



## School Avoidance

**School Avoidance:** There are many reasons why students may feel like avoiding school. Sometimes, we feel stressed or overwhelmed about classes, homework, or friends. Other times, things happening outside of school can also affect how we feel. With upcoming changes under the new presidential administration, it is understandable that it may cause some uncertainty and concern.

CPS is dedicated to making sure our schools are safe, welcoming, and inclusive for everyone. Our schools already have strong rules in place to protect students and staff, and you can learn more about them [here](#).

### What if I don't feel comfortable in school?

It is understandable to feel unsure about attending school due to these uncertain times, but know that there are guidelines in place across the district meant to protect our students. Please remember that:

- CPS **does not coordinate** with Immigration and Customs Enforcement (ICE)
- CPS **does not share student records** with ICE, except in rare cases where there is a court order or consent from the parent/guardian.
- ICE agents **are not permitted access to CPS facilities** unless they provide a criminal judicial warrant signed by a federal judge.

### I am afraid of being stopped on my way to or from school

If an ICE agent contacts you at school, stay calm. Do not run away or try to resist. You have the right to remain silent and remember you have the right to speak with a lawyer. Do not sign anything before you consult with a lawyer first. Ask the agent if you are free to leave and if they say yes, leave calmly. Below are some cards you can show an ICE agent if you are approached.

- [Know Your Rights Cards - Español](#)
- [Know Your Rights Cards - English](#)

### Student Resources:

Students are entitled to up to five mental health days of excused absences, without the need for a medical note. Additionally, students can make up all schoolwork missed during these absences. Overall, mental and behavioral health days are officially acknowledged as "student illness," making them legitimate reasons for absence. [Click here](#) to learn more about ways you can practice self-care.