

# Are You Afraid of Spiders?

**Arachnophobia** is the extreme or irrational fear of spiders and other eight-legged arachnids (like scorpions). Arachnophobia comes from the Greek word for spider, which is “arachne,” and “phobos,” the Greek word for fear.



**Fear Rating:** Arachnophobia is one of the top 10 most common phobias in the world. People with this phobia usually get panic attacks, faint, sweat excessively, cry, or scream at the sight of spiders.

**Origin:** Fear of spiders is an evolutionary response, and developed from the association between spiders and diseases in the past.

- Most spiders are not harmful to humans. They only bite in self-defense, and have no more effect than a mosquito bite.
- Only 2 kinds of spiders in the U.S. are venomous to people: the black widow and brown recluse.
- In the world, only 25 species of spiders can harm humans, out of about 40,000.
- Spiders eat over 2,000 insects a year, preventing our homes and gardens from being overrun with flies and mosquitoes.
- Some cultures, such as native Americans, believe that spiders bring good luck and are seen as a symbol of wisdom.
- Fried spiders are a crunchy treat in some places, including Cambodia. **DO NOT** eat spiders without parent supervision!

**Fear No More!** Spiders do more good than harm. But if you believe you suffer from arach-nophobia and want help, talk to your parents or doctor about treatment options. For more fear facts, visit: [scaredybat.com/book1bonus](http://scaredybat.com/book1bonus).

