POPULATION HEALTH PROBLEMS

Bullying

Case for Discussion

You are seeing 12-year-old Ella at her special education school. Ella is autistic and has a diagnosis of learning difficulties. She does not take any regular medication. You read in her last clinic letter that Ella's school attendance has been excellent, and she is a happy and interactive member of her class.

Today, Ella's mother tells you that Ella has not wanted to go to school over the last eight weeks. Ella has to be walked to the school gates by her mother otherwise she will run away. Most lunchtimes Ella tells the school nurse that she has stomach pains, headaches and feels tired.

Ella's behaviour at home has also changed; she is withdrawn, no longer wants to talk about the school day with her mother, and spends a lot of the evening in her room and on her phone. Ella will not show her mother what she is doing on her phone, but her mother knows that she has a Snapchat account and has noticed that she receives a lot of notifications on her phone in the evening.

Ella's mother is worried that there is something wrong and that she needs further investigations. In clinic today, Ella has limited eye contact and is looking at the floor.

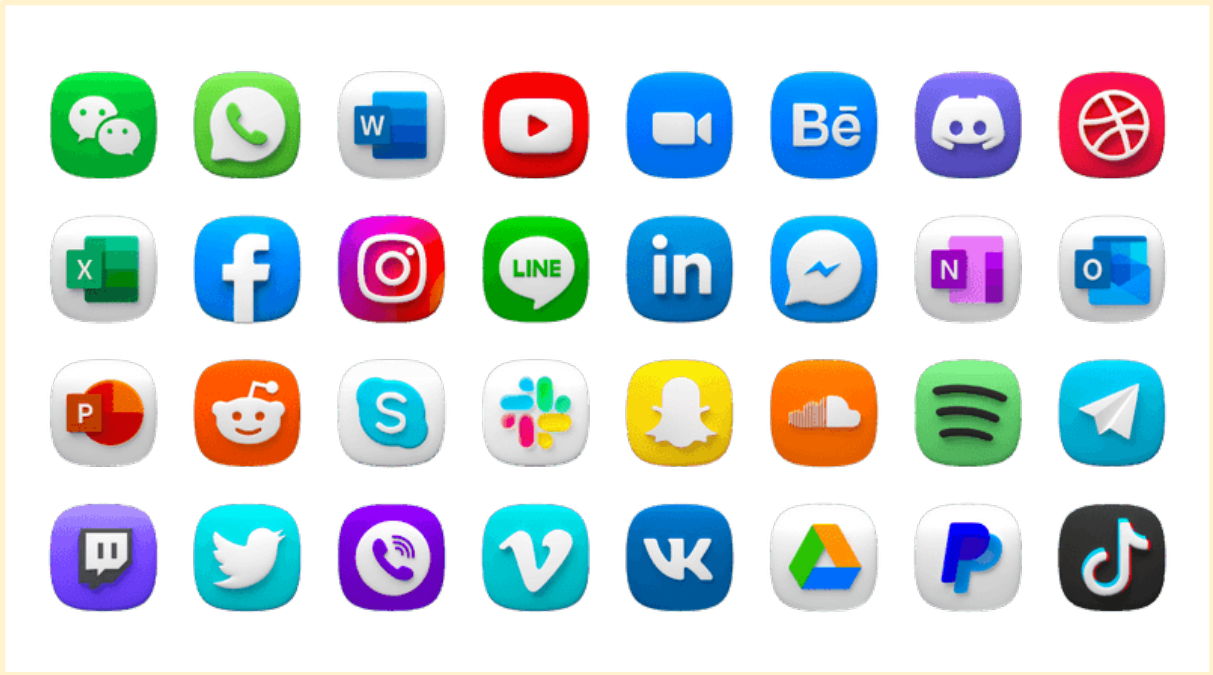


Image source: www.drawkit.com/illustrations/3d-social-media-icons

- How might you approach this scenario?
- What are the risks if this situation is not changed?
- How could you support Ella and her mother in managing this situation?
- What resources could you share with Ella and her mother?

SUPPORTED BY: BACCH British Association for Community Child Health

British Association for Child & Adolescent Public Health