



November 2021

Dear Parents/Guardians

RE: SELF-HARM ADVICE/SUPPORT

As part of our PSHE curriculum and the pastoral needs of our Pupils and Parents, we will be sending out termly letters about key subjects such as: Self-Harm, Confrontational Behaviour, Online Safety, Suicide, Drugs, etc. These will have the purpose of giving and getting support if needed and to provide an initial talking point for you to discuss topics that can sometimes be difficult to talk about with your child/teenager. We will provide links to videos that you can share with your child/teenager to enable this. These letters and useful website links will be placed in the Pastoral Section of the Main School Section of the BWS website.

This terms focus is Self-Harm.

There are many useful websites that are trying to dissolve the myths surrounding the reasons for self-harm such as the idea that it is 'attention seeking' or the fear that it will always 'lead to suicide'.

<https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>

Young Minds give the following definition:

Self-harm is when you hurt yourself on purpose. You usually do it because something else feels wrong. It seems like the only way to let those feelings out.

It is a very common behaviour in young people and affects around one in 12 people, with 10% of 15-16 year olds self-harming.

If you self-harm, it is usually as a result of another problem. It can happen if you are feeling anxious, depressed, stressed or bullied and feel you don't have any other way of dealing with these issues.

Often self-harming brings only temporary relief. It can be upsetting when you think that self-harm is the only way you can cope, but there are other healthy ways you can cope. Sometimes it feels like no one understands why you self-harm, but lots more people today know about what the condition really means.

Self-harm can be anything from regularly digging your nails into your palm, pulling out hair, picking at an open wound so it will not heal, bruising/hitting yourself, cutting yourself, taking part in risky behaviour such as drug taking, drinking excessively, etc.

The Young Minds Website has lots of useful advice for both Children and Parents. The following are two links to videos the first shows how it can feel from the perspective of

children that have self-harmed and the second is from the perspective of a Parent and the effect it can have on a family.

<https://youtu.be/kT5cr-HTTEQ>

https://www.youtube.com/watch?v=b4cPCcJ6o88&feature=emb_rel_end

Other websites that have advice or can offer support for self-harm are:

<https://www.nhs.uk/conditions/self-harm/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>

<https://harmless.org.uk/the-top-ten-of-helping/>

If you would like any practical support currently with regards to self-harm, please contact our school nurse: Amanda Boulton on the NHS chat health number: 07480 635513 the line is open from: Mon to Fri, 9am – 4pm.

Alternatively, if you want to speak to someone from the Pastoral Team in school please make contact via the following email addresses:

Lower School (Years 7 & 8) Pastoral Support Officer: Mrs Kate Bazire-Smith

Middle School (Years 9, 10 & 11) Pastoral Support Officer: Mrs Elizabeth Jacobs
esj@bishopwordsworths.org.uk

or

Sixth Form (Years 12-13) Pastoral Support Officer: Mrs Susie Stoneham
sls@bishopwordsworths.org.uk

Kind Regards

The Pastoral/Safeguarding Team