# Children, Young People and Self-Injury (Also known as self-harm)

## For what age?
Primary and Secondary Schools

## At what level?
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 does this training help children and young people?
- It provides advice and guidance on how educational settings can support children and young people who engage in self-harming behaviours
- It helps staff to understand why children and young people self-harm and explores the self-harm cycle
- It provides guidance on how schools can develop and implement a Self-Harm Policy
- It examines self-harm from a safeguarding perspective
- It consider the role of other professionals and agencies in supporting children and young people who engage in self-harming behaviours.

## Where can I access training?
To access centralised training for this course, including at the TaMHS Conference if appropriate, please visit: [www.northamptonshire.gov.uk/TaMHS](http://www.northamptonshire.gov.uk/TaMHS)

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.

## Useful websites and resources:
- The Northamptonshire Self-Harm Toolkit can be accessed at: [http://www.asknormen.co.uk/self-harm-and-suicidal-ideation-conference-resources/](http://www.asknormen.co.uk/self-harm-and-suicidal-ideation-conference-resources/)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [https://www.mind.org.uk/](https://www.mind.org.uk/)

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**What do delegates say?**

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

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