

concerned with their looks, too.

In a related worry, nearly one-third of kids said they worry every day or week that they are out of shape or overweight. Another 28% worry every month or once in a while, and 40% said they never worry about this.

Problems at home was the No. 3 worry with 39% of kids saying they worry about this every day or week. Another 50% of kids say they worry about home problems monthly or once in a while. Only 11% say they never worry about this.

Kids want to be liked and fit in at school. One-third of them worries about this every day or week, but another third never worries about this at all. The final third is in the middle - worrying about it only once a month or once in a while.

What Is Worry?

It might help to understand a little about the nature of worry and what it is. If you worry, take heart. It makes sense to worry sometimes. If you haven't studied and it's time for a major test, it makes sense that you'll be worried about how you'll do.

With worrying, the important thing is to figure out if you can take action that will lessen your worry and help you avoid whatever you're worrying about. For instance, you might want to study for that test next time! That's a case when a little worry can be helpful. You're worried about the test, so you get down to business and study hard.

Other worries are harder to solve. You might worry about problems at home - which 39% of kids said they do every day or week. You might not be able to take steps to solve a problem, such as divorce in your family. But you can decide to talk about your worries with people who care about you. In fact, 25% of kids say they talk to their parents about their worries and 25% said they talked to friends.

About a quarter of the kids said they turned to the Internet when they were worried. That can be helpful in some cases - like when you're on this site, we hope! But the Internet may not be enough for some worries. You might want to use it as a starting point and then talk to someone about what you learned on the Internet.

Only 9% said they try to do something about what is causing their worries, and about one-quarter of kids keep their worries to themselves. Kids don't have to tell everyone everything, but if they have serious worries, it's usually best to reach out to someone who can help. Parents and friends were the top choices, but some kids said they talk to teachers (13%) or doctors and nurses (4%).

Sometimes worry gets to be too much. It can make small problems seem bigger than they are. And if the problem is actually a big one, just worrying about it probably won't help. Worry can even hurt your sleep and keep you from having fun and doing your best. But the last thing we want you to do is worry about worrying!

Just remember there is always something you can do - even if it's a very small step - to begin easing your worries. Often, that first step is simply talking with someone who cares about you.

What's a KidsPoll?

The group that took this KidsPoll included an almost equal number of boys and girls who were