
Talk About It.

Anxiety

Nearly 1 in 3 adolescents in the U.S. will meet criteria for an anxiety disorder by age 18.

35% of 11th graders in the Beach Cities reported experiencing chronic sadness/hopelessness in the past 12 months.

You’re the most important influence in your child’s life. Whatever “it” is, have the talk.

Find tips at bchd.org/talk.

Beach Cities Partnership For Youth
Tips to Talk About It

Is it stress, or is it something more? Talk to your child about anxiety and depression.

- Always keep conversations open and honest
- Come from a place of love, even when you’re having tough conversations
- Provide positive reinforcement
- It’s never too early – or too late – to start the conversation

Top five tips to help your child manage anxiety:

- Pay attention to your child’s feelings and modify expectations during stressful times.
- Help your child prioritize sleep. Sleeping less than seven hours a night is a major risk factor for anxiety and depression.
- Work with your child’s school and connect with other families for support.
- If your child needs help, get a referral to a mental health specialist.
- Limit screen time. Depression and unhappiness in teens have increased in tandem with smartphone use.

Have the talk.
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Information sourced from:
California Healthy Kids Survey, 2017-18
Anxiety and Depression Association of America
Child Mind Institute
National Alliance on Mental Illness
Twenge, J. M. (2017). “iGen: Why today’s super-connected kids are growing up less rebellious, more tolerant, less happy – and completely unprepared for adulthood (and what that means for the rest of us).”