Stress can be defined as a specific response by the body to a stimulus (e.g. fear or pain) that disturbs or interferes with the normal physiological equilibrium. Research has shown that high levels of stress can have both physiological and psychological consequences. Socially stressful situations are one of the most common stressors. There are individuals that seem to be at higher risk of experiencing adverse consequences from stress exposure. When the body experiences a stressful situation it elicits a response through the action of the nervous and endocrine systems, specifically corticotrophin-releasing factor (CRF) from the hypothalamus, the sympathetic nervous system, the pituitary gland, and the adrenal gland. Cortisol, a hormone that acts on muscle, liver, and adipose tissue to supply the organism with fuel for impeding intense activity, is released from the adrenal cortex when a variety of stresses such as anxiety or fear are experienced. This study evaluates a sample of 43 young adults in a socially stressful situation to examine the physiologic and psychologic consequences of stress. We identified the physiological stress response of these adolescents when exposed to a socially challenging situation, their way of coping while exposed to it and, if any, gender differences among them.