



# BOOST: Bringing Out Our Shy Teens

The NYU Child Study Center is offering a state-of-the-art treatment program for teenagers who experience social anxiety.

## What is Social Anxiety?

Social Anxiety is intense nervousness in social and performance situations.

## Signs of Social Anxiety in Teenagers:

- Avoids or refuses to start conversations
- Avoids eye contact
- Difficulty inviting friends to get together
- Speaks very softly or mumbles when anxious
- Avoids or refuses answering questions in the classroom
- Appears isolated or remains on the fringes of the group
- Can't ask the teacher for help or call others for homework
- Overly concerned with embarrassment or negative evaluation by others

## How Do I Know if a Shy Teenager Needs Help?

Ask yourself the following questions:

- Does the teen spend too much time worrying about what others think?
- Does the shyness interfere with socializing or making new friends?
- Does it stop the teen from doing what she/he would like or needs to do?



For our next start date or for more information about this program, please contact:

Sameena Groves, Ph.D. at 212-263-8676

For information regarding other services offered by the Anita Saltz Institute for Anxiety and Mood Disorders, please contact Carrie Spindel, Psy.D. at 212.263.4781 or our Intake department at 212.263.8916