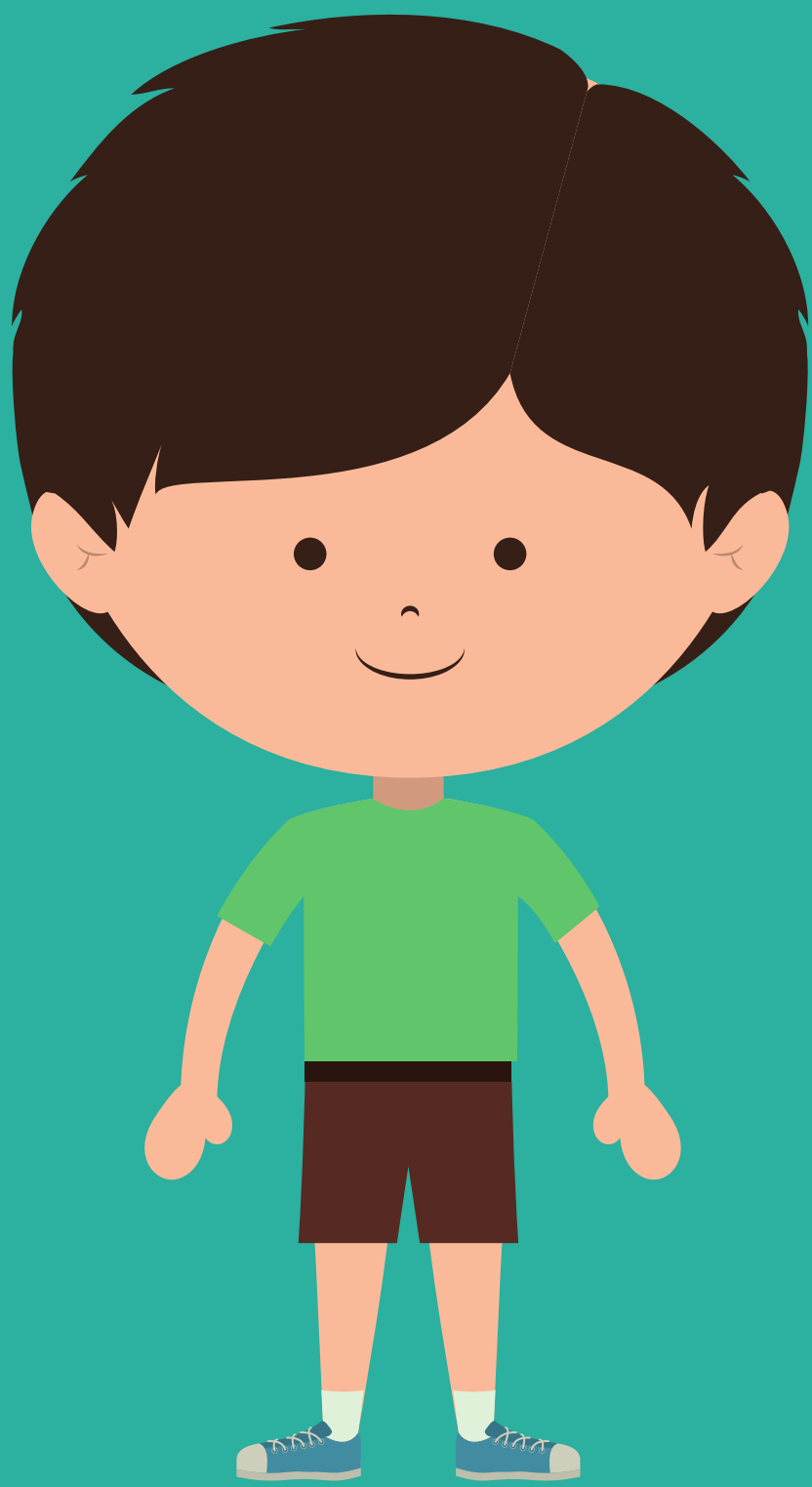


Fears and Worries of Young People

Ages 5-7

Primary KS1



- **Fear of the dark**
- **Fear of fire**
- **Fear of bad guys**
- **Fear of taking tests**
- **Fear of peer rejection**
- **Fear of doctors**
- **Fear of bugs**
- **Fear of animals**

Young people experience different fears and worries as they move through childhood and adolescence. This is a natural part of their development. Remember to be supportive, show compassion and listen with an open mind. However, if the worries continue to persist and have an overwhelming impact on their mental health and wellbeing, seek professional help.