

## *"In a Nutshell"* – **Self-Harm Policy (SW18)**

### Examples of self harm

- cutting, scratching, scraping or picking skin
- hair-pulling
- banging or hitting the head or other parts of the body
- scouring or scrubbing the body excessively
- burning or scalding
- swallowing inedible objects, hazardous materials or substances
- taking an overdose of prescription and non-prescription drugs

### Possible warning signs include:

- Changes in eating / sleeping habits (e.g. student may appear overly tired if not sleeping well)
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood e.g. more aggressive or introverted than usual
- Lowering of academic achievement
- Talking or joking about self-harm or suicide
- Abusing drugs or alcohol
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing or appearance

### If seen

- Escort to get first aid
- Inform parents
- Get an available member of child protection team
- Ensure support is in place for observing/involved pupils