



## Middle School Guidance Officer Article



### Am I Normal? The Top Five Problems Raised by Teens

Navigating life as a teenager can be hard, and when you need support, asking for it can be the biggest challenge. One tool – an app called MeeTwo – offers a way to seek help from behind a screen. It allows users to post questions

anonymously and get answers from their peers and from undergraduate psychology students – expert advice, but from people not long out of school themselves. The responses are moderated by more experts behind the scene.

So what are the biggest issues teenagers need support with?

Co-founder of the social enterprise, Suzi Godson, says the problems can change depending on the time of year – like exam stress in June or family problems around Christmas.

Here, she talks us through the top five problems raised by 5,000 users in August:

1. There are many questions about conflict at home.
2. There are also questions about unstable step-family structures and abuse from siblings.
3. Then there is school-related stress from teenagers who are being pressured by their parents too.
4. Students report feeling miserable and feel like their parents don't care about them.
5. There are also many questions referencing friendships difficulties (friendships are a much bigger influencer on a young person than parents or teachers).

– Jennifer Scott

Read More: [Am I Normal? The Top Five Problems Raised by Teens](#)

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