

## The Fear of Missing out

For teens this is the time to be finding yourself and figuring out who we want to be. We don't yet know who we are and what kind of person we are going to be in the future. It feels like we are missing out on so many experiences that are crucial to our teenage years because of the pandemic that has affected the whole world.

When I was little and people explained what it meant to be a teenager, I thought it seemed really cool. There seemed to be so much freedom, it seemed like as a teenager there were so many things I could get away with, so many things to do. Now being a teenager in a pandemic there's not. I'm learning who I am and the people who I want to associate with while in a pandemic. It is much harder to figure this out because there are only so many people I can be around. However this isn't an essay to say how bad I feel for teenagers ( myself included) in this pandemic. It is an essay to show the effects of growing up in a pandemic on a teenager.

I have talked to my friends about this a lot wondering if how I felt was the same as they did. I got many different responses from them but they all had the same underlying message. We all felt like one way or another we were wasting time. In other words it feels like we are running out of time to do what we're supposed to do. We just happened to have a pandemic in the time when we are just all realizing that we aren't going to be kids forever. We are getting a sneak peek at what it's like actually growing up. Before the pandemic I didn't consider that I wasn't always gonna be a little kid. We have this grand idea of what we are supposed to do and how much fun we are supposed to have, and now that we are teenagers it's not all just happening like we thought it would. We know that we will be teenagers for a while, but it still feels like there's a rush to do what "teenagers do". I think this has all come from the fear of missing out. The fear that we are not doing everything we have to do to be normal. The fear that our childhood is slipping through our fingers. The fear of missing out.