

ESPC 2016 - Montreal (Québec)



Averlee Jardine-Pilon

Teen Stress

Défi: Santé

Catégorie: Junior

Région: Avon Maitland-Huron Perth

Ville: Clinton , ON

École: Huron Centennial P.S.

Sommaire: Looking at Grades 7-12 of age groups, asked questions regarding stress level, stress coping mechanism, negative impacts of stress. To try to determine relationships between age coping mechanism and stressors so that I can hopefully find ways to decrease stress in teens.

Biographie

I am a 13 year old girl. I am in grade 8 at Huron Centennial P.S. in Brucefield, Ontario. I live with my parents and brother. I enjoy playing all sports. I volunteer at the local skating club to help teach younger children to skate. I like to play the piano and trumpet as well as spend a lot of time with my friends. I have considered for a while about becoming a Forensic Anthropologist. I love photography and want to travel more to countries. I have friends and family that struggle with depression, anxiety and stress. I wanted to find ways to help them through these every day struggles. I want to share my findings with support groups and schools so they are able to provide more support to teens where needed. I would suggest to students to always dig deeper, ask more questions and don't give up.