

Fears and Worries of Young People

Ages 7-11

Primary KS2



- **Fear of bad guys and ghosts**
- **Fear of being home alone**
- **Fear of dying**
- **Fear of sickness**
- **Fear of failure**
- **Fear of vomiting at school**
- **Fear of peer rejection**

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.