

### **How many people will be there?**

We won't run the workshop if there are fewer than 6 young people present as we don't want anybody to feel they may get singled out or put under pressure to participate. The maximum number is 10. There will also be two to three Battle Scars facilitators with personal experience (staff or volunteers) running the workshop.

### **Will I be expected to talk about my personal circumstances?**

No. Nobody will be put under any pressure to talk or participate or share anything personal. We, as facilitators, will talk about our own story and our own struggles with self-harm truthfully and honestly without going into triggering details. The aim is to help you feel better about yourself, feel more confident to cope with life and feel more able to reach out. Everything said in the group is confidential. Confidentiality will only be broken if the facilitators believe that you are a danger to yourself (or others).

### **Is there a lot of discussion at the workshop?**

We try to make the workshop lively and interesting. We use various activities (no role play!) to work on different topics and aspects of self-harm. There is room for discussion and hopefully room for a few laughs too.



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Survivor led  
managing  
self-harm  
workshops for  
young people

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### **Who are these workshops for?**

These workshops are for young people, 11 or older, who self-harm according to our definition below. Some of our workshops specify the age you need to be in order to attend them (e.g. 11-16 or 17-18). If the workshop has been organised by your school or college, you may be grouped with others of the same age. The groups are usually of mixed genders and sexualities as self-harm does not discriminate and can affect anyone.

### **What do Battle Scars consider self-harm?**

Any external physical self-harm like cutting, scratching, burning, pulling hair, hitting etc. Any internal self-harm like self-poisoning and overdosing. We consider all eating disorders as self-harm such as anorexia, bulimia and binge eating but also any food or drink related self-destructive behaviour, for example, overeating or restricting liquids when distressed. In our definition of self-harm we include psychological harm to the self, such as obsessive negative thinking, overthinking, damaging relationships on purpose etc. Even though we recognise drug and alcohol abuse as self-harm, we do not include them as we are not experts in these areas and there are other organisations that are.

### **How long is the workshop and can I give feedback about what I thought of it?**

The workshop lasts 2 hours (including at least one break). You will be asked for anonymous feedback by filling in a simple form. We are constantly learning and your feedback will help us improve.

### **Do I have to attend? Do I have to stay for the whole workshop?**

Nobody is obliged to attend and we hope that nobody is trying to force you to attend. Even though staying for the entire workshop would be most beneficial to you, if you are finding it too difficult, depending on who knows you are there, we will notify your parents or the school staff that you wish to leave (but we may have to ask you to remain in the room for health and safety reasons while we do this).

### **Do I need to behave a certain way?**

At the beginning of the workshop we will discuss our group agreement which includes respecting others, confidentiality and getting the most out of the session. Our aim is to provide a safe, non-judgemental space to help you feel less alone, learn ways to manage the self-harming behaviour and express yourself if you choose to do so.

### **Will I be asked to stop self-harming?**

No. We focus on the management of self-harm and on supporting anybody who is struggling. It's always your choice what you get out of the workshop. Stopping is possible and it's best achieved by learning to understand and manage the behaviour first. We will provide you with ideas and resources to understand yourself better, build yourself stronger in order to cope with life in safer ways.

