

## Video Documentaries for Teaching Adolescent Courses

There are many excellent video documentaries that are relevant for adolescence-focused classes. Video documentaries provide compelling real-life examples of adolescents to illustrate theories, issues, and concepts in a way that compliments written text.

Here is an extensive Teaching Psychology resource that gives tips on how to use documentaries as an effective teaching tool. This resource also has a list of many documentaries for psychology in general, including Developmental, Social, and Clinical Psychology:

<http://teachpsych.org/resources/Documents/otrp/resources/taylor11.pdf>

In my Adolescent Psychology class (about 150 students), after watching a video students write responses to several questions. For instance, for *Inside the Teenage Brain* I ask students:

1. How are adolescent brains different from adult brains?
2. How might the findings from research on the teen brain be applied to real life? (e.g., teen drivers' licensing laws, criminal sentencing, the amount of freedom teens are given by parents...)
3. Optional: Was there anything surprising you learned about in the film?

Students submit their responses on the class website. As my T.A. and I are going through the responses we select several of the most interesting, provocative, or well-articulated responses and put these on a powerpoint slide. I present these in class and use them as a jumping point for class discussion.

Below is a link to my favorite videos. I have noted what topics they cover, have provided links to descriptions of these videos, and for some them (such as the Frontline videos), you can access them for free online. If you have a favorite video you would like to share, please let me know and we will add them to the list.

*Inside the Teenage Brain* (biological and cognitive transitions, sleep, 57 minutes).

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

*Body Story – Teen Dreams* (biological changes, puberty, 45 minutes)

[http://www.youtube.com/watch?v=gT9g0\\_42-r0&list=PLKBxqzBkl6kUIrcBMWVkzzR3JTsc\\_opxq&index=1](http://www.youtube.com/watch?v=gT9g0_42-r0&list=PLKBxqzBkl6kUIrcBMWVkzzR3JTsc_opxq&index=1)

*The In Crowd and Social Cruelty* (popularity, peer relations, bullying, 41 minutes)

<http://digital.films.com/play/3HJ5BA>

*Wrestling With Manhood* (gender roles, masculinity, males, 60 minutes).

<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=216>

*Killing Us Softly 4* (gender roles, femininity, females, 45 minutes)

<http://www.mediaed.org/cgi-bin/commerce.cgi?preadd=action&key=241>

*Girls Like Us* (sexuality, culture, SES, 57 minutes)

<http://www.wmm.com/filmcatalog/pages/c399.shtml>

*Boys of Baraka* (African American males, masculinity, education, 84 minutes)

<http://www.pbs.org/pov/boysofbaraka/>

*Teens and Sex in Europe: A story of rights, respect, and responsibility* (sexuality, sex education, 16 minutes).

<http://www.advocatesforyouth.org/publications/719>

*Lost Children of Rockdale County*, (sexuality, STDs, peer relations, parenting styles, 90 minutes)

<http://www.pbs.org/wgbh/pages/frontline/teach/lost/>

*Football High* (brain development, sports, 60 minutes)

<http://www.pbs.org/wgbh/pages/frontline/football-high/>

*Children in America's Schools: They're a bunch of flowers growing in a garbage can* (schools, income, 120 minutes)

[http://jonah.eastern.edu/emme/2003spring/multimedia\\_reviews.html](http://jonah.eastern.edu/emme/2003spring/multimedia_reviews.html)

*School Colors* (culture, ethnic and racial identity, peer relations, parent-adolescent relations, teacher expectations, diversity, 150 minutes)

<http://www.pbs.org/wgbh/pages/frontline/programs/info/1301.html>

*Monkey Dance* (immigration, acculturation, ethnic identity, Cambodian American adolescents, 65 minutes)

[http://www.berkeleymedia.com/catalog/berkeleymedia/films/arts\\_humanities/monkey\\_dance\\_directors\\_version](http://www.berkeleymedia.com/catalog/berkeleymedia/films/arts_humanities/monkey_dance_directors_version)

*Devil's Playground* (autonomy, family, risky behaviors, identity, 77 minutes)

<http://www.hulu.com/watch/359598>

*Country Boys* (SES and adolescence, identity, family relationships, 48 minutes)

<http://www.pbs.org/wgbh/pages/frontline/countryboys/view/>

*Merchants of Cool* (media, 53 minutes)

<http://www.pbs.org/wgbh/pages/frontline/shows/cool/view/>

*Growing Up Online* (internet, media, cyberbullying, 57 minutes)

<http://www.pbs.org/wgbh/pages/frontline/kidsonline/>

*Digital Nation: Life on the Virtual Frontier* (this is a follow up to *Growing Up Online*, internet, technologies, education, social networks, social relationships, 90 minutes)

<http://www.pbs.org/wgbh/pages/frontline/digitalnation/>

*Generation Like* (social media, identity, consumerism, 53 minutes)

<http://video.pbs.org/video/2365181302/>

*Bully* (bullying, 90 minutes)

<http://www.thebullyproject.com/media>

*16 in Webster Groves* (adolescence in 1966 – how does it compare to adolescence now? school, academic achievement, peer relations, parent-adolescent relationships, 103 minutes)

<http://www.frequency.com/video/16-in-webster-groves/11www7648>

[http://artsbeat.blogs.nytimes.com/2010/08/17/franzen-in-webster-groves/?\\_r=0](http://artsbeat.blogs.nytimes.com/2010/08/17/franzen-in-webster-groves/?_r=0)

These videos look interesting but I have not yet viewed them:

*Barbie Nation* (gender roles and media, 53 minutes)

<http://www.pbs.org/pov/barbienation/>

*Cyberbullying* (bullying online)

[http://www.amazon.com/ABC-News-Primetime-Cyber-](http://www.amazon.com/ABC-News-Primetime-Cyber-Bullying/dp/B000YQRAGM/ref=pd_rhf_pe_s_cp_1_6T9Q?ie=UTF8&refRID=0FP8G41W6M4DRCFBVY8K)

[Bullying/dp/B000YQRAGM/ref=pd\\_rhf\\_pe\\_s\\_cp\\_1\\_6T9Q?ie=UTF8&refRID=0FP8G41W6M4DRCFBVY8K](http://www.amazon.com/ABC-News-Primetime-Cyber-Bullying/dp/B000YQRAGM/ref=pd_rhf_pe_s_cp_1_6T9Q?ie=UTF8&refRID=0FP8G41W6M4DRCFBVY8K)

*Soul Searching: A Movie about Teenagers and God* (religion, spirituality, 79 minutes)

<http://www.imdb.com/title/tt1161652/>

*Aging Out of Foster Care* (mental health, juvenile justice, 26 minutes)

<http://video.pbs.org/video/2248224566/>

*Child Genius: At Thirteen* (child prodigies, family relationships, 48 minutes)

[http://films.com/id/16197/Child\\_Genius\\_At\\_Thirteen.htm](http://films.com/id/16197/Child_Genius_At_Thirteen.htm)

And here are some shorter videos:

*All that we share* (3 minutes)

A wonderful ad created in Denmark addressing commonalities among people who may seem very different from each other.

<https://www.youtube.com/watch?v=jD8tjhVO1Tc>

The NY Times has compiled a list of short videos on *race, bias, and identity* for students:

[https://www.nytimes.com/2017/03/15/learning/lesson-plans/25-mini-films-for-exploring-race-bias-and-identity-with-students.html?\\_r=0](https://www.nytimes.com/2017/03/15/learning/lesson-plans/25-mini-films-for-exploring-race-bias-and-identity-with-students.html?_r=0)

*Redrawing the balance* (2:07 minutes)

Shows a classroom of children drawing firefighters, surgeons, fighter pilots as mostly boys, but then meeting them in real life—and they are women.

<https://www.youtube.com/watch?v=qv8VZVP5csA>

*TED talk on the adolescent brain* (14 minutes)

[http://www.ted.com/talks/sarah\\_jayne\\_blakemore\\_the\\_mysterious\\_workings\\_of\\_the\\_adolescent\\_brain.html](http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain.html)

*TED talk by a 13 year old home-schooled boy who critiques traditional education* (14 minutes). Logan Laplante is a wonderful speaker and a very good example of an adolescent who is intelligent, happy, and well-rounded. A nice video to counter our usual negative stereotypes of adolescents.

<http://www.youtube.com/watch?v=h1lu3vtcpaY>

*What's Race Got To Do With It?* (6 minutes). Short preview of a longer video (49 minutes) on college students, race relations, and academic performance.

<http://www.newsreel.org/nav/title.asp?tc=CN0188>

*TED talk by the author Chimimanda Achidie* (19 minutes), this one is not on teenagers specifically, but it's great for starting a conversation on stereotyping, culture, identity.

<https://www.youtube.com/watch?v=D9Ihs241zeg>

Short video clips of Dr. Laurence Steinberg, one of the leading adolescent researchers, discussing various aspects of adolescent development.

<http://bigthink.com/users/laurencesteinberg>

Relational aggression among high school girls (14 minutes), high school girls talk about relational aggression.

<http://vimeo.com/38930830>