



MENTAL WELLBEING AND SAFETY > ANXIETY > IN ADOLESCENTS

A LISTENING TO FAMILIES RESOURCE

# Anxiety - In Adolescents

*A father and son share their experience with anxiety with two Child and Adolescent Psychologists*

QUESTIONS ANSWERED IN THIS SERIES

- ⦿ What is anxiety?
- ⦿ Are some people more vulnerable to anxiety?
- ⦿ What does anxiety look like in adolescents?
- ⦿ The impact of social media
- ⦿ Adolescent anxiety triggers
- ⦿ How does a parent know that their adolescent is anxious?

*and further questions*

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NZ families' questions about the development, health, and wellbeing of children and young people are answered in conversations with local Specialists.

**[listeningtofamilies.co.nz/anxiety/anxiety-in-adolescents](https://listeningtofamilies.co.nz/anxiety/anxiety-in-adolescents)**