

Common Fears - By Age Group

According to AnxiousToddlers.com, the following are some of the most common fears by age group:

Among 5-7 year olds:

- fear of the dark
- fear of fire
- fear of bad guys
- taking tests
- peer rejections
- doctors and shots
- bugs and animals

Among 8-11 year olds:

- bad guys and ghosts
- being home alone
- dying
- sickness
- school failure
- throwing up at school
- peer rejection

Among teens, according to Stageoflife.com:

- 33.7% of teens are afraid of test taking
- 51% of teens are afraid of talking to their parents about personal problems. This number climbs to 54% for the percentage of teens who are afraid to talk to their teachers about personal problems.
- 40% of teens are afraid of peer pressure or not fitting in with people at school
- 30% of teens are afraid of being bullied or harassed at school or other groups/clubs to which they belong
- 43.6% of teens are afraid of depression or suicide
- 66% of teens are afraid of the future or life after graduation
- 75.5% of teens are afraid of poor academic performance or not getting good grades
- 56.4% of teens are afraid of money. For instance, worrying about how to pay for things
- 54% of teens are afraid of having to audition or try-out in order to be a part of something
Examples: Auditioning for a musical, trying out for a sport team, etc.
- School Life stresses teens out more than home life (64.7% verses 35.3%)