

What can you do

Getting back to school is the key step to getting things back on track.

Working out what worries you about school would be a starting point. This can be discussed with either your parents, guidance teacher or school staff that you trust and feel comfortable with.

If you find it hard talking about things try writing them down.

Try to keep in regular contact with your friends, even by text or through the computer.

Other places that you might want to look at for information:

Support Line has information about lots of different worries young people may have. It also has contact information for different agencies you can talk to about these worries:

www.supportline.org.uk

Get Connected is a free telephone and email helpline which can connect you to any appropriate UK helpline.

TELE: 0808 808 4994
www.getconnected.org.uk

Children First gives information about local services that you may want to contact:

www.children1st.org



Educational Psychology Service



Finding it hard to go to school?

Information for children and young people

Lots of children can find it hard to go to school at different times in their life. When you start to miss a lot of school, people might call this 'school refusal'. There may be many different reasons why you do not want to go to school, such as:

- You may be finding school work difficult and this is making you unhappy or frustrated.
- You may not be getting on with teachers.
- You may not be getting along with your friends or your friends are no longer at your school.
- You may be getting teased or bullied at school.
- Someone you know is ill or may have died.
- Your parents may have decided to split up or your family may have changed. For example you may have a new step parent or new brother or sister.
- You may have lost your pet.
- You may be worried about your parent/s and do not want to leave them alone in your house.
- You may feel embarrassed about your appearance or possessions.

There may also be reasons that you find difficult to explain, such as;

- You may just feel generally worried about school.
- You may feel panicky when you are in school or think about being there.
- You may have trouble getting to sleep the night before school.
- You may experience headaches, sore tummy, feeling sick or general illness when going to school or thinking about going there.
- If you are off for a long time, you may be worried about other kids or your friends talking about you behind your back.
- You may be worried that you've lost your friends because you have not been at school.
- You may be worried about answering questions about why you were off
- You may feel worried or scared about leaving your home or your parent/s.

Things to think about....

- Most pupils worry about school at some point and will probably do a good job of not showing others how they feel.
- It may seem as if you are the only one having worries about school **but you are not!**
- Everyone deals with worries about school differently but your teachers want to help you work through these issues.
- Your teachers have worked with lots of pupils who find coming to school hard and will be able to understand some of the difficulties you are having. They also have lots of ideas about how to help.
- Going back to school will not be easy but the sooner you go back the easier it will be.