

Today we're going to talk about shyness and discuss recent research on ways to help children learn to interact socially.

今天我们将谈论一下羞怯，并且讨论一下最近关于帮助孩子们学习社会交往的研究。

Many people consider themselves shy.

许多人认为他们自己害羞。

In fact, forty percent of people who took part in our survey said they were shy.

事实上，参加我们调查的百分之四十的人说他们自己害羞。

That's two out of every five people.

这是五分之二的人。

And there are studies to indicate that the tendency toward shyness may be inherited. 并且有研究指出害羞的倾向也许是遗传的。

But just because certain children are timid, doesn't mean they are doomed to be shy forever.

但仅仅因为某些孩子是羞怯的，并不意味着他们注定了要永远害羞。

There are things parents, teachers, and the children themselves can do to overcome this tendency and even to prevent it.

有些事情家长，老师，以及孩子们自己能做，来克服这种倾向甚至能避免这事。

One researcher found that if parents gently push their shy children to try new things, they can help these children become less afraid and less inhibited.

一个研究员发现父母们柔和的推动他们的害羞孩子去尝试新事物，他们能帮助那些孩子变得少些恐惧和少些羞怯。

Another way to help shy children is to train them in social skills.

另一个帮助害羞的孩子们的方式是在社交技能方面训练他们。

For example, there are special training groups where children are taught things like looking at other children while talking to them, talking about other people's interests, and even smiling.

举个例子，有些特殊的训练小组，那里孩子们会被教一些东西，诸如在和其他的孩子说话的时候看着他们，谈论关于其他人的兴趣，过程中甚至是微笑着的。

These groups have been very successful at giving shy children a place to feel safe and accepted, and at building up their self-esteem.

这些在给予害羞孩子一个感觉安全和被认可的地方方面曾经非常成功，还有在建立他们的自尊方面也非常成功。