

## "For how long can you hold your breath?"



Discuss the questions below in your group. Choose one to note down your answers so you will have them at hand when summarising the discussion in class afterwards.

**17%** of high school students find it difficult to talk to their friends about their worries<sup>1</sup>. What could be the reason for this?

**12%** of high school students feel stressed every day<sup>2</sup>. And increasing number of young people feel unhappy from all the expectations they find themselves facing. From where does the expectation of the perfect life/the perfect performance come? From the youth themselves? Their parents? Society? What can be done to counter this? What can the young people do themselves? What can the schools do?

<sup>1</sup> Sundhed og Trivsel på gymnasiale uddannelser 2019, Statens Institut for Folkesundhed

<sup>2</sup> Sundhed og Trivsel på gymnasiale uddannelser 2019, Statens Institut for Folkesundhed