

Supporting Children and Young People who Self-Harm – a flowchart for schools

- If the CYP has a physical need that requires immediate medical attention or is at risk of suicide, follow in-school procedures for first aid and emergency treatment
- Are you in a confidential environment (not in the presence of other pupils)?

1. For all incidents of self-harm and suspected self-harm

Deal with all self-harm incidences with the same **non-judgemental** approach. **Treat all incidences of self-harm seriously.**
See page 10 for self-harm the warning signs

Ensure all information necessary is kept recorded and up to date in the log and/or on the CYP's file (e.g. CPOMS)

Contact DSL within the school as listed below. DSL to identify appropriate member of staff. **Keep calm and give reassurance** to all involved.

Assess risk – see page 14 of guidance

Explain confidentiality – see page 16 of guidance

Share concerns about their wellbeing – See page 17 of guidance for conversation starters

Talk to CYP about how to inform parents/carers and agree how this will be done – see pages 16 & 17 of guidance

Meet with other professionals to plan for further support *

Review onwards support plan with CYP

7. School has received a report that CYP has been admitted to A&E for self-harm / CYP has returned to school following a crisis

Staff member logs and passes to the DSL

Assess risk with the information available and decide a relevant course of action which will include identifying the most appropriate member of staff to meet with the CYP

Check support provided/recommended in the care plan received from A&E, and follow up with partners as appropriate

Meet with CYP to discuss supportive strategies/set action plan with the CYP where appropriate*

DSL to discuss safety plans aimed at keeping the CYP in school. Refer to safeguarding policy and consider risk management

Debrief with relevant colleagues and set action plan. Consult with relevant health/social care practitioners, CYP and parents/carers if appropriate. Ensure all information is kept recorded and up to date in the log and/or on the CYP's file

Review onwards support plan with CYP

2. CYP has reported that they / a peer has self-harmed

Listen non-judgementally and reassure the CYP that they did the right thing by coming to you. It's important they know that you are going to take concrete steps to support

Follow steps in scenario 1.

Keep a watching brief over the pupil who has reported the self-harm and be mindful of possible contagion effects

3. CYP found self-harming during school hours

If the CYP has a physical need that requires immediate medical attention or is at immediate risk of suicide, follow in-school procedures for first aid and emergency treatment

If possible, move student to a confidential environment not in the presence of other pupils

Follow steps in scenario 1.

5. Parent/carer raises concerns about their CYP self-harming with staff

Listen non-judgementally and reassure the parent/carer that they did the right thing by coming to you, and it's important they know that you are going to take concrete steps to support

Inform parent/carer of school's self-harm and safeguarding policies and procedures

Ensure all information necessary is kept recorded and up to date in the log and/or on the CYP's file

Contact DSL as listed below to identify the right person to follow up with parents/carers and provide further information and signpost appropriately

Follow steps in scenario 1.

6. CYP has shared images of self-harm on social media

Keep calm and give reassurance to the CYP and those who might be affected by witnessing self-harm

DSL to identify appropriate member of staff to locate pupil

Be mindful of the self-harm content and reasons behind it being shared and be sensitive to CYP's feelings when discussing content and its removal

Identify platform of shared post and take steps to remove/report content. Do not seek to view imagery. If necessary, seek guidance from the police to prevent further dissemination of image

Follow steps in scenario 1.

Ensure that all year groups have appropriate and ongoing PSHE lessons around safer internet and self-harm (see page 49).

Consider a refresher if incident has occurred since the last lesson delivery

Key

DSL: Designated Safeguarding Lead

CYP: Child/children & young person/people

- Ensure that your school website is up to date with information for CYP and parents/carers around self-harm

* Remember to adopt a person-centred approach when planning support, taking into account the CYP's gender, ethnicity and family background

Names and photos of key members of staff (e.g. Designated Safeguarding Team, First Aiders)

