

Teen Stressors

- death of a parent or guardian
- death of a brother, sister, or close friend
- father or mother losing a job
- becoming a teenage mother or father
- serious illness of someone you love
- divorce of parents
- trouble with the police
- getting badly hurt (physically) or sick
- rejection by girlfriend or boyfriend
- experiencing a physical assault
- starting to use drugs
- failing a class in school
- being pressured to use drugs
- getting your driver's license
- loss of a part-time job
- moving to a different town or school
- being pressured to have sex
- starting to date
- taking final exams
- performing or participating in a performance (e.g., drama, music, speeches)
- having trouble with a teacher, principal, or boss
- receiving a poor grade or report card
- receiving a recognition for outstanding achievement