

Name _____ Period _____ Date _____

STRESS GETS TO KIDS, TOO

(Excerpted from Benchmark, Roger Reed Adolescent Program)

Stress doesn't suddenly enter our lives when we turn 21. Children and teenagers experience stress, too. Stress overload can cause tension in young people just as in adults. Some of the ways young people try to cope with stress are harmful. Teens may turn to smoking, over or undereating, drinking, drug use, reckless driving, crime, or even suicide. No one today is too young (or old) to run the risk of being overstressed. The following exercise can help determine the amount of stress in your life.

Directions: Circle each event that has happened to you during the past year.
Total the numbers you have circled.

Parent dies	100	Trouble with teacher(s)	24
Parents divorce	73	Change in personal habits	23
Jail term or juvenile detention	65	Change to a new school	20
Death of a close family member	63	Vacation with family	20
Personal illness or injury	63	Change in recreation	19
Parent remarries	55	Change in social activities	19
Parent loses job	47	Owe money to school or friends	18
Change in health of family member	45	Join a new club/organization	18
In trouble at school	39	Change friends/peer group	18
Birth of a sibling	39	Sibling leaves home	18
Change at school	39	Run for office/tryout for group	17
(new teacher or class)		Attend summer camp	17
Change in family's financial situation	38	Change in sleeping habits	16
Death of a close friend	37	Change in eating habits	15
Changes in responsibilities at home	36	Change in number of family events	15
Starting or changing a job	35	Weight loss and/or gain	14
Threatened by violence at school	31	Change in amount of TV viewing	13
Outstanding personal achievement	28	Birthday party	12
Move to another location	26		
Start school for the year	26		
Change in living conditions	25	Total Score	_____

Scoring:

0-150	=	average stress load
151-300	=	above average stress load
300 or above	=	high stress load