

# KixCare TIPS

## Why Might School Anxiety Start Mid-Year For My Teen?



It can be especially baffling when your teen who has been going to class and seeming happy with school and friends seemingly does an about face midway through the year. While school anxiety is common at the beginning of big “change” years.

- 1 It can also happen when stressors mount over time, such as public speaking.
- 2 Struggling with a subject.
- 3 Changes in friend groups.

Cut here for a colouring sheet for your little one

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