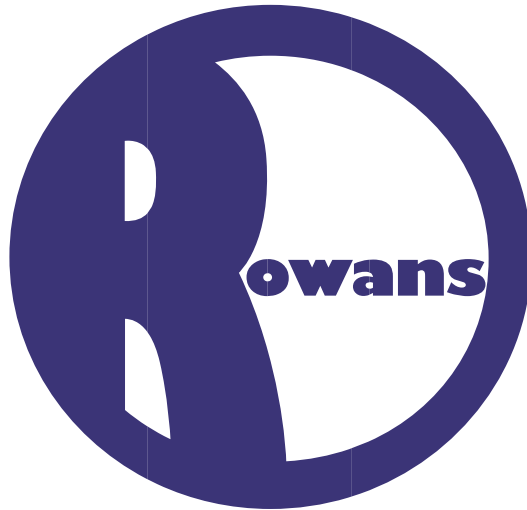




Self-Harm Policy

Policy Written/Reviewed by	Gwen Webb
Date of Next Review	September 2027

Self-Harm policy

What is self-harm:

Self-harm is a coping mechanism for individuals who are attempting to manage challenging emotional states. It is any deliberate, non-suicidal behaviour, which causes physical pain or injury and is aimed at reducing the emotional pain and distress of the individual concerned.

ALL incidents of self-harm are to be taken seriously. As a provision we aim to provide the most appropriate emotional support possible.

Purpose: This policy aims to address the issues of self-harm:

- How to deal with pupils who self-harm and how to offer support in the short and long- term
- To provide support depending upon the individual needs of the pupil
- To help all pupils improve their self-esteem and emotional literacy
- To support staff members who come into contact with people who self-harm
- How to prevent self-harm from spreading within the provision
- To have clear guidelines for staff – who needs to be informed, when do parents and outside agencies need contacting?
- Education about self-harm for pupils and staff

Responsibilities:

The Designated safeguarding lead and deputies are responsible for dealing with incidents of self-harm at the Rowans.

The designated safeguarding leads will:

- Keep records of self-harm incidents and concerns, including body maps as necessary – these should be recorded on CPOMS
- Promote problem-solving techniques and non-harmful ways to deal with emotional distress
- Enable pupils to find places for help and support
- Provide accurate information about self-harm
- Liaise with local services about the help available for people who self-harm
- Keep up to date with information about self-harm
- Contact parent(s) or guardian(s) at the appropriate time(s), wherever possible involve the pupil in this process; inform the parent(s) or guardian(s) about appropriate help and support available for their child; monitor the pupil's progress following an incident
- Know when people, other than parents, (e.g. social workers, educational psychologists) need to be informed
- Know when to seek help to deal with their personal feelings and distress

All staff and teachers are expected to:

- Listen to pupils in emotional distress calmly and in a non-judgemental way
- Speak confidentially to the designated safeguarding person(s) if they become aware of a pupil who is self-harming, be clear of the timescale in which this is expected
- Not make promises (e.g. assuring confidentiality) which can't be kept, reassure pupils that in order to seek health and happiness people need to know about their problems so that they can help
- Broaden their personal knowledge about self-harm and mental health disorders
- Be aware of health and safety issues such as first-aid and clearing up if a self-harm incident takes place at the Rowans

Understanding and Recognising warning signs:

For some individuals there will not be any specific warning signs that they are engaging in or contemplating self-harming behaviours. For others, the following indicators may be noted:

- Risky behaviours, for example drug taking, alcohol misuse or lack of self-esteem
- Being overly negative
- Bullying of others
- Social withdrawal
- Significant change in friendships
- Regularly bandaged wrists or arms
- Change in clothes or wearing clothes that are inappropriate for weather
- Obvious cuts, burns or scratches (that don't look like accidents)
- A reluctance to participate in PE or change clothes
- Frequent accidents that cause physical injuries

Any concerns should be reported to the designated safeguarding leads via CPOMS.

Support for pupil's Self-harming:

Self-harm is taken very seriously at The Rowans, pupils who are identified to be self-harming or are at risk of self-harming are offered a comprehensive range of support both internally and through referral to external support agencies. The Rowans is trauma informed and all staff are supportive and understanding of the impact of trauma and ACES on young people. Pupils are supported to access the support that is right for them.

Support available within The Rowans:

- Safe space
- Therapeutic interventions
- Counselling
- Welfare intervention and support
- Trusted adult or go to person

Support available externally:

- Kooth
- NELFT referral
- Emerge Advocacy
- NSPCC
- Childline
- Harmless
- Self-harm UK
- Life SIGNS
- Anxiety and self-harm calm clinic

Flow chart of processes

