

Life is more stressful for teens than many adults realise. Knowing what pressures they face helps adults step in before things get worse.



Social media is always there.
Teens compare themselves to others all the time.
This can hurt confidence and self-worth.

Bullying follows teens home through phones and group chats. It can feel constant and makes one feel very lonely.

Porn, gambling and risky online content are easy to find. Teens are exposed before they are ready.

Teens often look online for answers.
Some advice is wrong, unsafe or harmful.

Teens feel pressure to succeed and fit in.
Many are scared to ask for help.

These pressures can lead to stress, sadness and hopelessness. When ignored, they increase the risk of self-harm and even suicide.

Adults who listen, care and help.

LifeAssist offers free counselling and coaching to Parents and Teens. Share the contact details with your family.



Call **0860 111 322**
WhatsApp (Text) **061 438 7903**

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