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## Study Reveals Teenagers Stress About Family Finances

*Increasing [Teens' Financial Fitness](#) May Help Reduce Stress; a Possible Solution Just a Click Away*

(KANSAS CITY, Mo., Dec. 9, 2009)—Stress related to family finances has a greater effect on young people than parents believe according to the 2009 Stress in America study released by the American Psychological Association (APA). While 30 percent of children say they worry about their family's financial difficulties, only 18 percent of parents said this was a source of stress for their children.

Teens aren't alone in feeling stress about finances. The Stress in America survey results demonstrate that adults continue to report high levels of stress and that stress has increased over the past year. In 2008, the APA reported money was the leading cause of stress among adults. With parents' survey responses so out of sync with what children reported, combined with parents' own unease about finances, it is possible they don't even know where to turn for advice.

There are many resources to help get parents and their teens on the right track, including H&R Block Dollars & Sense. As part of its ongoing, nationwide commitment to ensuring financial fitness for high school students, H&R Block Dollars & Sense offers online tips and tools for parents from [Dr. Brad Klontz, financial psychologist](#) and co-founder of [Your Mental Wealth](#). Parents can even submit specific questions to Dr. Klontz for response online at [www.hrblockdollarsandsense.com](http://www.hrblockdollarsandsense.com).

"We educate our teenagers about the dangers of drugs and the importance of a healthy lifestyle. But as a culture we fail to educate them about money," said Dr. Klontz. "Research shows that financial stress can be just as damaging to our health as smoking, heart disease or diabetes. Now is the time. We need to [talk to our teens about money](#); their health may depend on it."

### Tips from Dr. Brad Klontz

Talking to teenagers about any topic can be tough. They are at an age that makes it a challenge for parents to connect with them. Potentially sensitive topics like personal finance can require us to employ different conversational strategies before having a productive conversation with them. Dr. Klontz offers these tips to help parents get the conversation started:

- Tell teenagers to think before buying and ask themselves a few questions: Do I really need this? How many times will I use this? Can I afford this?
- Encourage teens not to buy on impulse. Ask them to wait a day or more before making the purchase.
- Model healthy financial behaviors your teens can follow. If teens only see their parents buying without engaging in the act of saving, what will they learn?

Simply having an open conversation about money and sound financial habits may help to alleviate stress now and in the future. To gain additional insight from [Dr. Klontz](#) or to ask him a question, visit [hrblockdollarsandsense.com](http://hrblockdollarsandsense.com). For additional information on the 2009 APA Stress in America Study, visit the [APA Help Center](#).

### About the Partners

H&R Block Inc. (NYSE: HRB) is the world's preeminent tax services provider, providing income tax return preparation and related services and products via a nationwide network of approximately 13,000 company-owned and franchised offices. H&R Block launched H&R Block Dollars & Sense™ to increase the financial fitness of high school students through a partnership with Knowledge Matters and DECA. Knowledge Matters is a leading developer and publisher of educational software. DECA is an international student organization with over 185,000 student members. DECA is committed to the advocacy of marketing education and the growth of business and education partnerships.