

Self-Injury Policy



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SELF INJURY POLICY

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1. Purpose:

In keeping with Releasing Potential's vision, values, and aims, this policy aims to address the issue of self-injury. It will focus on the following:

- How to deal with young people who self-injure and how to offer support in the short and long term
- To provide support depending on the individual needs of the young person
- To help all young people RP works with to improve their self-esteem and emotional literacy
- To support staff members who come into contact with young people who self-injure
- To prevent self-injury spreading within groups of young people at RP
- To have clear guidelines for staff on who needs to be informed when a young person self-injures

2. What is self-injury?

Self-injury is any deliberate, non-suicidal behaviour which inflicts physical harm on a person's own body and may be aimed at relieving emotional distress.

3. Risk factors associated with self-injury:

- Mental health disorders including depression and eating disorders
- Problems with drugs and/or alcohol
- Recent trauma e.g. bereavement or parents' divorce
- Negative thought patterns and low self esteem
- Bullying
- Abuse, sexual/physical/emotional

4. Suicide:

While self-injury and suicide are separate areas, those who self-injure and those who take their own lives are both in emotional distress. It is vital that all emotional distress among young people is taken seriously to minimise the chances of self-injury or suicide. All warning signs and disclosures of suicidal thoughts should be taken extremely seriously.

5. Confidentiality:

Staff should adhere to RP rules on information sharing (see Safeguarding Policy). Every effort should be made to encourage the young person to involve their parents in the issues or decisions they are facing. The young person must be involved wherever possible and consulted on her/his views whenever a decision to inform parents is made.

6. Roles and responsibilities:

6.1 The head of school will:

- Appoint a designated staff member to be responsible for self-injury matters and liaise with them. This will be the lead DSL
- Ensure the designated person receives appropriate training on self-injury
- Ensure that the policy is followed
- Ensure that first aid kits and staff training are up to date and readily available in case of incident

6.2 All school staff are expected to:

- Listen to pupils in emotional distress calmly and in a non-judgmental way
- Report self-injury to designated staff member in appropriate timescale
- Avoid making promises about confidentiality which they can't keep
- Promote problem solving techniques and non-harmful ways to deal with emotional distress
- Enable young people to access help and support from other agencies
- Provide accurate information on self-injury
- Widen own knowledge about self-injury and mental health disorders
- Be aware of health and safety issues such as first aid and cleaning blood spillage
- Offer first aid kit to the student if necessary, so that they can dress their wounds
- Keep records using school systems (C-POMS) of self-injury incidents and concerns

DSL will:

- Liaise with other agencies about help available for those who self-injure
- Keep up to date with information about self-injury
- Contact parents when appropriate. Involve young person in this process. Inform parent about help and support available. Monitor young person's progress after an incident.
- Understand when to seek support for their own feelings when dealing with self-injury

Links to other Policies:

[Safeguarding Policy 2024.25.docx](#)

[Child Protection Policy 2024.25.docx](#)

[Behaviour Management Policy.docx](#)