What school refusal looks like

The learner may:

- complain of headaches or stomach aches
- have arguments on the way to school and attempt parents at drop o
- feel stressed regularly throughout the day and exp dysregulation
- · constantly contact parents or carers throughout th
- not contribute to class learning and activities, and to be invisible
- dread school so requests to stay home, or compla evening or in the mornings of school
- · want their work to be perfect and stress about eva
- avoid attending class, school excursions or events

These early signs can increase to school refusal and observed in learners who:

- have poor attendance
- · leave class to stay out of school and not attend
- refuse to leave the classroom at break times or ha or repeated absences or skip classes
- · have a complete absence of school during a certa
- · have a complete absence of school for an extended

Risk factors and triggers

Presence of an anxiety disorder, school transitions a expectations such as:

- · increase in homework or lessons
- classroom changes, bullying and threats
- · upcoming exam or verbal presentation
- prolonged absence from illness
- death or illness in parent or caregiver
- family con ict
- family transitions
- · traumatic personal or family experiences
- traumatic community experiences portrayed in the may include COVID-19.

