

# RFSS PSHE

## SUPPORT SHEETS FOR PARENTS AND CARERS

Topic being delivered to year 10s



### SELF HARM

Self-harm is when someone hurts themselves on purpose as a way of trying to manage distressing or overwhelming feelings and experiences. Someone who is self-harming might be dealing with lots of intense thoughts and feelings, and hurting themselves may feel like the only way to cope. Or, they might feel numb and hurt themselves in order to feel something.

If your child is self-harming, or you're concerned they might be, it can be incredibly worrying and upsetting for you as their parent. The important thing to remember is that you and your child are not alone - lots of young people go through this and come out the other side with different ways of coping with their feelings.

(Young Minds, 2021)

If you are worried your child may be self-harming, here are some things to look out for:

- unexplained cuts, burns, bite marks, bruises or bald patches
- keeping themselves covered, for example wearing long sleeves or trousers even during hot weather, not wanting to change clothes around others or avoiding activities like swimming
- bloody tissues in waste bins
- seeming low or depressed, for example withdrawing from friends and family
- blaming themselves for problems or expressing feelings of failure, uselessness or hopelessness
- outbursts of anger or argumentativeness

### FURTHER ADVICE

If you want to empower yourself more to understand this topic further, we would recommend reading this website: [YoungMinds.org](https://www.YoungMinds.org)



SCAN ME

If you are concerned that your child is, has or may be self harming please contact their Head of Year to enable the safeguarding team to offer appropriate support.



### What we are doing in school

Students need to learn about self harm as part of the PSHE national curriculum.

We cover this topic through a PSHE workshop with our safeguarding trained staff. This is alongside all students completing a social emotional learning program within PSHE to better recognise, understand, label, express and regulate their feelings



[thesite.org](https://www.thesite.org)  
[harmless.org.uk](https://www.harmless.org.uk)  
[youngminds.org.uk](https://www.youngminds.org.uk)  
[rcpsych.ac.uk](https://www.rcpsych.ac.uk)  
[samaritans.org](https://www.samaritans.org)  
[nspcc.org](https://www.nspcc.org)  
[bemindful.co.uk](https://www.bemindful.co.uk)



Samaritans 116 123  
[Childline](https://www.childline.org.uk) 0800 11 11