



# Boroughbridge High School

## Self-Harm Policy

Policy last reviewed NYCC	September 2021
Policy ratified by the Federation Governing Board	September 2021
Next policy review date	September 2022
Staff Lead	Associate Assistant Headteacher (Student Experience & Welfare)

### **Significant Revisions since last review:**

New 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 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:

Report made to the Safeguarding team, parents/guardians informed and external referrals made as necessary. Recorded on school safeguarding log.

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 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.

Self-harm training is made available to all staff and integrated into safeguarding CPD. Booklet issued by NHS shared with all staff

## **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 on: 23<sup>rd</sup> September 2021

By: The Boroughbridge High School & King James's School Federation Governing Board