

# SCHOOL REFUSAL

## & RE-ENGAGING YOUNG PEOPLE IN EDUCATION

## RESOURCES FOR SCHOOLS

### DID YOU KNOW?

“WHEN STUDENTS MISS 10% OR MORE OF THE SCHOOL YEAR, IT IS CONSIDERED A SCHOOL ATTENDANCE PROBLEM”

“EARLY IDENTIFICATION AND RESPONSE TO SCHOOL REFUSAL IS CRUCIAL, SINCE THE LONGER THE UNDERLYING ISSUES CONTINUE, THE HARDER IT IS FOR THE STUDENT TO MAKE A FULL RETURN”

“MISSING ONE DAY OF SCHOOL EACH WEEK ADDS UP TO 2 MONTHS WORTH OF LEARNING MISSED OVER A YEAR”



#### School Refusal: Every School Day Counts

Psychoeducation for identifying and supporting young persons who are avoiding going to school

#### SCHOOL REFUSAL: Every School Day Counts



#### Be You School Refusal Resources

Be You is a national initiative delivered by Beyond Blue, in collaboration with Early Childhood Australia and headspace, that equips educators to support the mental health and wellbeing of children and young people from birth to 18 years.

#### ORYGEN School Refusal Toolkit

Orygen has produced two new collaborative resources to help address the rising issue of school refusal.

#### School refusal Webinar

This Primary Health Network one hour webinar covers features and drivers of school refusal, consequences for students and their family, addressing the issues, as well as resources.

#### School Refusal Video

This six minute video developed by Kids Matter Australia provides information to better understand school refusal

## IMMEDIATE MENTAL HEALTH SUPPORT



EMERGENCY ONLY  
Ambulance, Police or Fire  
Call 000



For 24/7 confidential support  
Call 13 11 14



For 24/7 confidential support  
Call 1800 011 511

# SCHOOL REFUSAL TOOLS

## SCHOOL REFUSAL CAN OCCUR FOR VARIOUS REASONS

As adapted from the School Refusal Assessment Scale, this may include:

Escaping from aversive social or other negative situations



For example:

- Walking in the hallway
- Sitting in the classroom
- Fearful of not keeping up
- Playing on the playground
- Avoiding particular children
- Avoiding school staff

### Connection seeking

For example:

- Having a hard time separating from a parent, sibling, or caregiver
- Or, feeling needed by a parent



Avoidance of stimuli provoking negative emotions



For example:

- Tests
- Speaking or presenting in front of others
- The playground
- Recreational school sports

### Tangible rewards

For example:

- Watch television
- Play games
- Spending time with family or peers



## HAVE YOU NOTICED CHANGES IN A STUDENT:

**B**ehaviour

**E**motions

**T**houghts

**L**earning

**S**ocial relationships?

The **BETLS** observational tool can help identify, recognise and understand a young persons mental health.

## PROGRAMS AND SERVICES



### FOR YOUR PARENT COMMUNITY

headspace  
Understanding school refusal

Partners in Parenting program

Reach Out School refusal and your teen

### FOR EDUCATION STAFF



Utilise internal school support

Liaise with local School-Link Coordinator