After watching the video *High Anxiety: Causes, Symptoms, Help* and participating in the class activities included in this Teacher’s Resource Book, your students will be able to:

- understand that being anxious about things like an upcoming exam or giving a speech is an example of normal anxiety
- recognize that normal anxiety can motivate us and protect us
- realize that anxiety disorders can interfere with daily activities, relationships, goals and general happiness
- identify the signs and symptoms of different anxiety disorders
- understand that there are very effective treatments for anxiety disorders
- list coping mechanisms that can help teens deal with anxiety
- be aware of the differences between having a clinically diagnosable anxiety disorder and experiencing normal anxiety
- recognize when someone needs professional help to treat an anxiety disorder