

## Policy for Managing Self-Harm

### Definition

Self-harm covers any deliberate action taken by a student which results in injury or potential injury to herself, including suicidal ideation and attempted suicide. Engaging in excessively risky behavior can be a form of self-harm, although this can be less obvious, such as use of drugs and alcohol, or risky sexual behaviour.

### Policy

The Health Centre is the hub for all information regarding students at risk of or involved in any form of self-harm. On the first occasion of self-harm, the Health Centre will liaise with the relevant Head of Section, the Director of Students and the student's parents in order to create a care plan. Thereafter, the Health Centre hold and are responsible for the management of students' care plans.

Attempted suicide or claims of having overdosed on medication will be treated as a medical emergency and the emergency services will be called.

### Disclosure

A disclosure may be by a student about herself or by concerned friends. Alternatively, staff or students may notice signs of injury associated with self-harm or hear a student talking about risky behaviour they or a peer have been or plan to be involved in.

### Procedures for dealing with disclosure

If required, appropriate medical attention is the priority when dealing with a disclosure. Any discussion with a student or her friends should be dealt with in a calm manner and the member of staff should explain that he/she will need to pass the information on appropriately.

After a disclosure of self-harm, intentions to self-harm or suicidal ideation, the following action should be taken:

- In the case of an acutely distressed student, a member of staff should accompany them to the Health Centre or send for a member of the Health Centre to attend.
- The Health Centre staff will assess the student and treat accordingly.
- The Health Centre will notify the Head of Section and the Director of Students as soon as possible.
- The Head of Section, the Director of Students and the Senior Nurse will determine the next steps, including how parents are to be informed.

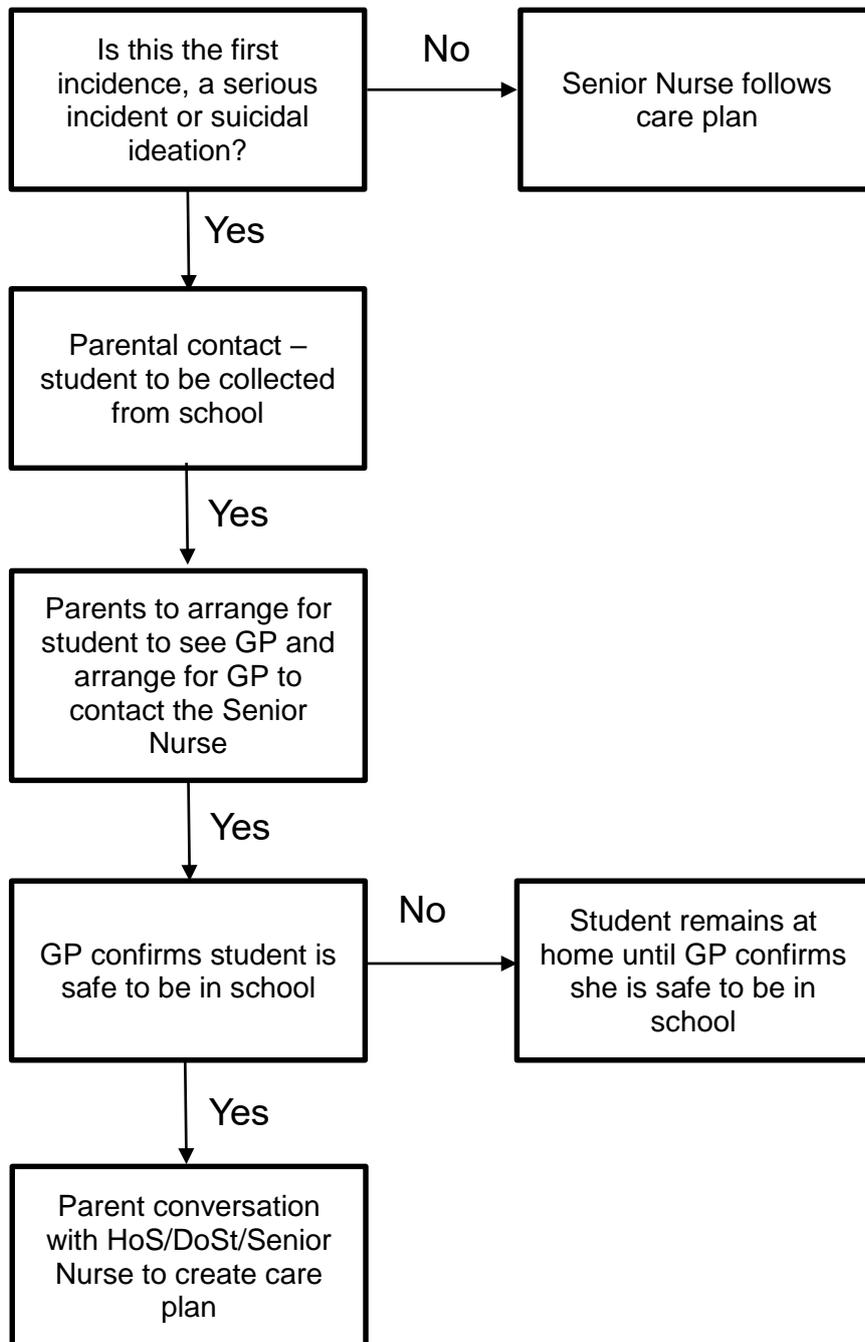
The student should be made aware that:

- Her parents will be informed by Health Centre/Head of Section/DoS; time may be allowed, if appropriate, for the student to do this herself if she wishes to do so. This will be followed up by a member of staff within an appropriate timeframe and no more than 24 hours to ensure it has happened.
- She must not deliberately display injuries in school, discuss her self-harm with other students or encourage others to self-harm.
- To remain in school she must have been assessed by a medical practitioner who must confirm, ideally in writing or email, or via a phone conversation noted by the School Nurse, confirming that she is safe to be in school.
- She must receive medical follow up from GP/Counsellor.

Parents should:

- Inform the school of all strategies suggested by the medical practitioner or therapist. All reasonable steps will be taken for the strategies to be put into practice.
- Support the school's approach, and work in partnership with the school and other relevant agencies.

**Self-Harm and Suicidal Ideation Procedure Flow Chart**



Policy reviewed..... Trinity 2018  
 Next review due..... Trinity 2019  
 Person responsible for review:..... Senior Nurse/ Head of Sixth Form  
 Audience..... Staff/Parents