



THE WHITE ROSE FEDERATION

SELF-HARM POLICY

OUR VISION

One family branching out together

Document Status

Date of adoption by the Governing Body

Autumn 2023

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Responsible officer

J. Marwood

Signed:

Headteacher

S. MacDonald

Chair of Governors

A. Burr & A.
Edwards

Links to Other Policies

Child Protection Policy

Suicide Ideation Policy

Keeping Children Safe in Education

1. Introduction and Context

- 1.1 Recent research indicates that up to one in ten young people in the UK engage in self-harming behaviours, and that this figure is higher amongst specific populations, including young people with special educational needs. School staff can play an important role in preventing self-harm, building resilience and supporting pupils, peers and parents of pupils currently engaging in self-harm.

2. Purpose

- 2.1 This document is a policy for staff working in this school who may be supporting pupils who self-harm.

3. Aims

- 3.1 To adhere to the NYCC Self-Harm Guidance protocol.
- 3.2 To develop outstanding practice within this school to help and support pupils who self-harm.

4. Definition of Self-Harm

- 4.1 Self-harm is any behaviour where the intent is to deliberately cause harm to one's own body.

5. Roles and responsibilities

The Governing Body

- 5.1 The governing body has the legal duty to safeguard and promote the welfare of their pupils. There may be a nominated governor who has responsibility for safeguarding who will have an oversight for provision for pupils who self-harm.

The Headteacher

- 5.2 The Headteacher has responsibility for establishing effective safeguarding procedures with regard to self-harm, thereby ensuring the duty of care of pupils and staff.

Staff

- 5.3 Pupils may choose to confide in any member of school staff if they are concerned about their own welfare, or that of a peer.

Referral procedures are:

Staff to use the Suicide Risk Brief Screening Tool.

Questions you could ask include:

Suicide Risk Brief Screening Tool

1. Have you been thinking about killing yourself? (if yes continue with the all the questions. If no go to 5)
2. Have you thought about how you would kill yourself?
3. When you had these thoughts did you think this was something you might actually do? Even a little bit?
4. Did you figure out how you could do that? Like when, where or what would you need to do it?
5. Did you ever try to do anything to kill yourself? Did you ever start to do anything to kill yourself but stopped?

Low Risk	Yes to #1, suicide thoughts	Safety Plan + MH referral
Moderate Risk	Yes to #2, Method And/or More than 3 months ago	Safety Plan + MH referral
High Risk	Yes to #3, Intent and/or #4, Plan and/or #5, Within 3 months	Safety Plan + MH referral + Hospital assessment

Record the conversation and level of risk on CPOMS.

Inform Head of school who will then signpost to Sam Maud (Pastoral Support Lead) who will then work with external agencies to put risk assessment and safety plan in place.

5.4 This includes all staff being aware of the North Yorkshire pathway of support for children and young people who deliberately self-harm.

<https://www.safeguardingchildren.co.uk/parents-carers/parents-and-carers-self-harm-and-suicide-ideation/>

<https://www.safeguardingchildren.co.uk/shsip/north-yorkshire-pathway-of-support-for-children-and-young-people-with-self-harming-behaviour-or-suicidal-ideation/>

6. Training

6.1 Schools are recommended to access training regularly on self-harm. Staff giving support to pupils who self-harm may experience all sorts of reactions to this behaviour in pupils (e.g. anger,

helplessness, rejection); it is helpful for staff to have an opportunity to talk this through with work colleagues or senior management.

- 6.2 Staff taking this role should take the opportunity to attend training days on self-harm or obtain relevant literature. Induction procedures for all staff, outlined below, will include training on Self-Harm, Child Protection procedures and setting boundaries around Confidentiality.

7. Monitoring and Evaluation

- 7.1 The designated governor who has responsibility for safeguarding will monitor the systems yearly and following any incident of self-harm.