

Emotionally related school avoidance (ERSA)

What is ERSA?

Emotionally related school avoidance (ERSA) describes a group of children and young people who experience difficulties attending school. ERSA is rooted in psychological, relational and emotional factors.

ERSA can range from children and young people who are still attending school, but present with anxiety, through to those with no attendance at school for an extended period. Although children's and young people's behaviours might not be recognisable as ERSA at the early stages, they highlight their vulnerability to becoming ERSA if action is not taken. Children and young people with ERSA often want to attend school, but their anxiety and absence of necessary coping skills leaves them unable to do so.



How can we be supported if my child is experiencing ERSA?

The ERSA toolkit is guidance intended to support schools and parents in early intervention. The ERSA toolkit includes a graduated response guide, outlining to schools and parents the appropriate resources, measures, and referrals to be implemented at the varying stages of ERSA. Early intervention determines more successful outcomes.

More information can be found in the parent webinar - <https://vimeo.com/852389510> and the [parent quick guide](#).

Who can I contact?

Please contact your child's school if you feel they would benefit from the ERSA toolkit.