

## **The Breakthrough DVD**

### ***The Wisdom of Girls: Teens, Sex & Truth***

#### What is it?

This one-of-a-kind, all-girl, documentary-style DVD with real teens, whose sexual experience spans from virginity to teen motherhood, gives the audience a very personal view of the complexities of sex in the lives of teen girls. Through the sharing of their personal beliefs and experiences, the girls in the DVD make a powerful impact on the audience. The DVD challenges viewers to explore, decide and prepare to do what is best for them.

The program deals with the tactics their peers use to encourage sexual activity, the many reasons why girls choose to have sex even though they are not ready, the emotional and physical consequences of that choice, why girls are not practicing safe sex, and how to protect their bodies, minds and hearts. The young women explore how to decide the "right" time to have sex, and who the "right" person with whom to share that experience is. And finally, they encourage the teen audience to wait until they are ready emotionally, physically and psychologically.

A 27 page Facilitator's Guide is included.

Cost: \$45 for DVD with guide; \$25 for DVD only. Discounts for bulk orders.

#### Core Goals of DVD:

The core goals of this DVD are:

- To connect a girl's self-worth with her sexual choices
- To create a forum for adults and adolescents to have honest, comprehensive and comfortable discussions about sex
- To prevent teen pregnancy

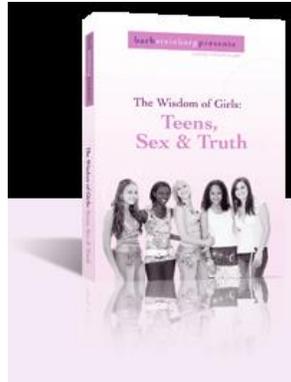
#### What Makes This DVD Unique?

- Evidence-based DVD
- Uses a peer education model
- Addresses the *emotional aspects* of why teen girls are having sex when they are not ready and why they are not protecting their bodies
- No script, no actors – teen's real thoughts and feelings
- Uses self-reflection - has times to stop DVD to discuss or journal about questions on the screen to internalize information
- Has teens practice and prepare how they will handle sexual situations
- Fresh, current, relevant, visually appealing

#### Who Produced the DVD?

Barb Steinberg is a nationally recognized educator and champion of girls everywhere. Barb has worked professionally with adolescents for over 20 years. Her mission is to enlighten and enrich the lives of girls and the adults that live and work with them through exploration, insight, compassion and fun. Barb holds a bachelors and masters degree in social work and is licensed by the state of Texas.

## ***The Wisdom of Girls: Teens, Sex & Truth* is an Evidence-Supported DVD**



To show the life changing impact this DVD can have on adolescents who view it, we evaluated teen girl's attitudes and knowledge concerning sex and birth control before watching the DVD and immediately after viewing the DVD. We then compared their answers and found...

- After viewing the video, girls' average scores on the questionnaire increased from 2.86 to 3.38 meaning that they felt more empowered to handle sexual situations and more informed about sex and birth control. (Note: this was statistically significant at  $p < .05$ )
- Looking at individual questions, girls felt more prepared to handle sexual situations that may come up in life after viewing the video with their averages scores increasing from 2.68 to 3.35. (Note: this was statistically significant at  $p < .05$ )
- After watching the video, adolescent girls reported that they learned how to stand up to pressure from their boyfriend/partner when it concerns their sexuality. The girls' average score increased from 2.87 to 3.14. (Note: this was statistically significant at  $p < .05$ )
- Girls also felt more informed about sex after watching the DVD with their average scores increasing from 2.87 to 3.14. (Note: this was statistically significant at  $p < .05$ )
- After participating in the *Teens, Sex & Truth* workshop, teen girls felt more informed about birth control. On average, their scores increased from 2.71 to 3.14.
- Finally, girls learned how to protect their body while having sex after participating in the workshop with average scores increasing from 2.98 to 3.48.

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## **What People are Saying About the Breakthrough DVD *The Wisdom of Girls: Teens, Sex & Truth***

"The *Wisdom of Girls* delivers EXACTLY what the title says it does! Under the intelligent guidance of teen expert and creator Barb Steinberg, teen girls speak candidly and share the wisdom of their own experiences, struggles and hopes. Powerful questions are posed after each section so the DVD becomes both interactive and practically applicable for its viewers. After having personally worked with over 10,000 teen girls, I can wholeheartedly endorse both the validity and raw honesty with which *The Wisdom of Girls* is delivered. At a time when teen girls are more at risk for STD's and sexual objectification, *The Wisdom of Girls: Teens, Sex and Truth* is a must for all life skills programs, therapists and teen group leaders, and of course parents raising teen girls today!"

Tami Walsh, M.A.

President, Teen Wisdom Inc.

"We used this DVD to talk to high school girls about sex in our high school program. The girls loved the fact that the DVD included the interviews of the girls who were their age...I highly recommend it to parents who are looking for ways to start sex conversation with their daughter." – Olga Knapp, Prevention Specialist

"This is the information I have been waiting for that has never been said out loud. This DVD will guide our teens in making healthy decisions when it comes to their sexuality." – Mary Gonzales, Health Teacher/Mom

"This is a candid video by girls, about girls and for girls, centering around the "touchy" subject of sex...You can tell that this video was clearly created by someone very much in-touch with the teen psyche because it never seems boring, uncomfortable or dogmatic (as I remember sex education videos being when I was a teen!). This video would be ideal not just for educators but also for parents and/or teens to watch together. I highly recommend it!" – Christi, Mom

"It was an education for me as an experienced woman over 50 -- my friends and I never really discussed these things in adolescence or young adulthood! So it was helpful to hear what these girls had to say as I continue to visualize age-appropriate discussions with my young daughter... The video is tasteful, authentic, and sometimes heartbreaking. I can still see the face of the young mother who, for me, stole the show." - Eliza Jane, Mom

"Barb's fresh, honest approach positions her as a welcomed authority on teen girls." – Carol Covelli, LCSW, Psychotherapist

"What these girls are saying is the truth. It's real. It's on our level." – Tina, 14

"It has all the information a girl needs to know." – Alex, 17