

## FACTS ABOUT TODAY'S TEENAGE GIRLS AND PRESSURE

- The majority of girls in middle school and high school report that they feel “too much” or “way too much” pressure to get good grades.
- Less than half of this most pressured group believes their parents recognize their stress.
- Nearly 2/3 of girls in middle school and high school report that the amount of homework they get is “too much” or “way too much.”
- More than 2/3 of girls in middle school say they “usually” or “always” pressure themselves to succeed; by high school, that number rises to 3/4.
- Almost 2/3 of girls in middle school and 3/4 of girls in high school believe the amount of free time they have is “too little” or “not nearly enough.”
- By middle school, 39% of girls say they “usually” or “always” worry about getting into the right college.
- In high school, 2/3 of girls “usually” or “always” worry about getting into the right college.
- Boys are generally less invested in school than girls; they feel less connected, are less likely to feel successful, and report fewer worries about college. Boys are also far less likely to pressure themselves to do well.
- When asked about the one thing they would change to make school better, the vast majority of girls in middle school and high school say, “less stress.”

From the research of Dr. Roni Cohen-Sandler, Ph.D. and author of *Trust Me, Mom; Everyone Else is Going; I'm Not Mad, I Just Hate You* and the forthcoming *Stressed Out Girls: Helping them Thrive in the Age of Pressure* (Viking, Fall 2005)