

One-third of school-aged children report worrying weekly

April 27 2023, by Lori Solomon



More than one in three children ages 9 to 13 years worry at least once a

week, according to the results of a survey released by Nemours Children's Health System.

The *What's Worrying America's Kids* national survey, for which Nemours KidsHealth commissioned The Harris Poll, was conducted Jan. 12 to 24, 2023, and included responses from 504 youth.

According to the results of the poll, children who worry about their looks (65 percent), being bullied (55 percent), and their friends or friendships (47 percent) say that they do so once a week or more. Many reported [worries](#) extend beyond school (64 percent) and friendship (41 percent) concerns, including about the health of people they love (35 percent), money (21 percent), violence (20 percent), and the environment (19 percent). Nearly all children (97 percent) say they take actions to make themselves feel better or stop worrying, including talking to someone (49 percent), watching television (49 percent), or playing video games (48 percent).

"Understanding what children worry about most often and at what ages offers an opportunity for parents and caregivers to help children develop coping skills to grow into [healthy adults](#)," R. Lawrence Moss, M.D., president and CEO of Nemours Children's Health, said in a statement. "Our growing nationwide youth [mental health crisis](#) requires parents, caregivers, teachers, and [health care professionals](#) to work together to ensure our youth have the support and resources they trust."

More information: [www.nemours.org/well-beyond-me ... a-s-kids-survey.html](http://www.nemours.org/well-beyond-me...a-s-kids-survey.html)

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