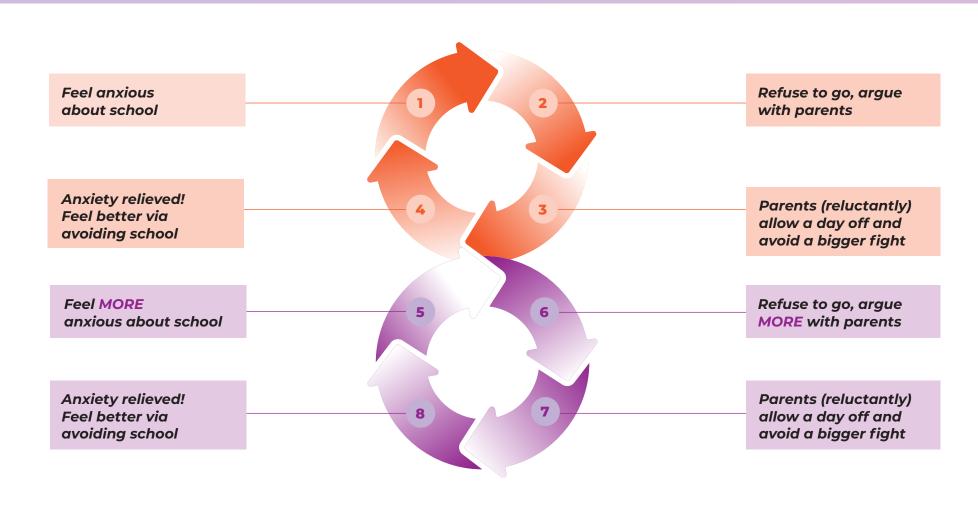
Conversational tool – the cycle

This tool uses moments that matter in the school refusal cycle and aims to support discussion and conversations around key points in the cycle to help identify, treat and manage school refusal.

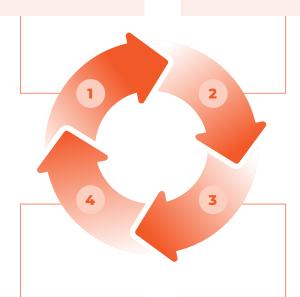


Anxiety kicks in

The child feels anxious about going to school and doesn't have a way to cope with it. They want to stay at home and reduce their distress.

Arguing with parents

Parents try to get the child to go to school, which causes an argument or a fight.



Anxiety relieved!

Avoiding school makes the child feel better, and reduces tension at home. Their anxiety is temporarily relieved.

Staying at home

For the child, staying home becomes a new pattern.

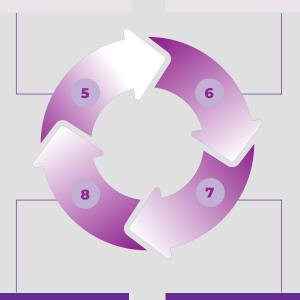
Feel more anxious

The child's anxiety heightens. The longer they're away from school, the harder it is to return. Additional anxieties may emerge (for example, about falling behind or other's perceptions).

Argue again

"You let me stay home last time!"

Heightened anxiety due to staying home, means potential bigger arguing to avoid going to school.



Anxiety relieved

Again, the child feels better staying home from school. the cycle continues and the child's anxiety builds as the problem is avoided instead of addressed.

Another day at home

The longer the child is home, the physical symptoms of distress can contribute to keeping them home, such as nausea, vomiting, and headaches.