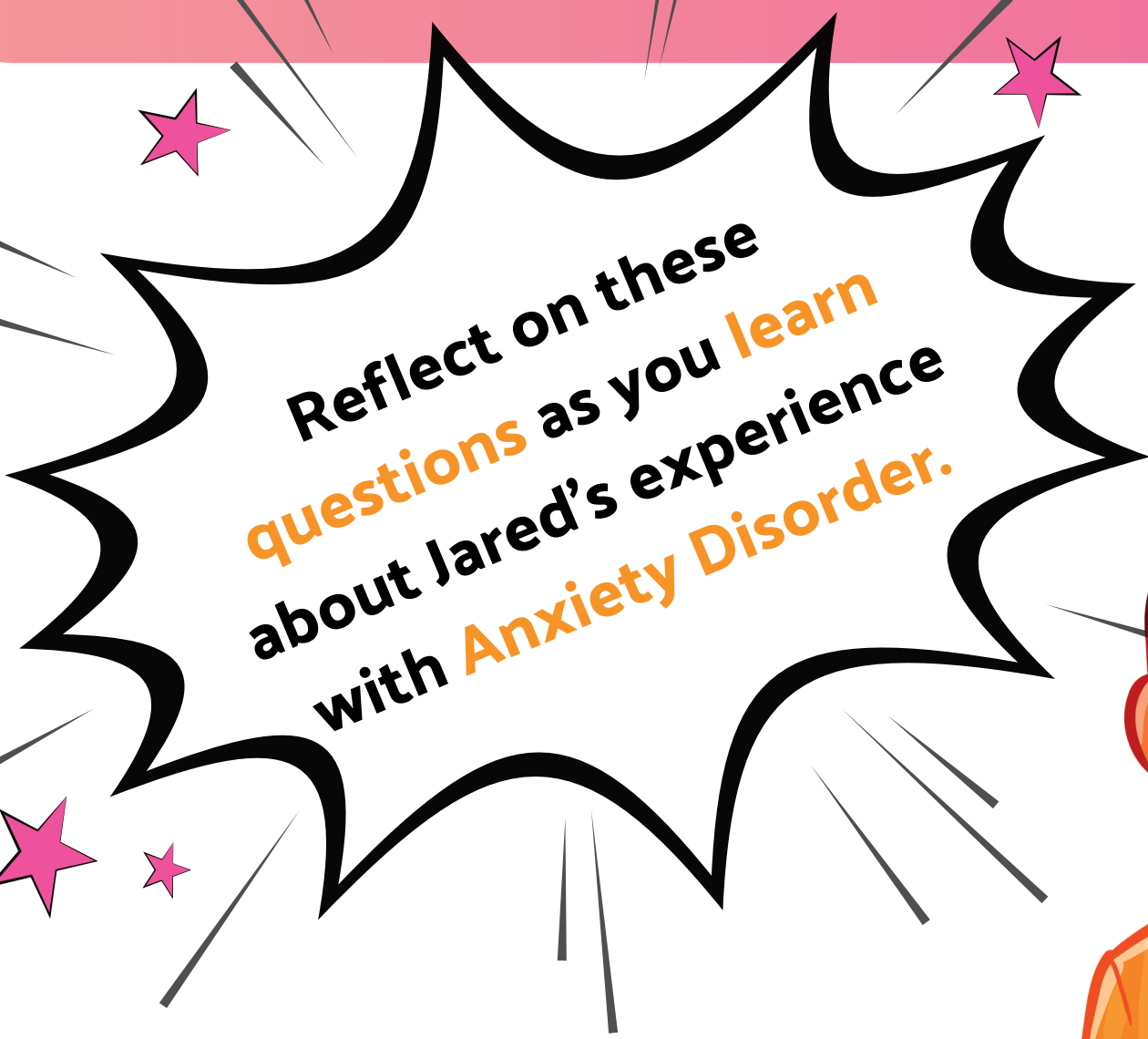


# UNDERSTANDING ANXIETY DISORDER



What I Learned:

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What I'm Still Curious About:

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How This Relates to What I Already Know,  
My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

An Anxiety Disorder is **not**  
**the same** as feeling stressed.



# UNDERSTANDING LEARNING DISORDER



What I Learned:

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What I'm Still Curious About:

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How This Relates to What I Already Know,  
My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

A Learning Disorder is  
**not the same** as failing a  
math test.



# UNDERSTANDING DEPRESSION

Reflect on these  
questions as you learn  
about Owen's  
experience with  
Clinical Depression.



What I Learned:

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What I'm Still Curious About:

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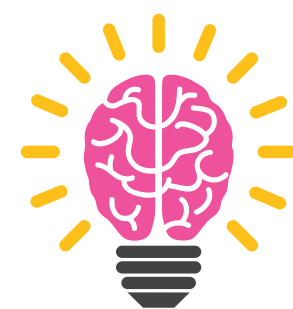
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How This Relates to What I Already Know,  
My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

Depression is **not the same**  
as having a bad day.





# UNDERSTANDING ADHD

Reflect on these  
questions as you **learn** about  
Angela's experience with  
**Attention-Deficit/  
Hyperactivity Disorder.**



What I Learned:

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What I'm Still Curious About:

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How This Relates to What I Already Know,  
My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

ADHD is **not the same** as  
being hyperactive.



# UNDERSTANDING OCD

Reflect on these questions as you learn about Hazel's experience with Obsessive-Compulsive Disorder.



What I Learned:

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What I'm Still Curious About:

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How This Relates to What I Already Know, My Own Experience, or Someone I Know:

How I Feel About What I Learned:



Remember:

OCD is **not the same** as being organized.



# UNDERSTANDING AUTISM

Reflect on these  
questions as you learn  
about Alex's experience  
with Autism Spectrum  
Disorder.



What I Learned:

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What I'm Still Curious About:

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How This Relates to What I Already Know,  
My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

Autism is **not the same** as  
avoiding eye contact.





# UNDERSTANDING PHOBIA



What I Learned:

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What I'm Still Curious About:

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How This Relates to What I Already Know,  
My Own Experience, or Someone I Know :

How I Feel About What I Learned:



Remember:

A Specific Phobia is  
**not the same** as feeling  
grossed out by a spider.

