

Truancy vs. School Refusal

Truancy and school refusal are two different things that can make a kid not want to go to school. Let's learn about them and see how they are different!

Truancy

Truancy is when a kid chooses to skip school without their parents knowing. They might do this to hang out with friends, avoid a tough assignment, or just because they don't feel like going to school. This can lead to problems with learning and getting into trouble with the school and the law. It's important for parents to keep an eye on their kids and talk to them about the importance of going to school.

School Refusal

School refusal is when a kid is really scared or worried about going to school. They might feel this way because of things like bullying, being away from their parents, or having a hard time with schoolwork. Kids with school refusal usually tell their parents about their feelings and might even get sick because of their worry. Parents can help by talking to their kids, finding out what's wrong, and working with the school to make things better.

Tips for Parents

If you're a parent who hasn't faced any legal issues related to your child's school attendance, it's important to keep track of any problems that happen at school. This can help you support your child and work with the school to find solutions.

- **Keep records:** Make sure to document every time your child refuses to go to school, is absent, or experiences bullying. Use the official forms provided by the school district if available, and let your child's teachers know too.
- **Ask for help:** In your documentation, request support from the school, such as mental health services, better supervision, and monitoring of school cameras. This will help your child feel safer and more comfortable at school.
- **Seek outside support:** Take your child to their primary care doctor and ask for a referral to a therapist. A therapist can help your child work on feeling safe and coping with their worries about school.

Remember, keeping detailed records and working with the school and healthcare professionals can help your child feel safer and more supported in their education.