

**PROTOCOLS AND PROCEDURES FOR
SELF HARM CARE
NOVEMBER 2016**

Date of Review: November 2016	
Key Staff: Emily Codling	
General Notes: “Intentional self-poisoning or injury, irrespective of the apparent purpose of the act. Self-harm includes poisoning, asphyxiation, cutting, burning and other self-inflicted injuries”.	
<p>Self-harm can take many forms, including:</p> <ul style="list-style-type: none"> • Cutting and scratching • Causing bruises • Self-poisoning/overdosing • Banging head against a wall • Pulling out hair • Burning • Swallowing objects • Jumping from heights/in front of vehicles • Breaking an arm/leg • Inserting foreign object into their body • Other risky behaviour 	<p>School’s plan to try to support students:</p> <ul style="list-style-type: none"> • Create a supportive environment where students feel comfortable to talk to someone if they have a problem. • Cover self-harm within the safeguarding training for staff with guidance on procedures. • Provide professional fully qualified Counselling service which is independent of the school but where students can feel safe and can access professional support. • Address emotional well-being through PHSCE and assemblies. • Provide a peer support scheme led by a member of staff (MT) trained in this area.
<p align="center">Staff Procedure:</p> <ul style="list-style-type: none"> • On discovery/disclosure, stay calm, listen and reassure. • If necessary call for first aid. • Ensure the student understands limits of confidentiality. • Inform the Designated Lead (OS). • OS/MT/CB will inform parents and where appropriate arrange a meeting. • Refer where appropriate counselling/other professionals. • Plan and co-ordinate support services. • Refer to the Peer support group leader (MT). • Continue to monitor and review. • If there is a CP concern follow the Safeguarding Policy guidance. 	<p align="center">Some reasons for self-harm:</p> <p>There are many reasons – this list is not definitive and everyone’s experience is different, but could include:</p> <ul style="list-style-type: none"> • Problems with relationships at home • Issues with friendship groups • Bullying • Exam stress • Times of change and transition • Mental health issues • Lack of self-esteem/confidence/ability to cope • Previous experience – particularly children who have been a subject of abuse.
<p>Myths about self-harm: There are many myths and misconceptions: it is manipulative, attention seeking, done for pleasure, copycat behaviour, fashionable, a phase, associated with ‘goths’, is an attempt at suicide which has not worked. However, there is a growing concern that it is significantly on the rise and is thought to be encouraged through certain websites and blogs.</p>	
<p>Note: Do not attempt to stop someone from self-harming – offer support mechanisms and alternatives with support from multi-agencies and professionals.</p>	
<p>Additional comments if needed:</p>	