



What Kids Say About: Worrying

Everybody worries. Grown-ups do it and kids do it, too. But what do kids worry about? KidsHealth wanted to know, so we asked 1,004 kids ages 9 to 13. Here's a list of the top 8 worries:

1. grades
2. looks or appearance
3. problems at home
4. being liked and fitting in at school
5. being out of shape or overweight
6. the future
7. being a failure or disappointing loved ones
8. friends and their problems

Did you notice grades are the No. 1 worry? You get an "A" for your powers of observation! Let's take a closer look at the numbers:

- 42% worry about grades **every day**
- 11% worry about grades **every week**
- 11% worry about grades **at least once a month**
- 19% worry about grades **once in a while**

That means 53% of kids - more than half - said they worry about their grades either daily or weekly.

If kids are worried about grades, there are steps they can take, says Chris Cortellessa, a school counselor in Pennsylvania. She recommends that kids ask themselves these questions and then look to parents, teachers, or counselors to help them decide what to do about it.

1. Why are grades important? What do they mean to me?
2. How do I study? Do I review my notes even when there isn't a test the next day? Do I have a good place to do my homework? Have I tried different ways of studying, such as rewriting notes, using flashcards, and working with a study buddy?

And what about the rest of the kids - 17% - who said they didn't ever worry about grades? Are they getting straight "As" or what? Could be. But they also might be among a group of people who just don't worry that much.

Worries in More Detail

Looks and appearance are another major worry among the kids we surveyed. Overall, 43% of kids said they worry either every day or every week about looks.

Girls were more likely than boys to worry about this (39% vs. 30%), but plenty of boys are