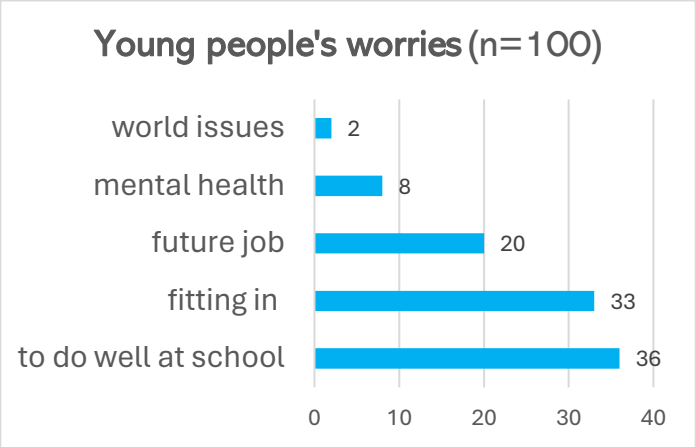
Write a **REPORT**

Write a report about teenagers' worries.

- Present your findings
- Give reasons for the results
- Suggest ways of coping with worries



What can we do about teenagers' worries

Introduction

The following report summarises the results of a survey conducted among students of my class about their everyday worries about school, friends, health, world situation and their future. The results are presented below.

Findings

Not surprisingly, over one-third of the students worry about school especially how to improve their grades. One-third of the respondents have fears of fitting in and doing well with their friends. One-fifth of the youth feel anxious about their future job. A small minority, only 8 out of 100 students fear they might have problems with their mental health. Hardly anybody worries about world issues.

Reasons

The above results have confirmed prior expectations. School is the most important part of students' lives, therefore they worry about their grades and tests. The second most important worry is about being accepted by peers and connected to a group of friends. For young people, their social life and personal relationships are tremendously important. On the other hand, things like the political situation in the world or even their future job seem to be out of teenagers' range of interest.

Recommendations

Worries are an integral part of young people's lives but there are ways to reduce them, for example, teenagers should be taught relaxation techniques. The easiest one of them is doing sport or other physical activity, listening to music or socializing. In school, there should be a psychologist to help students who seek professional help.

Conclusion

The report gives information on what young people worry about. The number one of teenagers' worries is school which makes it clear that both parents as well as teachers should be aware of it and should help young people to deal with stressful situations.

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