

Safeguarding Reflection- **Self Harm**

Definition

Self-harm means hurting yourself or damaging your health on purpose.

Why people self harm

There are lots of reasons why people self-harm. It could be because of **feelings or thoughts** that are **difficult to deal with**.

Some people self-harm because it feels like a method for **releasing tension**. It's a **physical pain you can deal with, rather than a feeling or emotion that can be hard to cope with**.

Self-harm can also be used as a way of **punishing yourself** for something you feel bad about. Sometimes people self-harm because they **feel alone, angry or not good enough**.

Some young people start self-harming **after a stressful event**, like being **bullied or abused**.



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Who self harms?

There are a few myths about the type of person who self-harms. But lots of different types of people struggle with self-harm. **Boys and girls**. Young and old. People from different backgrounds and with different tastes in music.

Ways people self harm

There are lots of different ways someone could self-harm, including:

- cutting or scratching
- causing bruises
- banging their head against a wall
- punching a wall
- pulling out their hair
- burning
- falling over on purpose
- breaking a bone on purpose



Our Responsibility

- Schools have a duty of care; this includes ensuring that children view school as a safe retreat.
- Staff must make a DSL aware of any concerns regarding students' health and safety.
- All staff members have the responsibility to identify children at potential risk.
- Our focus on mental health and wellbeing

