

# Under Pressure to be Perfect

"I just want you to be happy, but you put too much pressure on yourself." Parents often say this phrase out of good intention, to signal to their children that they don't need them to be perfect, and that they will love them no matter what. Yet young people are more burdened than ever by pressure from others - including parents. Perfectionism ("I have to excel at everything I do" and "I'm a complete failure if I fail") is caused by a variety of factors. Teens feel they must be perfect to win approval from others, whether it be friends, social-media followers or parents. When teens are told that their wellness is in their own hands, it only adds to their sense of shame that they have failed to measure up.

*Adapted from "Teens under pressure to be perfect now more than ever", The Star, 2018*

burdened: accablés  
wellness: bien-être



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