

School Refusal

School refusal can occur when a young person finds it difficult to attend school because they experience emotional distress attending school. Refusal can be considered as an emotional problem, rather than misbehaviour.



Causes

- Anxiety and fears
- Social worries or friendship issues
- Changes in school environment
 - Learning difficulties
 - Issues with teachers
 - Bullying
 - Unsettled home life
 - Trauma
- Separation anxiety from family
- Mental health issues

Signs to lookout for

- Distress/anxiety around going back to school
 - Tearfulness before school
- Frequent complaints of physical illness prior to school
 - Poor teacher/student relationships
- Not wanting to get out of bed/leave house
- Strong attachment
- Frequent requests to go home from school
- Frequent lateness to school
- Extended periods of time at nurses office or wellbeing
 - Missing classes

Ways to help and avoid

- Having calm conversations to understand the cause of refusal
- Finding ways to manage their worries
- Having staggered return
- Finding enjoyable subjects and school interests
- Creating plans and schedules for school and school work
- Open communication with school
- Consider professional support
 - Develop positive social groups at school
 - Establish goals for the future and school

Need Support?

To make a referral or seek further advice from student wellbeing please contact the manager of student wellbeing on 98036811

