Finding School Hard (EBSA)

An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

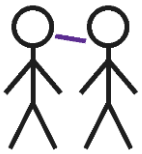
What is EBSA?

	Sometimes school feels too hard because of worry. This is called EBSA.

What it can look like

	Tummy ache or feeling sick before school.
	Crying or panic about going to school.
	Finding it hard to leave the house.

How to help

	Listen without blame.
	Make a small step plan to go back.
	Ask school and other helpers to work together.