MILWAUKEE PUBLIC SCHOOLS

School Community Partnership for Mental Health

The Schools and Community orking Together for the Mental Health of Students

SCPMH

Mental Fitness News and Tips

Does Your Youth aveAnxiety?

All children feel anxious at times. Many feel stress when they are separated from parents, have to take a test, or are called up to the front of the class. For most children, this feeling usually passes quickly. *However, some children suffer so much anxiety that it interferes with their daily activities.*

Anxious students may lose friends and be left out of social activities. Because they may be quiet and compliant, *the signs are often missed*. They are easily frustrated, commonly experience academic problems, may refuse to start work, take a long time to complete work, or have low self-esteem.

Anxiety Disorders affect one in eight youth with adolescent girls being twice as likely to be affected. Many report experiencing symptoms for 10 or more years before seeking help.

Consistency of Parenting

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Symptoms or Behaviors

- Complain of aches and pains that are not real
- Frequent absences from school
- Refusal to join in social activities/games
- Excessive worry about school/homework/ grades
- Frequent bouts of tears
- Fear of new situations
- Older students may experiment with alcohol/drugs

Adapted from the MINNESOTA ASSOCIATION FOR CHILDREN'S MENTAL HEALTH
www.macmh.org

This newsletter is provided by the School Community Partnership for Mental Health, of which MPS is an integral part.

Aurora Health Care

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