



# Thirsk School

& Sixth Form College

## Self-Harm Policy

### visions

TOLERANT

HAPPY

INSPIRATIONAL

RESILIENT

SUCCESSFUL



KNOWLEDGEABLE



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**Thirsk School & Sixth Form College**

**Self-Harm Policy**

<b>Document Status</b>			
<b>Date of Next Review</b>	November 2025	<b>Implemented by</b>	Governing Board
<b>Origin of Policy</b>	Adapted		
<b>Date of Policy Adoption by Governing Board:</b> 23 <sup>rd</sup> November 2021		<b>Signed</b>    Emma Lambden Headteacher    Nick Horn Chair of Governors	

# Self-Harm Policy

## 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 students, peers and parents of students currently engaging in self-harm.

## 2. Purpose

2.1 This document is a policy for staff working in this school who may be supporting students 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 students 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 Board

5.1 The Governing Board has the legal duty to safeguard and promote the welfare of their students. There may be a nominated Governor who has responsibility for safeguarding who will have an oversight for provision for students 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 students and staff.

### Staff

5.3 Students 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 with any concerns should immediately contact a DSL (or deputy) and ensure this is a verbal discussion not an email. Details should be added to Bromcom in line with established procedures for safeguarding. DSL (or deputy) to then take appropriate action including referral and parental contact.*

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

## **6. Training**

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

7.2 Policy reviewed by the Governing Board on: 23<sup>rd</sup> November 2021