

Fears and Worries of Young People

Ages 11-16

Secondary KS3/4



- **Fear of missing out**
- **Fear of public speaking**
- **Fear of rejection**
- **Fear of academic performance**
- **Fear of violence**
- **Fear of global issues**
- **Fear of their safety**
- **Fear of sickness**

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.