

## What's a Panic Attack Like?

Panic attacks can be really scary and may make a person shake, sweat, and breathe quickly. Some people who have panic attacks may have chest pains, feel dizzy, or feel like their hearts are pounding and they can't breathe.

A panic attack can cause a kid to think something awful is going to happen, that he or she can't escape, or that he or she might lose control. Some kids who have panic attacks say that when the attacks are happening, they feel like they can't think straight or that they're "going crazy."

Panic attacks only last a short time. But to someone who is having one, they can feel much longer. Sometimes, even if a kid knows that his or her phobia doesn't make sense, he or she may not be able to stop the mind and body from reacting and having a panic attack.

## Different Kinds of Phobias

There are many different kinds of phobias. The most common kind is **social phobia**. A social phobia can make someone feel scared of being embarrassed in front of other people.

A kid with a social phobia might feel scared of talking to a teacher or a coach or might be afraid of walking in front of the whole classroom when he or she needs to go to the restroom.

A social phobia can make it nearly impossible for a kid to stand up and give a book report or even enjoy a birthday party. Although most kids might be a little afraid of giving a book report to a big group of kids or talking to a teacher, a kid with a social phobia becomes so afraid that she isn't able to enjoy life or function the way other kids do.

Sometimes people may think that a kid with a social phobia is just shy, but it isn't the same thing. A kid with a social phobia may want to go out and have lots of friends, but she just can't control her fear of being with others.

**Agoraphobia** (say: ah-guh-ruh-fo-bee-uh) is another kind of phobia. This causes a person to worry about having a panic attack in