SCHOOL ATTENDANCE AND ANXIETY

ENGLAND

EBSA Individual Support Plan

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A starting point for discussing individual support when school attendance is difficult because of anxiety or unmet need. Emotionally based school avoidance (EBSA) is a widely used description, not a formal diagnosis.

A blank plan should be adapted with the child and relevant professionals. This is not an official local authority form.

Who this is for

Families and schools in England working together when a child is struggling to attend.

What is inside

- A shared understanding page
- Support and review planning
- The child's views

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

A plan, not a label

When a child cannot easily attend, it is often more useful to look at barriers and unmet need than to treat the problem only as “behaviour”. This plan is a conversation tool. If there is a risk of formal attendance action, seek advice early.

Child’s name

Date

People involved in this plan

What we think is going on

What attendance looks like at the moment, factually

Barriers we have noticed (anxiety, sensory load, learning, social time, health, or something else)

What already helps, even a little

The child's views, in their own words if possible

Support we will try, and how we will review it

Support at home, on the way in, and in school

How we will know if it is helping, and the review date

What we will do if it is not helping, including any advice we will seek

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- GOV.UK: Children with special educational needs and disabilities (SEND)
- The SEND Code of Practice 2015 (England)
- The school's SEN information report and complaints policy
- Your local SENDIASS service
- IPSEA, for legally based information in England

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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