

# Student's guide:

## SESSION 17

### Understanding and preventing self harm

#### 1. Learning objectives

The learning outcomes for today are:

- To understand some key facts about self-harming behaviour
- To recognise some of the factors that cause self harm
- To recognise self harming in ourselves and those we know
- To know how to ask for help for ourselves and others

#### 2. First focus – Myth busting

Complete myth busting worksheet. Look at each statement – is it a myth or a fact? If you think it is a myth, can you guess what the fact is?

#### 3. Feature – Mark's story

Work through the following questions to think about what you might do if you were Mark's friend.

- What might be causing Mark to feel distressed?
- Could you talk to Mark?
- Who else could you talk to?
- What support does Mark need?

### Myth busting self harm worksheet

|   | Myth or fact? |
|---|---------------|
| It's just a phase. They will grow out of it |               |
| They are doing it to get attention          |               |
| Self harm is only done by girls             |               |
| If the injury is small, it is no problem    |               |
| Self harm is a 'suicide attempt'            |               |
| It is a 'fashion'/'trend'                   |               |
| Self harming means you are mentally ill     |               |
| The only form of self harm is cutting       |               |



#### Mark's story

*Mark is a 15-year-old boy who has been worried and distracted at school for the past few weeks. You have seen him falling out with some of his friends and arguing over small things. He has now started sitting by himself in class. He told you a while ago that he was worried that his parents might split up. Recently he told you that his Dad had said he was going to leave home.*

*You know that Mark used to self harm by banging his head when he was experiencing distress – this was two years ago. You are worried about Mark. What would you do?*