

Supporting Autistic Students who experience Emotionally Based School Avoidance (EBSA)



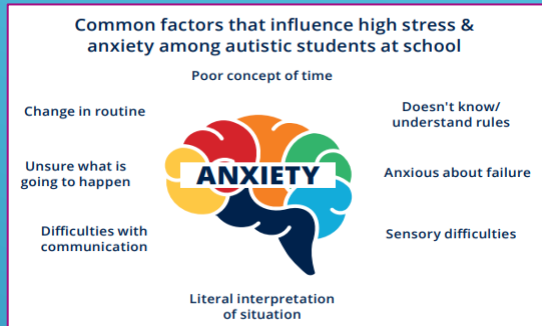
What is EBSA?

EBSA is a term used to describe a period of time when a Child/Young Person has trouble attending school because of emotional reasons.

Without intervention, this can lead to prolonged absence from school

Autistic students, or students with other complex social-emotional needs, can find school life stressful, and may be at higher risk for EBSA

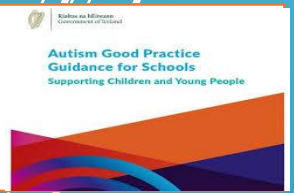
Understanding sources of stress for these students, can help in creating a Support Plan



The NEPS Problem Solving Framework can be useful in understanding & supporting students

What is the Concern?

If you have a concern for a student's wellbeing the **Autism Good Practice Guidance for Schools (2022)** resource can help.



Why is it Happening?

Gather and share information in a way that can help, including:

- Information from the autistic child/young person
- Supporting Adults
(This may also include staff from a previous school)

How can we Help?

- Aim to use **autism-friendly teaching** methods, and plan ahead to support students during **changes or transitions**.
- Build on & improve inclusive practices and increase understanding of **neurodiversity and anxiety**.
- Home and school can help build good relationships and keep **meaningful connections** with peers.

Did it Work?

Keep **track of student progress** and keep improving support and inclusion for autistic students at all levels of the Continuum of Support.



For more information, guidance, and Support Plan ideas, please refer to CYPSC's **EBSA Resource Pack for Co. Wexford**



Scan this QR Code for The EBSA Resource Pack for Co. Wexford

