

What Are The Symptoms Of School Anxiety In Teens?



Signs and symptoms of school anxiety can be difficult to pinpoint. Especially before they start outright refusing school.

They can be thoughts that your child is having, but also emotions, physical sensations, and behaviours.

- 1 Examples of thoughts a teen may have or voice are things like:** “What if I can’t find my classroom?” or “It’s more fun at the mall or being at home where I can do what I want.”
- 2 Examples of physical feelings they may have are:** Shaking or trembling, shortness of breath or hyperventilation, stomachaches or abdominal pain.
- 3 You may see different emotions in your teen, such as:** anger, fear, difficulty concentrating, withdrawing from others, and irritability.
- 4 Behaviours such as:** Failing to turn in homework or assignments, Frequent phone calls or texts to a parent, lying, and of course skipping class or cutting school.

Cut here for a colouring sheet for your little one

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