



EBSA

Emotional Based School Avoidance

# EBSA

- What causes it?
- Triangle
- Strategies for parents/guardians
- What can schools do?
- Activity
- Tools and websites for further help/research.

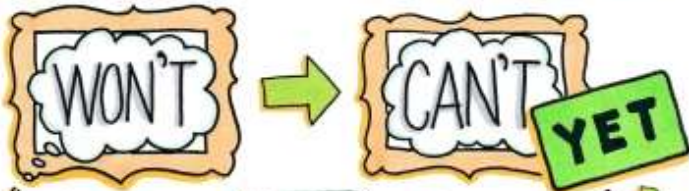
# EBSA- What causes it?

- The 2022 Attendance Audit from the Children's Commissioner found that in Autumn 2021, 1 in 4 children were persistently absent. In 2018/2019, this figure was 1 in 9 – meaning that persistent absence has more than doubled in this time period.

Child / young person	Family / home	School
Anxiety, depression or other mental health concerns	High levels of family stress (including financial stress, conflict or domestic violence)	Bullying
Difficulties with managing and regulating emotions	Changes to the home environment (including divorce, separation or parent/carer illness)	Difficult relationships with staff members
Trauma and adverse childhood experiences (ACEs)	Being a young carer	Difficulties making and maintaining friendships, being socially isolated
Low levels of self-confidence or self-esteem	Loss and bereavement	Difficulties in particular subjects
Separation anxiety or attachment issues with a parent/carer	Family history of EBSA	Demanding, pressurised academic environment
Having a special educational need or disability	Poor parental mental health	Transitions: from primary to secondary, or through key stages

# REFRAME THE BEHAVIOUR

"KIDS DO WELL IF THEY CAN"  
- ROSS GREENE



"SEE A CHILD DIFFERENTLY, YOU SEE A DIFFERENT CHILD"  
- Dr. Stuart Shanker

When kids exhibit challenging behaviour we can be "STRESS DETECTIVES"... finding and removing barriers.

- FIND STRESSORS → REDUCE THEM
- FIND UNMET NEEDS → MEET THEM
- FIND SKILLS DEFICITS → TEACH THEM

[School is not my enemy \(English\) on Vimeo](#)




# What can parents do?

- Support plan agreed by child and school
- Listen and empathise
- Validate emotions
- Promote self-regulation techniques (tailored to the child)
- Transitional objects
- [Do you worry about going to school? Information for Young People: \(suffolk.gov.uk\)](#)
- [How to stop feeling anxious about anxiety | Tim Box | TEDxFolkestone - YouTube](#)
- [What causes anxiety and depression - Inside Out - YouTube](#)

# What can schools do?

- Listen to the views of children and parents
- Adapt timetables
- Trusted adults
- Safe spaces
- Promote regulation techniques
- Support plan- to include strategies for coming into school
- Teach basic psychoeducation-CREW

# School Stress Survey

	I very often or always feel stress at this. I can't cope with it.		I sometimes feel stress. I don't like it but I can cope.		I feel OK about this. I can cope with it easily.
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**1. Getting Up & Ready**



**2. Journey To & From**



**3. Assembly**



**4. Corridors**



**5. Written Work**



**6. Break Times**



**7. Teacher Q&A**



**8. Team / Group Work**



**9. Lunch Times**



**10. 1 to 1 with Adults**



**11. Tests**



**12. Homework**





PACE- pioneered by Dan Hughes

Playfulness- the more joy and connection we can get with people the better our mental health is.

Acceptance- we accept the whole child and their feelings as they are. (with boundaries- it's ok to be angry about... it's not ok to hit your brother.

Curiosity- what is life like for them?

Empathy-



[Brené Brown on Empathy - YouTube](#)

# WINE

Children aren't always able to articulate their experiences and feelings. We can help them by using WINE.

W=wonder. I wonder if you're feeling angry about...

I=imagine. I imagine it was difficult for you to....

N= notice. I noticed as we walked into school that you squeezed my hand. I wonder if that was because...

E=empathy. That must be so hard for you when you are feeling like that.

If we use this terminology, it can help children understand and process what is going on for them. It also invites them to tell us if we get it wrong.

A lush garden scene featuring a central green lawn. The lawn is bordered by stone-edged flower beds filled with various colorful plants, including azaleas in shades of pink, red, yellow, and white, and large green hostas in the foreground. The background is filled with dense green trees and shrubs. The word "Activity" is overlaid in white text on the left side of the image.

Activity

# Resources

- [Not Fine in School - School Refusal, School Attendance](#)
- [EBSA Resources for Children & Families | Suffolk County Council](#)
- [Emotionally Based School Avoidance \(EBSA\) | Support Services for Education](#)
- [Emotional wellbeing advice, guidance and support for highly anxious pupils - Kent Resilience Hub](#)
- [school stress survey.PDF](#)
- [Resources for Intervention - Google Drive](#)