

## ADVICE & GUIDANCE FOR PARENTS / CARERS

If you are worried that your son / daughter is self-harming, please contact the school and speak to one of the senior leadership team ( Mr Stewart, Interim Headteacher, Miss Harris Deputy Head, Mrs Atkins,

Assistant Head, Mr Sanders, Assistant Head or Mrs Rhule, Head of Safeguarding & Inclusion .

They will be able to support you in addressing your concerns.

The National Self-Harm Network

( [www.nshn.co.uk](http://www.nshn.co.uk)) offers useful advice and suggests that distractions can help reduce incidents of self-harm.

These may include:

- Physical activity
- Creative activities
- Comforting activities
- Constructive activities
- Having fun
- Being with others
- Getting inspired

## DEALING WITH INCIDENTS

If we are aware that a pupil has self-harmed we will:

- Listen calmly
- Seek first aid treatment if necessary
- Contact parents/carers as soon as possible
- Contact other professionals for advice. This may be the Child and Adolescent Mental Health Service ( CAMHS ) or Children’s Social Care
- Work with pupils and their families to ensure appropriate support is in place to address both the self-harming and the underlying issues
- Monitor the situation and communicate regularly with parents / carers



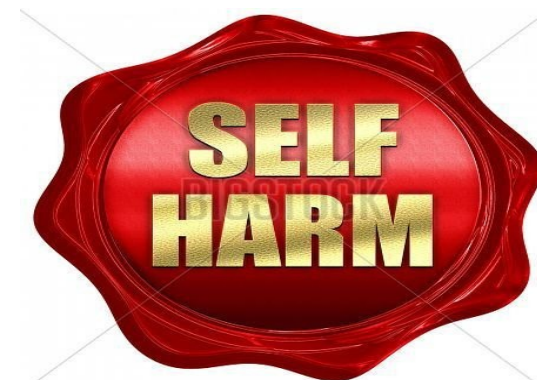
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## SELF- HARMING

An information leaflet for Parents ,  
Carers & Pupils



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## WHAT IS SELF-HARM?

Self-harm can take many different forms and as an individual act is hard to define. However, in general, self-harm ( also known as self-injury ) or self-mutilation ) is the act of deliberately causing harm to oneself either by causing physical injury ( including ingestion of substances ) , by putting one– self in dangerous situations and / or self-neglect.

Physical harm can take many forms:

It could include:

- Cutting, burning, biting
- Substance abuse
- Head banging and hitting
- Taking personal risks
- Picking and scratching
- Neglecting oneself
- Pulling out hair
- Eating disorders
- Over dosing and self-poisoning

### Suicide:

Self-harm is often thought to be linked to suicide.

This is not the case. People suffering from emotional distress may feel suicidal but self-harm is a coping mechanism and is not necessarily a suicide attempt.

However, some individuals who self-harm may go on to complete a suicide attempt. It is important not to dismiss incidents of self-harm as attention seeking behaviour

## WHY DO PEOPLE SELF-HARM

Self harming is NOT attention seeking behaviour it is attention needing behaviour

Self harm is a way of coping with difficult or overwhelming situations or emotional states.

Situations which can trigger self-harm:

- Relationship problems
- Pressures– e.g. school work, exams, sporting performance, family issues
- Bullying
- Trying to fit in
- Low self esteem
- Feeling depressed

Young people may be more likely to self-harm if they feel:

- That people don't listen to them
- Hopeless or worthless
- Isolated, alone
- Out of control
- Powerless– that there is nothing that they can do to change anything
- Unable to experience emotional pain, even for a short period of time

### Further information

Download the Calm Harm app

Samaritans: 0845 790 9090

## ADVICE AND GUIDANCE FOR PUPILS

The National Self-Harm Network ( [www.nshn.co.uk](http://www.nshn.co.uk) ) offers useful advice and suggests that distractions can help reduce incidents of self-harm.

These may include:

- Physical activity—e.g. going to the gym, popping balloons
- Creative activities—e.g. singing, drawing or painting
- Comforting activities—cuddling a pillow, taking a bath, playing with a pet
- Constructive activities—e.g. doing school-work, writing a too do list, organising your room, spending time with your family
- Having fun—watching TV, going to the cinema
- Being with others– e.g. phoning a friend, talking to someone
- Getting inspired—e.g. yoga, looking at works of art

