

What is Social Anxiety

Social Anxiety Disorder can cause children extreme worry about being rejected or judged negatively by other people. Children with Social Anxiety Disorder aren't just shy, they are so scared of being embarrassed, they avoid doing things they want or need to do.

Resource Toolbox

1. Resources for Providers

Scan the QR code below to access:



- [Child Mind Institute](#)
- [AACAP Anxiety Disorder Resources](#)
- [Coping Cat for Professionals](#)
- [More Than Just Shyness](#)
- [Social Media Templates](#)

2. Useful Tools

Scan the QR code below to access:



- [Clinical Practice Guideline](#)
- [SCARED Child Form](#)
- [Non-Profits](#)

3. Helpful Websites

Scan the QR code below to access:



- [Headspace](#)
- [Assessment Resources](#)
- [Heard Alliance](#)



Symptoms Include

- Lots of anxious questions in a social setting or around peers:
 - "What if I say something dumb?"
 - "What if everyone thinks I'm a loser?"
- Physical symptoms, like shaking, sweating and shortness of breath.
- Tantrums and crying, especially in younger children.
- Getting upset long before they have to be in the situation they're afraid to be in.

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1. Books for Children and Adolescents

For elementary aged children:

- *Pilar's Worries* by Victoria Sanchez Gustavo, *The Shy Ghost* by Flavia Drago, *Too Shy to Say Hi* by Shannon Anderson *Two Shy Pandas* by Julia Jarman, *Too Shy for Show-and-Tell* by Beth Bracken
- *What to Do When You Feel Too Shy: A Kid's Guide to Overcoming Social Anxiety* by Claire A. B. Freeland, PhD & Jacqueline B. Toner, PhD

For adolescent aged children:

- *Find Your Fierce: How to Put Social Anxiety in its Place* by Jacqueline Sperling, PhD

2. Books for Guardians

- *The Resilience Recipe: A Parent's Guide to Raising Fearless Kids in the Age of Anxiety* by Muniya S. Khanna, PhD and Philip Kendall, PhD, ABPP
- *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* by Reid Wilson, PhD & Lynn Lyons, LICSW
- *Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear* by Cynthia G. Last, PhD

3. Websites for Children and Adolescents

Scan the QR code below to access:



- Headspace
- Sesame Street in Communities
- Heard Alliance

4. Resources for Guardians

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- Child Mind Institute
- AACAP Anxiety Disorder Resources
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