





Starting a

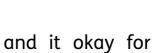








be





to



get scared.











situations and environments can New be worrying.



All



am

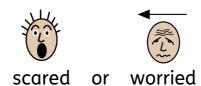




these feelings are normal.



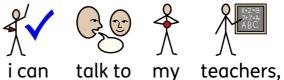














friends.







They will help

