

The Howard School



Self Harm Policy

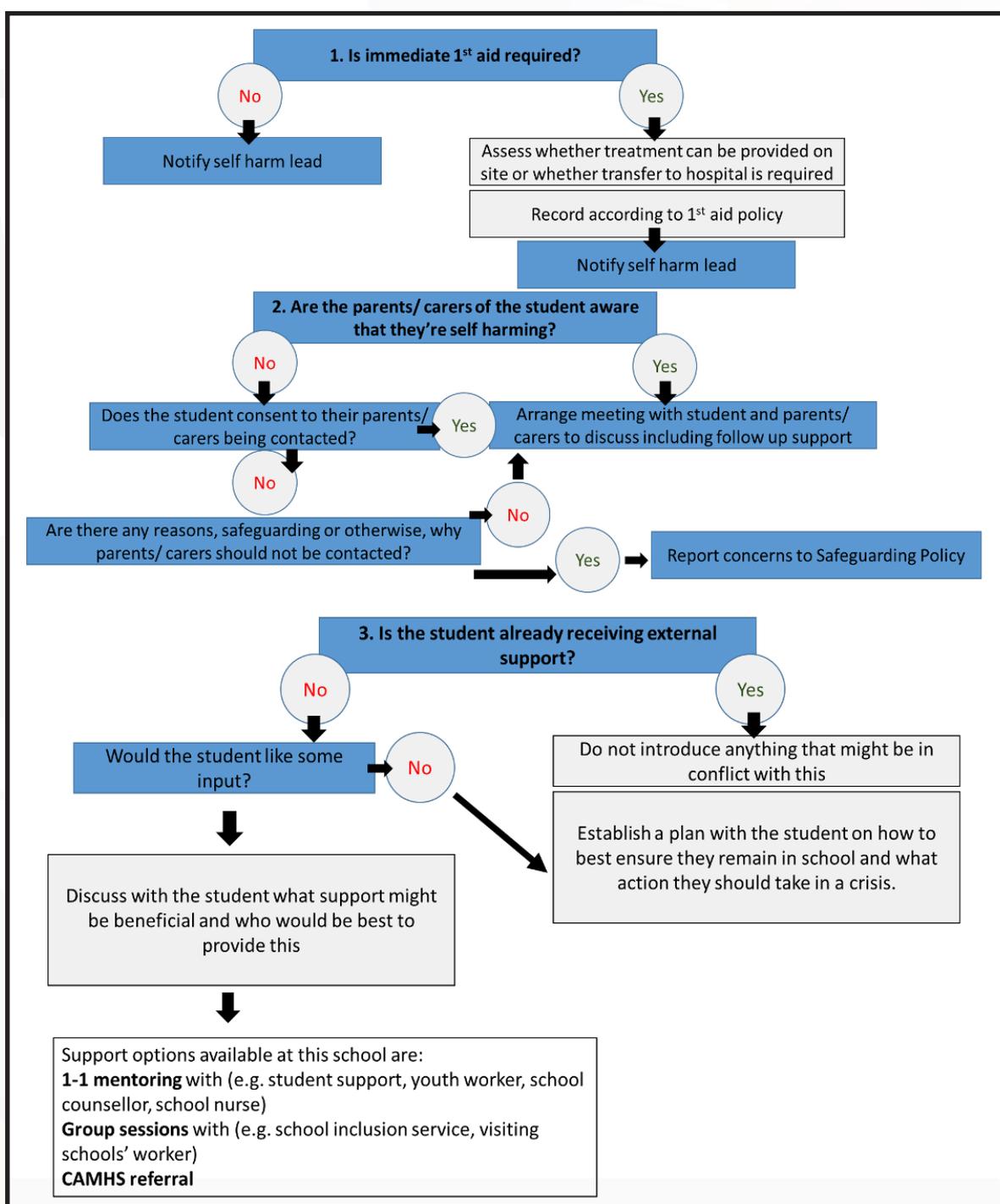
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Issued on 03/07/2023

Self Harm Policy

We want to support any young person experiencing difficulties with self-harm, including young people who are affected by the self-harm of a friend or sibling. This document gives a brief overview of how we intend to achieve this.

As an organisation we recognise that self-harm can be defined by the following behaviours: Cutting, burning, bruising, scratching the skin, use of sharp implements.

In the event of one young person reporting concerns of self harm about another, the following steps must be taken:



As an organisation we have identified that we can offer the following support:

- MIND sessions in school
- Support with signposting relevant agencies
- Support with referrals where appropriate
- Safety plan drawn up where appropriate
- Key person when needed

The following support can be offered to siblings/friends of someone who is experiencing self-harm:

- Reassurance from safeguarding team
- Recommendations of resources for support where appropriate
- MIND Counselling where appropriate

Within the organisation the following are appropriately trained in first-aid:

| Number of Staff | Location |
|------------------------|-----------------|
| 2 | Food Tech |
| 4 | Facilities |
| 1 | Art |
| 7 | Technology |
| 1 | Science |
| 6 | PE |
| 1 | Pastoral |
| 1 | Office |

As an organisation we will notify other agencies (e.g. social services, schools, CAMHS etc.) in the following circumstances:

- Where the young person has external agency involvement
- Where the parent and young person ask us

References

1. YoungMinds & Cello Group, 'Talking Taboos: Talking Self-Harm' (2012)
2. O'Connor, R.C., Rasmussen, S., Hawton, K., 'Distinguishing adolescents who think about self-harm from those who engage in self-harm' in The British Journal of Psychiatry, April 2012
3. ChildLine, (2015), 'Always There When I Need You: ChildLine Annual Review 2014-2015'
4. Royal College of Psychiatry, 'Managing Self-Harm in Young People', October 2014
5. selfharmUK, ChildLine, YoungMinds, Youthnet, National Self-Harm Awareness Day Campaign, 2014

For further reading, we suggest the following publications:

Self Harm: The Path to Recovery, Dr Kate Middleton

This book demystifies a subject many people find hard to understand, assessing it's causes and showing the way to recovery.

Eating Disorders: The Path to Recovery, Dr Kate Middleton

Writing from her experience of working with sufferers, Dr Middleton explains eating disorders and why we develop them, offering guidance for recovery.

Talking About Self-harm, SelfharmUK.

Talking about Self-harm has been used as a discussion starter in schools, youth groups and a range of other contexts.

These resources and more are available to purchase from the Youthscape store:

<http://youthscape.co.uk/store/project/selfharm>

Recommended watching:

No Harm Done: Film for Professionals: <https://youtu.be/79w0OahFQnc>

What is Mental Health? <https://youtu.be/G0zJGDokyWQ>

Emergency Advocates 1: <https://youtu.be/lZurvl34PWQ>

Emergency Advocates 2: https://youtu.be/_xX6kP7O_mM

Rebecca's Story: <https://youtu.be/gTrqehIFz1w>

How to have difficult conversations with your child: <https://youtu.be/6ptdZeSkEVY>