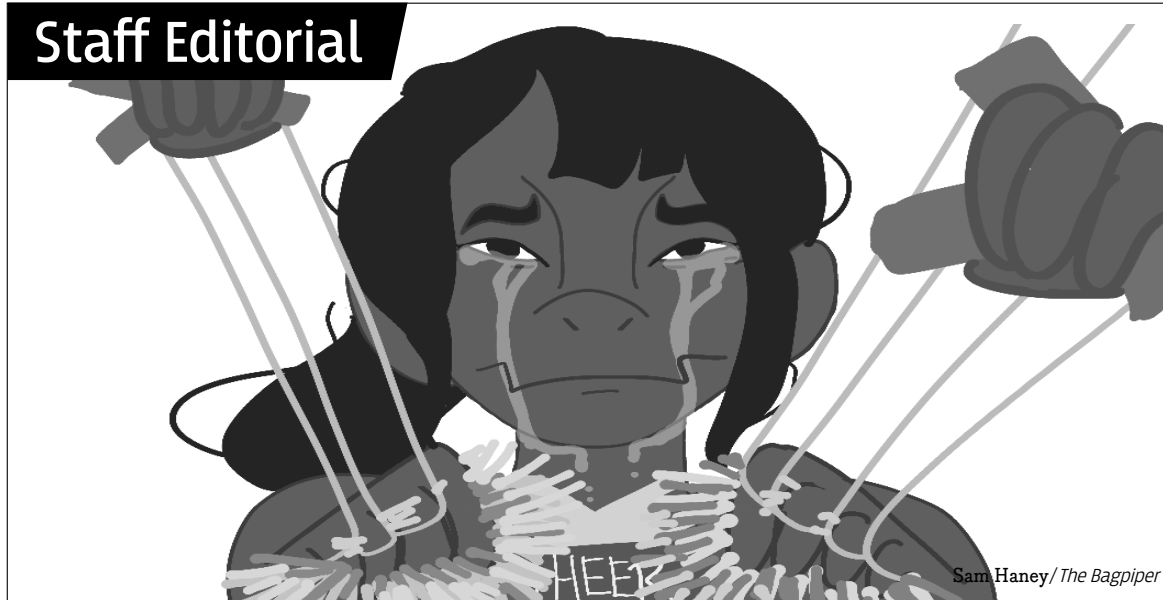


Staff Editorial



Parental pressures can be highly toxic

As teenagers, most of us always hear stories about how awesome high school was for our parents or grandparents. However, for some students, their high school experience is a never-ending nightmare. With parental pressure at all-time highs, many students are anxiety ridden and feel pressured to relive their parents' past.

Right now, FC's theatre program is running a production of the show *Gypsy*. In *Gypsy* the mother, Rose [junior Grace Platt] pushes her daughters June [senior Isabella Arnett] and Louise [junior Mary Ficker] to be show girls. June loves the spotlight and

embraces it, but Louise is not a fan and would rather drift from the showbiz.

An overarching theme in this show is parental pressure and how it effects the two girls. For some kids, their life is just like this. With little-to-no freedom of will, they are stuck, and it is just unhealthy for all sides.

In the *Netflix* documentary *Trophy Kids*, viewers witness over-the-top parents pushing their kids to their limits with constant practicing and games. As viewers, we get to sit back and say, "Wow, this is really heartbreaking to watch," but we often forget that many of the students

in our school struggle from these pressures too.

Regardless if it is academic pressure or extracurricular pressure, it is still unhealthy. There are also major side effects from constant stress. According to psychotherapist Amy Morin, kids under this kind of pressure are more likely to develop mental illnesses and other dangerous ailments.

Now, we know what you are thinking. Could some pressure be good for kids, since parents want them to succeed in life? Well, according to a study done by Arizona State University, kids with parental pressure to succeed were two times as likely to suffer from anxiety

and depression than peers with little-to-no parental pressures.

We are each our own person, so we should not be living our parents' glory days. We each have the opportunity to write our own stories, so we should not let parental pressure change our paths.

Just because your mom was prom queen or your dad was the football team's captain does not mean you have to be. If you feel too much pressure, then speak up. Create new and improved ones that are healthy for your wellbeing.

The most important aspect of life is your health, not trophies and awards.

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