

The Stress Gap

More than a quarter of all teenagers (28%) say their stress level is "extreme"—that must be a shock to many parents, since only a trace (2 to 5%) believe their children are living under extreme stress.

Teenagers are much more likely than their parents to say stress is impacting their physical well-being. The evidence:

- Four out of 10 (42%) of teenagers say they get headaches, compared to just 13% of their parents.
- Half of all teenagers (49%) have trouble sleeping, compared to just 13% of their parents.
- And four out of 10 (39%) of teenagers are eating too much or too little, compared to 8% of their parents.

According to the American Psychological Association, the top stressors for teenagers include:

• School, grades, and homework	44%
• Family finances	31%
• Getting into college	29%
• Physical appearance	26%
• Balancing extracurricular activities	12%
• Peer relationships	11%
• Getting along with parents	8%
• Parents fighting with each other	7%
• Parents losing job	6%
• Getting along with boyfriend/girlfriend	4%
• Peer pressure to smoke, drink, do drugs	3%
• Getting along with siblings	2%