

# Why "I'll Go Tomorrow" Isn't Working

## What Nobody Told You About Missing School



Did anyone explain why missing school costs you more than you think?  
I'm guessing not. Let's fix that.

### It's About Keeping Your Options Open

**Here's the thing:** you already know what you want. Maybe it's your own place. Maybe it's a job you actually like. Maybe it's being able to travel, take care of your people, and have money to spend on the things you want.

You don't need anyone to sell you on wanting a good life. You already want it.

But here's the part that doesn't get talked about enough: **that high school diploma is the key that unlocks most of those doors.** Not because the classes are all life-changing (let's be real), but because the world uses that piece of paper to decide what you get access to. Jobs, college, training programs, military — almost all of it starts with "do you have a diploma?"

Every day you miss makes that key a little harder to grab. Not impossible. But harder.

And you deserve for it to not be harder than it has to be.

### Here's What Actually Happens When You Miss School

Missing one day of school isn't just about that day. For every class you miss, you'll be playing catch up, plus keeping up with new material. Teachers don't re-teach what you missed, so you're left piecing it together or asking a friend (who probably wasn't paying perfect attention either).

**The further behind you get, the more overwhelming it is, and the harder you have to work to catch up.** Missing just two days a month doesn't sound like a big deal, but it actually puts you at risk of falling behind. And by high school, those days add up fast.

That anxious feeling you have? It's understandable. Let's talk about how to lessen that stress.

### This Guide Is for You If:

- ✓ Anxiety makes it hard to get to school—or stay there
- ✓ You're dealing with bullying, or don't feel safe on the bus or in the hallways
- ✓ You don't have anyone at school you trust
- ✓ You feel invisible—like no one notices or cares if you show up
- ✓ You're having problems with friends, and avoiding them means avoiding school
- ✓ You've missed so much, you don't know how to come back
- ✓ School feels too hard, and you think you're too far behind to catch up
- ✓ You honestly can't see the point anymore

If any of this sounds familiar, keep reading. This is for you.



### Here's What You Need to Know:

All of those reasons for missing school are real. The impact of missing is also real. And you deserve support to figure this out. Not judgment, not lectures, and definitely not someone telling you to just 'try harder.'





This guide isn't going to fix everything. But it can show you that other students are dealing with the same stuff, and there are actual things you can do about it.

**You're not alone. And you don't have to stay stuck.**

So, How Do We Actually Fix This?

Read these four stories. Pick the one that sounds most like you (or someone you know). Then use the grid below to think through what could actually help. **Check one below:**

<b>MAYA</b> <input type="checkbox"/> Anxiety about being behind makes it harder to come back; the longer she's out, the worse it gets.	<b>JORDAN</b> <input type="checkbox"/> Needed at home to help with younger siblings when mom's at work; wants to be in class, but has real obligations at home.	<b>ALEX</b> <input type="checkbox"/> School feels unsafe because of bullying, and now there's friendship drama too; doesn't really feel like they belong anywhere.	<b>SAM</b> <input type="checkbox"/> School doesn't seem relevant to real life; no one seems to notice when they're gone, so it's easy to just not show up.
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<div>What could the SCHOOL do to help?</div>	<div>What could PARENTS/FAMILY do?</div>
<div>What could FRIENDS do?</div>	<div>What could THIS STUDENT do for themselves?</div>

**After you fill out your grid, talk with others who picked the same story:**

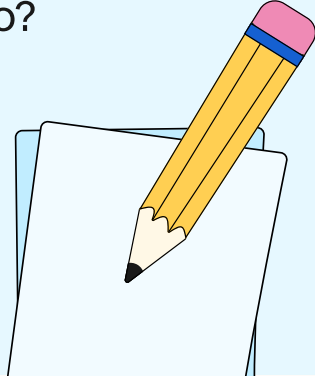
- ➔ What did you put down that was the same as other people?
- ➔ Which box was the hardest to fill out?
- ➔ If this kid could only try ONE thing, what should it be?

**When everyone comes back together:**

- ➔ What's something that would help THIS situation—and would probably help other situations too?
- ➔ Did anything surprise you about what people came up with?
- ➔ Did anyone realize their situation is actually a mix of all of these?
- ➔ What keeps coming up that schools could actually do something about?

**Before you leave:**

- ➔ What's one thing YOU could actually try this week?
- ➔ Who's one person you could talk to?



Your Turn: Make Your Plan

Sometimes it helps to write it down. You don't have to show this to anyone. But if you decide you want to, having it written down can make it easier to explain.

My attendance story is...

The real reason I miss class is...

What I wish people understood...

Ready to Talk About It?

Here are some conversation starters you can use or adapt:

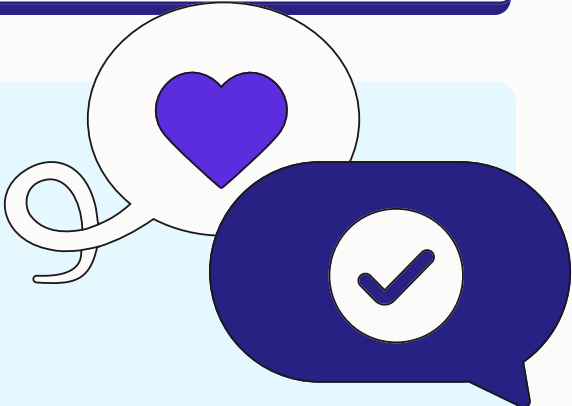
- TO MY TEACHER:**

*"I need you to know that I'm dealing with something that's making it hard to get to class. I want to be here, but I need..."*
- TO MY FAMILY:**

*"I need help with something that's making it hard to go to school. Can we talk about..."*
- TO MY COUNSELOR:**

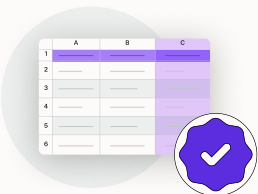
*"Can we talk about why I've been missing school? I think I need help with..."*
- TO MYSELF:**

*"I'm going to try..."*



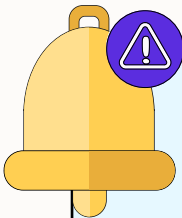
What's Next?

You don't have to fix everything at once. Start with one thing. Show up one more day this week than you did last week. Talk to one person. Try one strategy from the grid you filled out.



Download [Where I'm At Today](#) to track your progress and figure out what's actually working.

Whoever gave you this guide? That's your person. They see you and care that you show up. They can help figure this out. You're not alone with the things that are hard. **Start with one thing this week, even just saying thanks to that one person.**



When You Should Actually Stay Home

- Of course, there are real reasons to stay home:
- You have a fever or you're contagious
  - There are safety concerns that require you to be at home
  - A family emergency is happening
- If any of these are going to last more than a few days, talk to your counselor or someone at school about virtual school options. You shouldn't have to choose between safety/family and your education.*