

Title:

How far would you go to be part of the ^in~ crowd?

Word Count:

730

Summary:

The misconceptions of popularity and how teenagers get social anxieties caused by being part of

Keywords:

social anxiety

Article Body:

For most people, being a teenager is perhaps the most exciting stage in life. But being a teen

For this reason, social and relationship issues often take center stage in a typical teenager's

But how do teenagers make sure they become well-known and well-liked in school? What does it t

1. Be the next Paris Hilton ~ This is done by always being the first one to sport the lat
2. Get a fabulous hairstyle.
3. Get involved - Meet new people and mingle with popular teenagers.
4. Refine your body language and become more sophisticated.
5. Seek opportunities to socialize.

But for sure, popularity is not everything. Some teenagers who take the task of becoming popu

But living the teenage years need not be such a hard struggle for acceptance and friendship.

1 Just hang out with the people that love you for who you are. It will make your life s

1 If someone calls you a ^nerd... geek....or weirdo~ --- just shrug or laugh it off. You

1 Smile and the world smiles at you. Let your smile show braces or crooked teeth and al

1 Be discriminate about invitations. Accept only invitations to activities or events th

1 Be outgoing. Stay friendly. Being too shy won't help you gain friends or develop meani

1 Stick to your values. Remember what your parents taught you about courtesy and doing

1 Don't be a show-off. Don't drink or do drugs just to be show how~cool~ you are. Drink

1 Don't let emotions rule your head. If someone snobs you, let it be and let it go. Reme

1 Don't make fun of other people.

1 Take care of yourself. Observe proper hygiene. Take pride in your appearance. Be comfo

If you are having a tough time fitting in at school, remember that others feel the same way an