **WELCOME TO PARENTING: THE FIRST SIX YEARS**

*English/Health Canada/1997*

This is a five part video: Parents Are People Too, Your Child's Body, Your Child's Mind, Your Child's Safety, and Your Child's Behaviour. It is intended for parents of children ages 0 to 6 and contains **parenting skills** information, as well as information on how a child develops. It would also be a useful tool for educators and health professionals in their work with parents and children. The film uses animation, humorous skits, parent interviews and parent-child interaction.

## **WHAT ABOUT US?**

*English/BC Yukon Society of Transition Houses/1993/27 minutes*

A continuation of the film "Seen But Not Heard". **Children** describe how they feel when they see their parents fight, and talk about their **coping mechanisms**. The experience of going to a shelter, and the impact of their dysfunctional family life on their school performance are discussed. A psychologist and school counsellor help the children deal with their feelings of guilt and responsibility for what's happening.

## **WHAT HAPPENS TO WOMEN IN TRADESLAND**

*English/Women in Trades Kootenay Council/1983/16 Minutes*

An overview of the experience of working in the **trades and technology** from the point of view of a woman. Discusses some of the common myths and barriers women encounter when working in these fields.

## **WHAT PEOPLE ARE CALLING PMS**

*English/NFB/1987/28 Minutes/Guide*

This video provides health information and presents some of the positive aspects of the **pre-menstrual phase**.

## **WHEN THE DAY COMES**

*English/NFB /1991/29 minutes*

This video focuses on women who are **caregivers** to spouses, family members, or friends. Issues such as the role of, and the stress felt by these women, and lack of support in the health care system, are discussed. Possible solutions for the future are also looked at.

## **WHEN WOMEN KILL**

*English/NFB/1994/48 Minutes*

This film asks the question, “What would make an ordinary woman kill her husband?” And then it shows us. Three women tell their personal stories. The horrors of **abuse and violence** they survived, and how the price they paid was murder in self defense.

## **WHERE THE SPIRIT LIVES**

*English/Canada's Allstars/93 Minutes*

This fictional story, set in 1937 in Western Canada, is of a 12-year-old Blackfoot girl and her brother Pita, who were abducted from their home on the reservation and forcibly kept at an Anglican **residential school**. Efforts were made to educate them in the ways of the majority culture and destroy all remnants of their native cultural heritage. This film pays tribute to a Native girl who cannot be broken by a repressive system and reveals the horrors that so many Indian children were forced to endure from the 19th century until the last residential school closed in 1988.

## **WHERE ANGELS DARE**

*English/NFB/1993/26 Minutes*

This is a very personal film about **healing from Child Sexual Abuse**. Four women and two men talk about their painful childhood experiences, subsequent journeys through hell, the turning points that set them on the healing path, and their commitments to building a better world for all children.

## **WHO SAYS IT DOESN'T HURT**

*English/YWCA Metro Toronto/1988/20 minutes/Guide*

A video on **pornography** with accompanying resource manual for workshop facilitators. For educational purposes only. This video contains degrading and violent images and may be upsetting to the viewer. The video explores the social harms of pornography and examines the distortions pornography perpetuates about women.

## **WHO WE ARE: A CELEBRATION OF NATIVE YOUTH**

*English/Government of Canada/1992/34 Minutes*

This video features candid, action oriented profiles of young Native people, their elders, and other inspiring **Native role models** across Canada. It provides positive messages to Native youth about continuing their education, valuing their culture and making their own unique contributions to their communities - both urban and rural.

## **WIDENING THE CIRCLE - A GATHERING WITH YOUNG WOMEN**

*English/NFB/1995/25 minutes*

In 1992 over 100 young women from across Canada, aged 15 to 19, met for three days to share information important to their lives: **racism, self-esteem, feminism, sexism, the media, and disabilities**. This video highlights moments from the conference, and presents testimonies of the participants who represented this country's regional, racial, linguistic and cultural diversity.

## **WILMA P. MANKILLER: WOMAN OF POWER**

*English/Mary Scott/1992/29 minutes*

This video is a profile of the first woman chief of the Cherokee Nation. The video shows how she has done groundbreaking work in governance, community development, and furthering the cause of her people. It considers different aspects of modern tribal life and the relationship between **women and leadership**.

## **WITHOUT FEAR - A VIDEO ABOUT VIOLENCE AGAINST WOMEN**

*English & French/Canadian Panel on Violence/1993/25 minutes/Guide*

This is a powerful film of how six women became survivors. Following the journey of these women, we begin to understand the landscape of **violence in Canadian society** and why all women are at risk of being abused. We will find what needs to be changed so that one day all women in Canada can live without fear.

## **WOMEN AND MILITARIZATION**

*English/Labrador Institute of Northern Studies/1989/55 minutes*

This is a video production arising from the conference Women and Militarization held in North West River, Labrador, May 5 to 7, 1989. Especially concerning the struggle of the Innu in relation to **military development** at Happy Valley/Goose Bay, Labrador.

## **WOMEN AND RECOVERY (PSAs)**

*English/Milligan Mediaworks/2001/2 X 1 min.*

Two one-minute segments on **fetal alcohol syndrome** titled Individual Recovery and Collective Recovery. The message is that women become addicted because of sexual abuse, family violence or families who abused substances. We need to stop blaming women and support them in their recovery. Pregnancy is a time for wellness and families need to be kept strong.

## **WOMEN AND SUBSTANCE USE - SHARING OUR EXPERIENCES**

*English/Canadian Public Health Association/16 minutes/Guide*

This video shows that **substance use** is multi-faceted, making links between substance use and sexual health, mental health and violence. Following a lifestyle approach, the video focuses on the four major lifestages -adolescence, young adulthood, mid-adulthood and the senior years.

## **WOMEN AND VIOLENCE: EDUCATION IS PREVENTION PROJECT**

*English/Island Video Works/20 min.*

Through a series of interviews with women, youth and counsellors from Saltspring Island, we learn of the **project** that has youth become very involved in the **prevention of violence against women**. The SWOVA (Saltspring Women Opposed to Violence and Abuse) group has used an innovative approach of collaborating with schools to bring this issue to the forefront, and address violence before it begins. In the process, youth are taught facilitator and communication skills and the qualities of healthy relationships.

## **WOMEN, HIV & ADDICTIONS: BEFORE, DURING & AFTER**

*English/AIDS Prince George/2001/25 min.*

Features the stories of four **aboriginal women** and how they contracted **HIV**. One of the women, Janice, died before she could tell her own story but she was a source of strength for the other three. In speaking of their own particular situations and lives, each woman conveys a message of hope to viewers about life after contracting this deadly disease that is affecting so many aboriginal people.

## **WOMEN IN THE SHADOWS**

*English/NFB/1992/56 Minutes*

This documentary follows Metis writer and filmmaker Christine Welsh on a spiritual and physical journey in search of her **native identity**. As she retraces her foremother's footsteps, she rediscovers her own heritage and uncovers a lost chapter in Canadian history.

## **WOMEN WHO MEAN BUSINESS**

*English/9 - One hour audiocassettes*

Nine parts:     • **So You Want To Start A Business**

- In Search Of Money - Part 1
- In Search Of Money - Part 2
- Preparing A Business Plan
- Three Types Of Businesses
- Show, Tell And Sell
- Hiring, Firing And Keeping Them Happy
- Mother, Lover And Business Woman

- Credit And Debit Collections

## **YES YOU CAN SAY NO**

*English/Committee for Children/1986/19 minutes*

Dramatic educational video showing children modelling protective, assertive behaviour in a number of believable safety situations including the **prevention of sexual assault**.

## **YOUR DAY IN COURT**

*Chipewyan, Dogrib, Gwich'in, North and South Slavey.*

*Culture and Communication GNWT /30 minute **audiocassette***

A guide for people who have experienced **spousal assault**.

## **YOUR RIGHTS, YOUR VOICE**

*English/UNICEF/Save the Children/12 min.*

Through rap music and song, **youth** send the message that they have a **right to speak out** on issues that concern them such as sexual abuse, alcohol, drugs and having a voice in decision making. In September, the UN will look at what needs to be done in education, child protection, child labor, child soldiers, etc. Leaders must listen and children must speak out.

## **YOUR TURN TO DO THE TALKING**

*English/Swan Productions/1999/30 min./guide*

This parent video is one component of the Skills for Healthy Relationships program which is a Northwest Territories school health program on sexuality, AIDS and STDs. It is intended to introduce parents to the program itself, as well as encourage them to talk with their teens about sex and sexuality. It identifies assertive behaviour as a healthy means of communication and community resources that can help with **sexuality education**.

## **YOUTH STRENGTHENING THE CIRCLE**

*English/Chee Mamuk/2002/11 min.*

Six youth, two elders and five front-line workers worked on the Youth Strengthening the Circle project in B.C. The aim of the project was **prevention of HIV, Hepatitis and STDs**. This video focuses on the choice a young Aboriginal woman faces in going to a party or a pow wow. It is meant to start discussion on the risks of drugs, alcohol, teen pregnancy, HIV, STDs and Hepatitis.

## **YOUTH VIOLENCE**

*English/Friday Communications Inc./1995/50 min.*

Specifically designed for young people aged 8 to 18, this fast-paced, intriguing program gives youth **positive alternatives to violence**. "Youth Violence" explores important issues that may face young people including intimidation, weapons, gangs and date rape. The video suggests steps that should and should not be taken in specific situations, and empowers them to take a stand, even if it is not an immediate one, to end violence. A very good tool for students, school counsellors and parents.