

Children, Young People and Self-Injury

(Also known as self-harm)

For what age?	At what level?
Primary and Secondary schools	Universal, targeted and more targeted (Waves 1 to 3)

Why do staff need to know about self-injury?

- The UK has the highest self-harm rate of any country in Europe, and the majority of people who report self-harm are between 11 and 25
- Between 2011 and 2017 there was a 68% rise in the rates of self-harm among girls aged 13 to 16
- One in twelve young people engage in self-harming behaviours
- 10% of 15 to 16 year olds self-harm
- In 2015/16 there were 430.5 per 100,000 hospital admissions for self-harm in 10-24 year olds

How can schools help?

- Knowing how to support children and young people who engage in self-harming behaviours
- Understanding why children and young people self-harm and explores the self-harm cycle
- Knowing how to develop and implement a Self-Harm Policy
- Seeing self-harm from a safeguarding perspective
- Appropriately involving other professionals and agencies in supporting children and young people who engage in self-harming behaviours.
- Understanding of how parents can help their child
- Knowing where further help and resources can be accessed

How can I access training?

To access centralised training in Children, Young People and Self-Injury, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist

What do delegates say about this training?

Implementing what I have learned on this course will enable pupils to feel safe and staff to have a better understanding of self-harm.

The training has provided me with a better understanding of the language I should use.

Useful Resources

- [Young Mind website](#)
- [NSPCC self-harm webpage](#)
- [Mind website](#)