SELF HARM

Self-harm is when somebody intentionally damages or injures their body. It is a way of coping with or expressing overwhelming emotional distress.

The exact reasons why children and young people decide to hurt themselves aren't always easy to work out. In fact, they might not even know exactly why they do it.
There are links between depression and self-harm, and quite often a child or young person who is self-harming is being bullied, under too much pressure to do well at school, being emotionally abused, grieving or having relationship problems with families or friends.

The feelings that these bring up can include:
- loneliness
- sadness
- anger
- numbness
- lack of control over their lives

Often, the physical pain of self-harm might feel easier to deal with than the emotional pain that's behind it. It can also make a young person feel they're in control of at least one part of their lives.
Sometimes it can also be a way for them to punish themselves for something they've done or have been accused of doing.

Staff training and information about self-harm is disseminated through our Child Protection Training and in updates.

Students learn about coping with stress and anxiety through our PSMSC programme and about self-harm through the Sex and Relationships Policy.
They learn what to do if they have a concern where to go to get help if they need it.

Parents can find help and advice by following this link:

	Information for parents about self-harm
	Local counselling service for Wokingham young people.
	Local counselling service for Reading young people.