



## TOPIC: Social Anxiety:

Learn how to identify social anxiety in your child/tween/teen and how to help them.

	Elementary	Middle School	High School
<p><b>Parent Information on this topic</b></p> <p>*Visit <b>Ralphie</b> on Instagram and see her blog posts. Great videos and info. on social anxiety and many other topics.</p>	<p><u><a href="#">Understanding and helping your child with social anxiety (ages 3-8 yrs.)</a></u></p> <p><u><a href="#">How to help your child cope with social anxiety in addition to ADHD</a></u></p>	<p><u><a href="#">How to Parent Teens With Social Anxiety</a></u></p> <p><u><a href="#">Advice for parents of teens with social anxiety</a></u></p> <p><u><a href="#">Anxiety at School - What Kids and Teens With Anxiety Need Teachers to Know - Hey Sigmund</a></u></p>	
<p><b>Discussion material and hands on activities</b></p>	<p><u><a href="#">7 Effective Ways to Help Children Overcome Social Anxiety</a></u></p>	<p><u><a href="#">7 tips for parents to help their tween/teen with social anxiety</a></u></p> <p><u><a href="#">Social Anxiety in tweens/teens: Signs, symptoms and how to help.</a></u></p>	
<p><b>Books/Video Material</b></p>	<p><u><a href="#">Anxiety Books for Kids, as Recommended by Educators</a></u></p>	<p><u><a href="#">Social Anxiety in Teens &amp; How to Treat It</a></u></p> <p><u><a href="#">In this next video, you will learn about the different ways that social anxiety can show up and available support options backed by research for keeping it in check also the author of "Find Your Fierce" for teens.</a></u></p>	

Click on the link within the chart and see the information you are interested in. (October 2022)