

SOCIAL ANXIETY

and Its Effects on New Students



Raneem
Michigan Islamic Academy
Grade 12

What is Social Anxiety?

- The fear of being judged and/or rejected in a social or performance situation, or negatively evaluated by peers, coworkers, or anyone in general
- Causes:
 - Genetics
 - Physical/emotional/sexual/mental abuse
 - Family conflicts
 - Bullying/teasing by peers

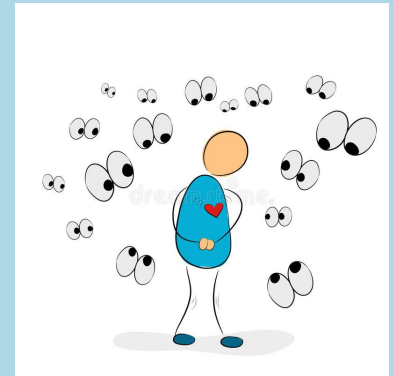


How Common Is It?

- It is the second most commonly diagnosed anxiety disorder following specific phobia
- The 2015 Child Mind Institute Children's Mental Health Report said that approximately 80% of children and adolescents with an anxiety disorder do not receive treatment
- Symptoms typically show at 13 years old, but children younger than 8 or 9 can also have social anxiety

What Does it Look Like?

- Symptoms:
 - “Intense fear of talking and interacting with strangers”
 - “Fear of physical symptoms that may cause you embarrassment, such as blushing, sweating, trembling”
 - “Expecting the worst possible consequences from a negative experience during a social situation”



How Social Anxiety Can Manifest in Students

- Pressure to socialize and connect with people is generally found to be intimidating
- New students may feel alien to the school
- Exclusion and bullying can increase the risk for mental illness
- Former students may take advantage of the new students by scrutinizing and making them feel more apprehensive to attend school



How Does it Impact Students?

- Effects student performance and physical/ emotional/ mental health
- Social Anxiety can lead to depression, suicidal thoughts, and other mental illnesses
- Having anxiety to reach out for help from teachers/adults, isolation from peers, and avoiding various school activities
- Affects ability to interact with others
- Can last well into adulthood and affect career choices as well as future relationships



How Can We Help?

- Creating a more welcoming environment for incoming students can minimize their stress when initiating conversation, working in groups, and participating in various school activities/clubs
- Decreasing the stigma around mental illness can lead to more students reaching out
- Welcome packets



Sources

- <https://www.mayoclinic.org/diseases-conditions/social-anxiety-disorder/symptoms-causes/syc-20353561>
- My senior project report
file:///C:/Users/ralsh/Downloads/Senior%20Project%20Report.pdf