

# The Howard School



## Self Harm Policy

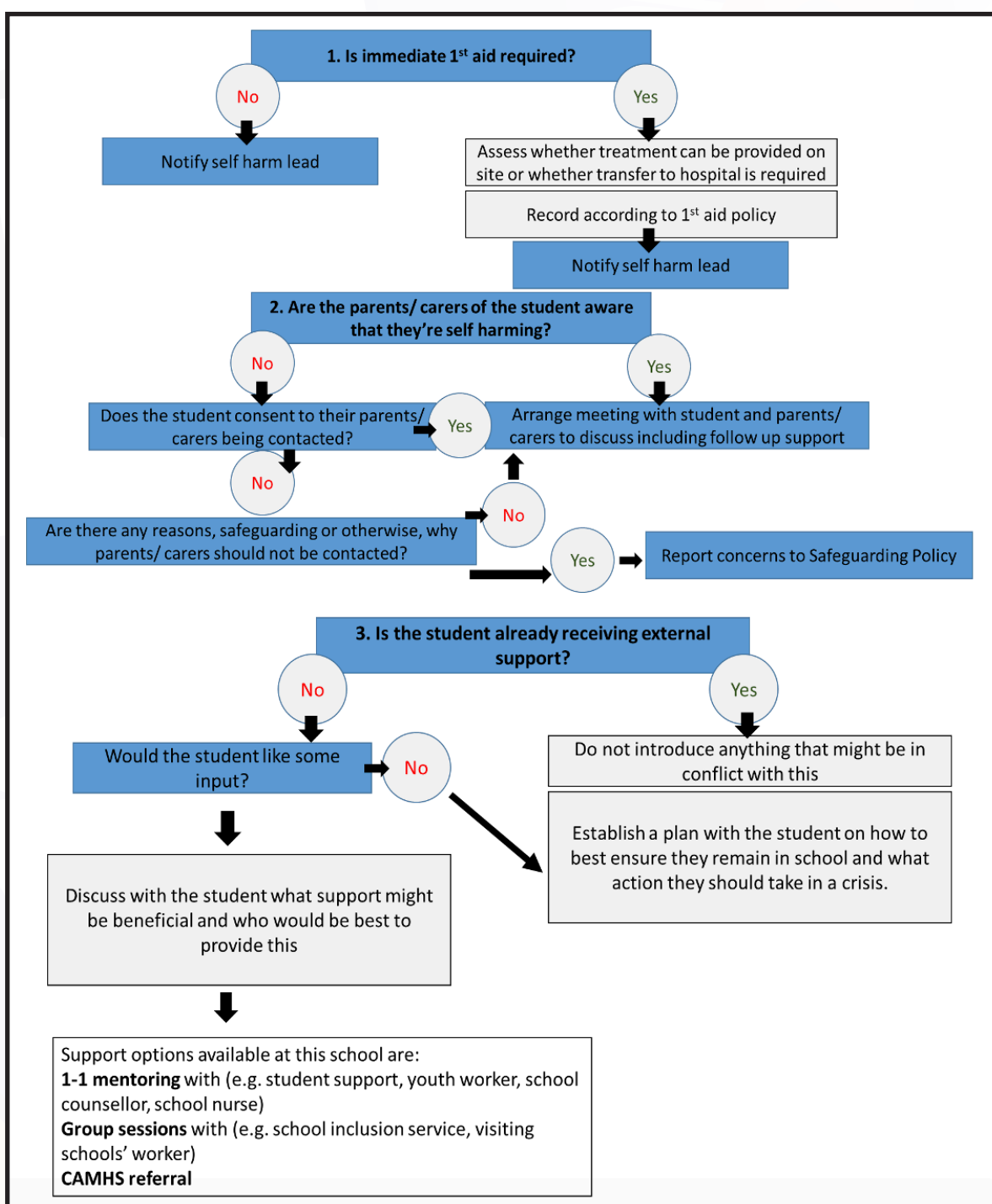
*Name of Self Harm Lead: Jai Deakin*  
*Issued on 03/07/2023*

# 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:

<b>Number of Staff</b>	<b>Location</b>
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](https://youtu.be/_xX6kP7O_mM)

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

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