This workshop will examine the nature of anxiety and provide an overview of the various types of anxiety, symptoms, causes and the most effective modes of treatment. The distinction between sensory integration impairment and over-sensitization will be illustrated through three case studies, bringing synthesis to the entire workshop. An integration of theory and practice, illustrating how different forms of anxiety are diagnosed and treated will be explored.

**Workshop Description:**
Today’s youth often have various gender identities outside of the social construct of the binary gender structure. The transgender, non-binary, queer community is vastly underserved when it comes to sex education. In this workshop we will discuss sex education that is comprehensive and inclusive. Topics will include affirming language, terminology and resources for reproductive and sexual health that can support all students in minimizing risks and building healthy relationships. We will also share best practices to improve sex education for LGBTQ students, share real-life stories, relevant data, and effective practices around LGBTQ inclusion in schools.

**Cost:**
- $100 (current Field Instructors, alumni of SSW or SBU employees)