

Emotionally-Based School Avoidance (EBSA) Indicators & Risks Sheet

What are some of the indications and risk factors?	How often?		
	Never (Lower risk)	Sometimes (Moderate risk)	Often (Higher risk)
Attendance			
Reluctant to leave the house in the mornings?			
Late for school?			
Missed lessons?			
Absent for parts of the day?			
Absent for whole days?			
Patterns in absences, for example, particular days and/or subjects, after weekends and holidays?			
Patterns of work			
Appears disengaged and/or not confident with learning tasks?			
Reluctant to contribute to class discussions?			
Fails to produce homework?			
Making limited progress?			
Experiencing learning difficulties?			
Peer relationships			
Falls out with friends easily?			
Been bullied?			
Appears isolated?			
Avoids interactions with peers?			
Adult relationships			
Unwilling to talk to adults about a problem?			
Reluctant to engage with teacher support?			
Speaks negatively about some teachers in the school?			
Has confrontations with some school staff?			
School belonging			
Reluctant to engage with some school activities?			
Distances themselves from some school activities?			
Expresses that they do not like school?			
Reluctant to attend school trips?			
Personal			
Appears to have low confidence/self-esteem?			
Presents as shy, quiet or passive?			
Seems withdrawn/shows feelings of low mood?			
Appears anxious, tearful or tense?			
Demonstrates aggressive outbursts?			
Demonstrates obsessive behaviours (e.g. overly tidy, having set routines, etc.)?			
Presents with social communication and interaction difficulties or has been diagnosed with autism?			
Physical			
Had/has a medical condition?			

Complains of sickness?			
Complains of headaches?			
Experienced rapid weight gain or loss?			
Experienced changes in eating habits?			
Shows physical symptoms of anxiety (e.g. sweating, fast heart rate, etc.)?			
Environmental			
Attends/attended a small primary school?			
Experienced a major transition?			
Experienced a deterioration in family relationships?			
Family member(s) avoiding school – current or historic?			
Illness or bereavement of friend/family member?			
Exposed to domestic violence – current or historic?			
Showing signs of possible separation anxiety from primary caregiver(s)?			
Been the victim of abuse?			
Experienced a significant change to home circumstances?			