

# Self-harm Policy Flowchart

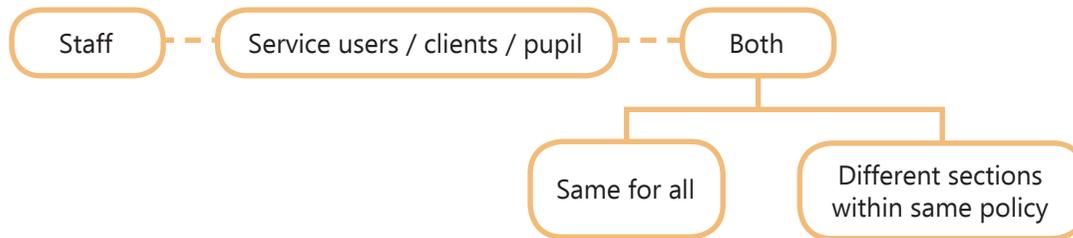


Consider each question to set up a self-harm policy that is appropriate for your organisation. For further support please [contact us](#).

**1. What is your definition of self-harm?** Select all that apply and clearly state this definition – Battle Scars includes all these in their definition.

- Physical external – clearly defined act (cutting, scratching, hitting, burning, pulling hair etc.)
- Physical internal – clearly defined act (self-poisoning, overdosing)
- Eating disorders – diagnosed
- Eating disorders – developing (restricting, overeating etc.)
- Psychological (self-neglect, obsessive negative thinking, sabotaging relationships etc.)

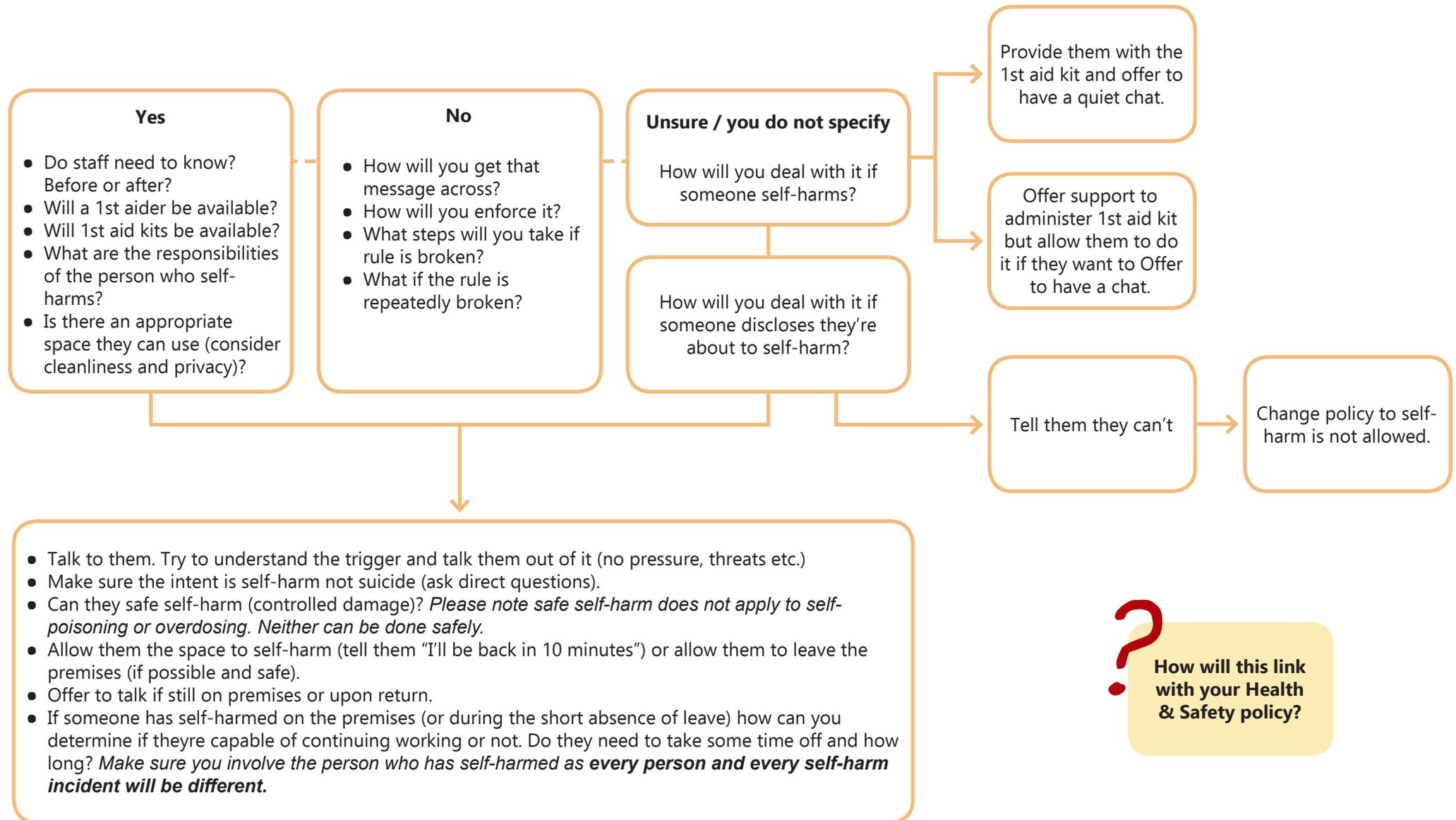
**2. Is this policy applying to:**



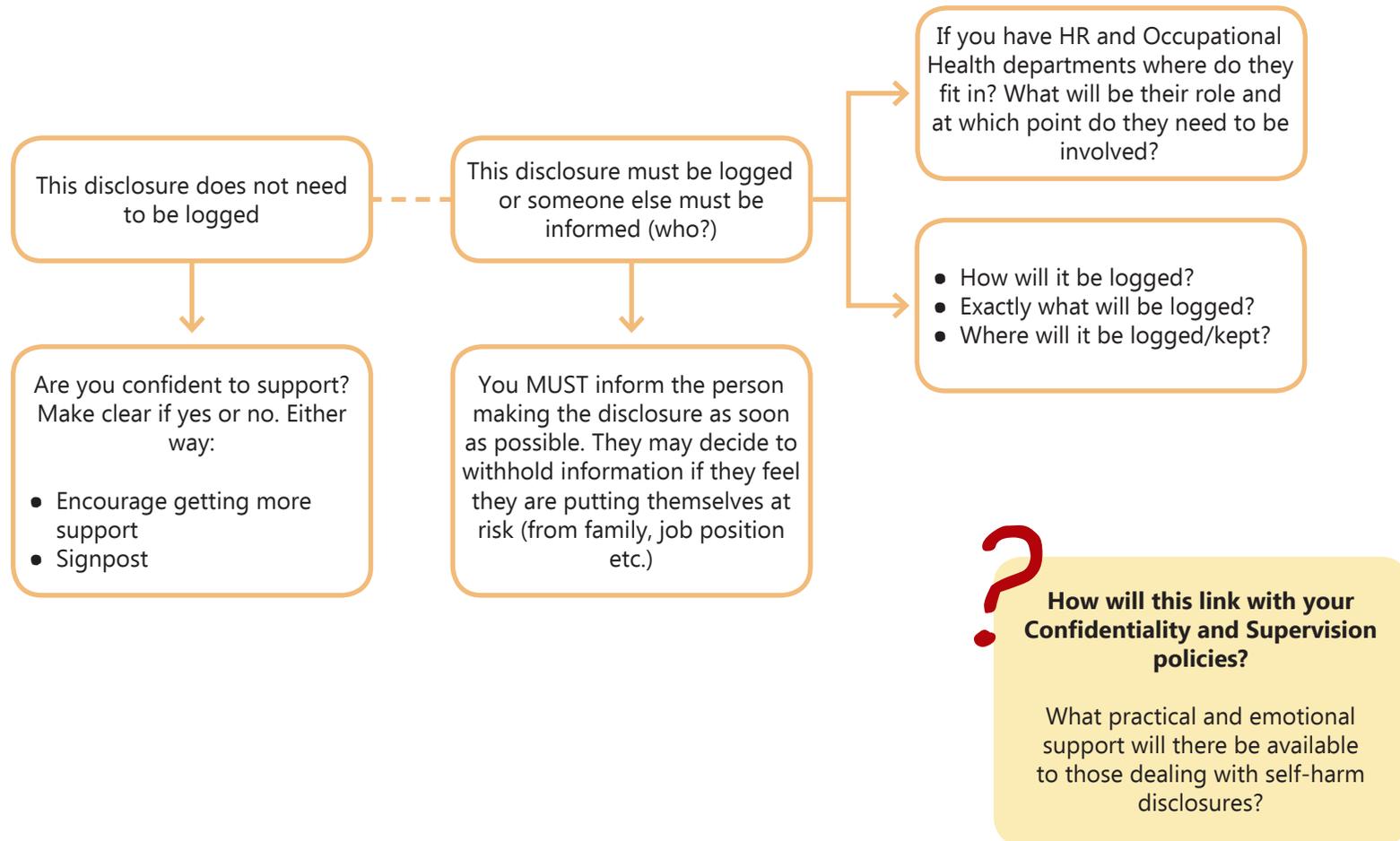
**3. Do you work with:**



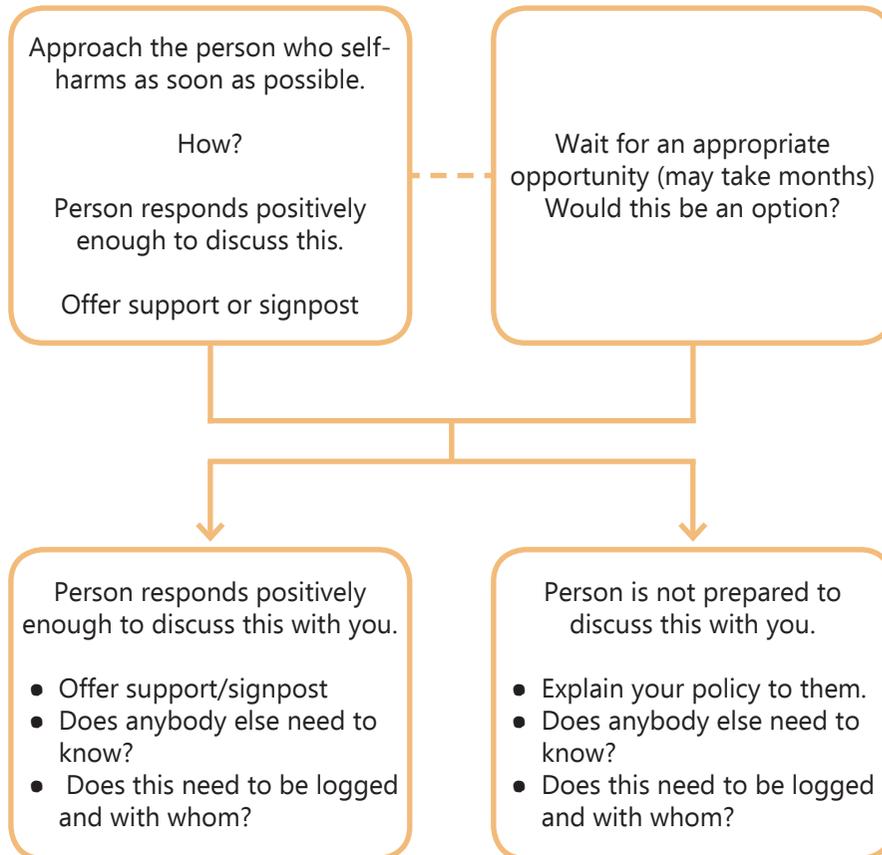
#### 4. Will self-harm be allowed on the premises (food related self-harm must be excluded)?



5. Someone discloses to you that they're considering self-harm (policy must be clear if self-harm is allowed on the premises or not)



## 6. Disclosure from third party that someone else is self-harming



**?** How will this link with your Confidentiality and Supervision policies (both for the person self-harming and the person disclosing (if staff or volunteer)?

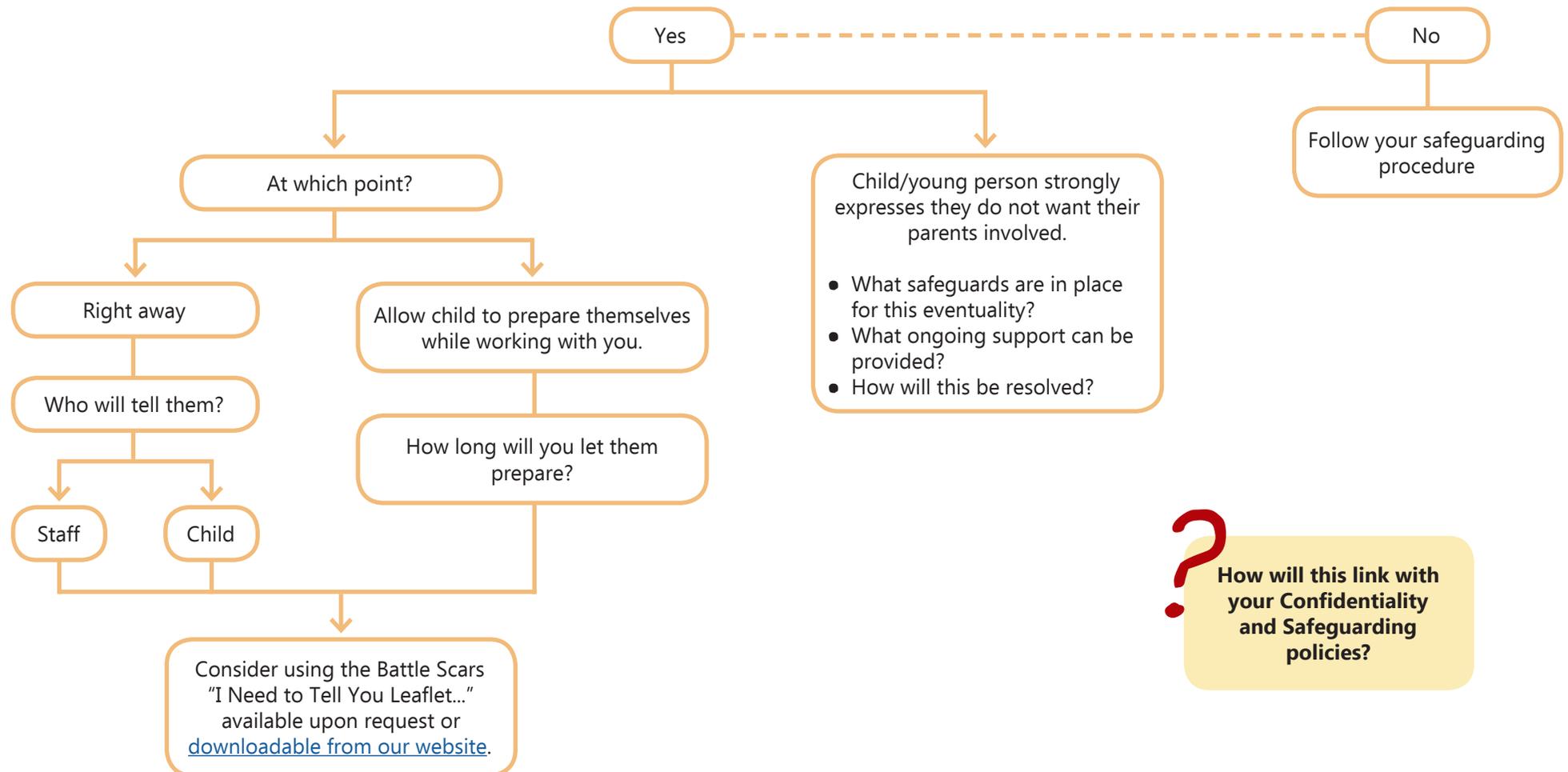
**What support will be offered to the person disclosing?**

## 7. Working with children

- Up to 16?
- Up to 18?

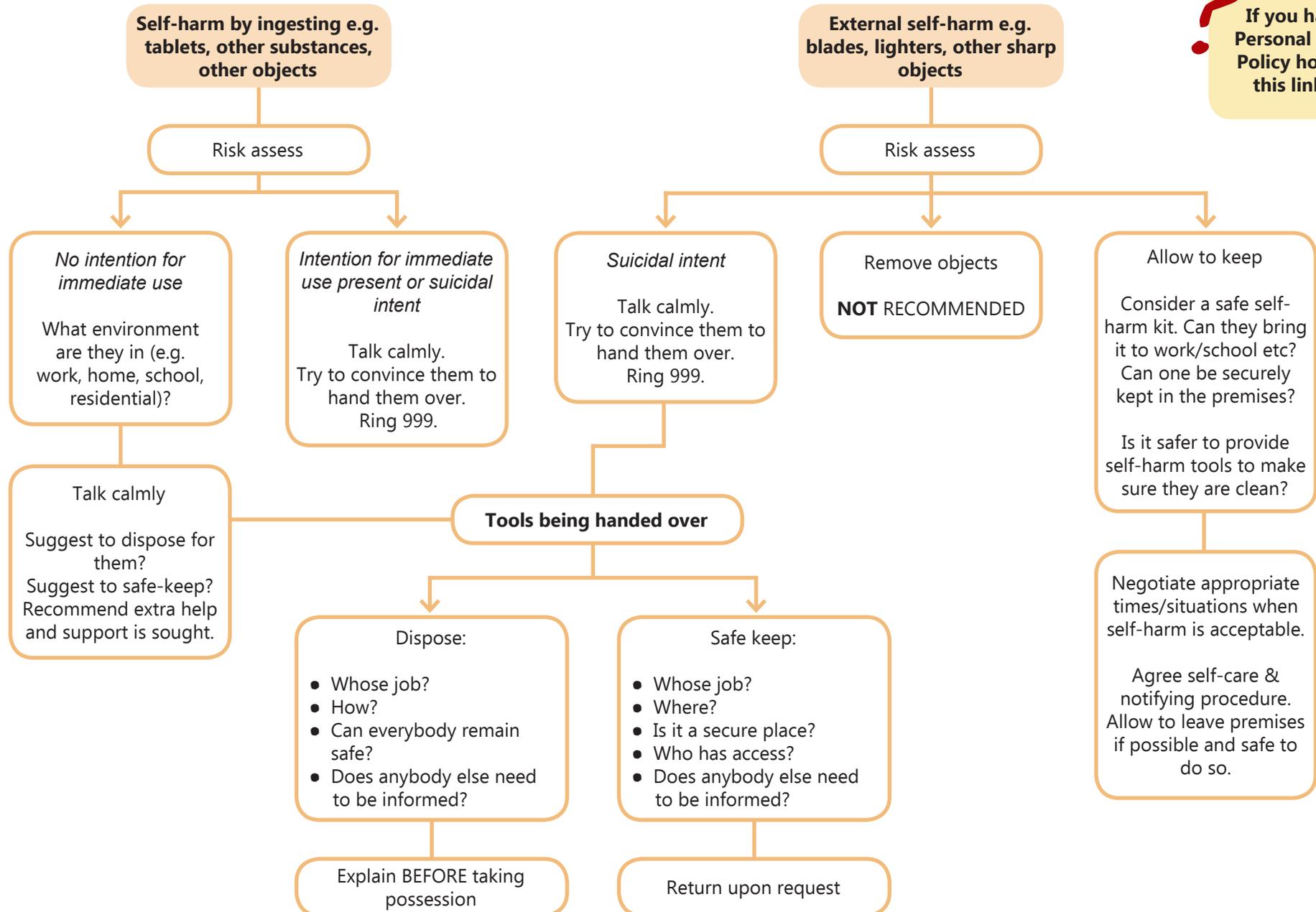
- At which age are they considered adults?
- Do you have different rules for under 16's and for 17-18's?

## 8. Will the parents/carers (including foster carers) be notified?



## 9. How will you deal with self-harm 'tools'?

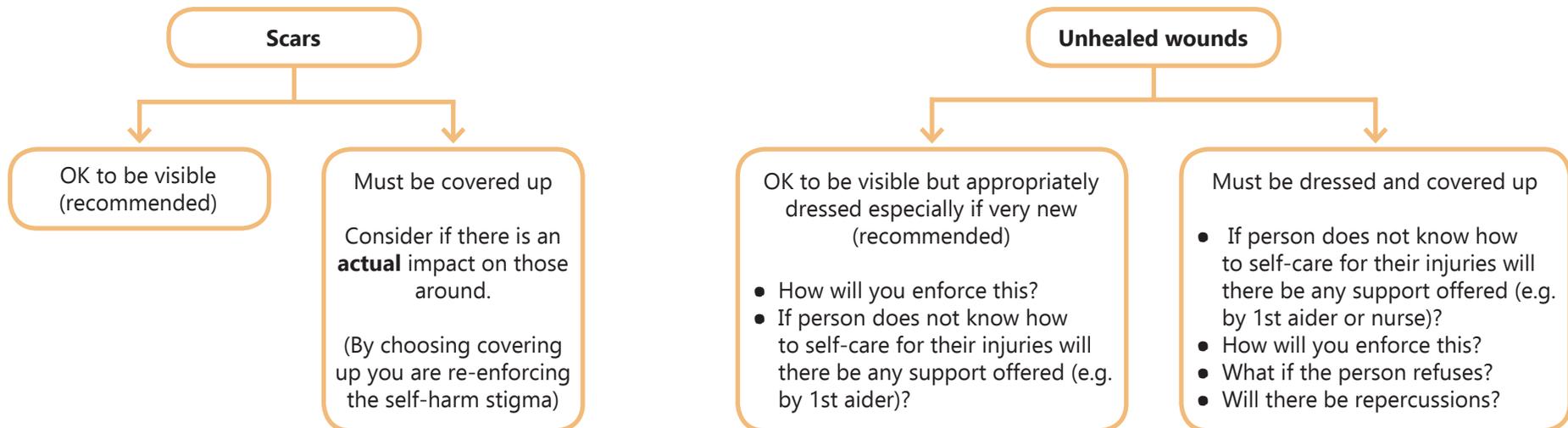
**?** If you have a Personal Safety Policy how will this link in?



## 10. What sort of support will you provide?

- What support is there internally?
- Can you provide 1-2-1 support? If your rules do not allow for 1-2-1 support is it appropriate to bring another person in?
- Do you need to make a referral for more support?
- Encourage to get more support. Can you make suggestions on how to get more support?
- Do you signpost? Who to? Is there a key person who knows this information?
- Can you provide a safe space for people in distress?
- Can you give permission to school pupils with self-harm scars/injuries to wear long sleeves for sport or to get changed more privately?
- It may be preferable to have a designated member of staff to build a trusting open relationship with the person who self-harms (follow your Safeguarding and/or Boundaries policies), someone they could go to instead of resorting to self-harm at school/work.

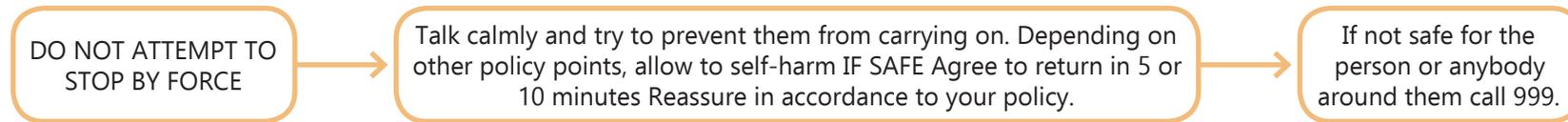
## 11. How will you deal with healed (scars) or unhealed wounds?



**What practical and emotional support will there be available to those dealing with self-harm incidents?**

**Do you offer support or specific supervision for 1st aiders or nurses having to deal with self-harm injuries (recommended)?**

## 12. In the unlikely event you walk in while someone is or is about to self-harm:



## 13. Other things to consider:

- ALL staff - including teaching assistants, lab technicians, other non-teaching staff and volunteers – must be made aware of and understand the self-harm policy.
- How can you ensure that **all** staff dealing with self-harm are appropriately trained?
- How are you going to make it clear that certain behaviour is unacceptable and will not be tolerated (e.g. self-harming in front of others, or threats to self-harm as part of bargaining or manipulations)?
- You are recruiting (staff or volunteer) and they disclose they self-harm or they have visible scars (new or old). How will you deal with that? How will it link up to your Equality & Diversity, Safeguarding, Supervision (and possibly other) policies?
- When providing references will self-harm be shared? How will it link up to your Confidentiality policy?
- Consider your definition of 'vulnerable adult'.
- Do you have Mental Health 1st Aiders available?
- How will you provide access to information about self-harm?
- Will you make the Battle Scars leaflet "I Need to Tell You..." easily available for those who wish to disclose they self-harm? - [http://www.battle-scars-self-harm.org.uk/uploads/2/5/5/3/25538523/i\\_need\\_to\\_tell\\_you\\_leaflet.pdf](http://www.battle-scars-self-harm.org.uk/uploads/2/5/5/3/25538523/i_need_to_tell_you_leaflet.pdf)
- How will you provide more information to parents of children who self-harm?
- How will you ensure that parents of children who self-harm understand and endorse your school's self-harm policy?
- Please bear in mind that talking about self-harm does **not** encourage it. The aim is to educate everyone and have a similar approach in order to provide the best support to the person who self-harms.

This will be frequently reviewed so please check again when it's time to review your policy. For support and advice please contact Jenny Groves, phone: 07410 380747 or email: [info@battle-scars-self-harm.org.uk](mailto:info@battle-scars-self-harm.org.uk)

# Checklist

Section:	Completed? <i>(Yes/No/Not applicable)</i>
1. What is your definition of self-harm?	
2. Who is this policy applying to	
3. Who do you work with	
4. Will self-harm be allowed on the premises (food related self-harm must be excluded)?	
5. Someone discloses to you that they're considering self-harm (policy must be clear if self-harm is allowed on the premises or not)	
6. Disclosure from third party that someone else is self-harming	
7. Working with children	
8. Will the parents/carers (including foster carers) be notified?	
9. How will you deal with self-harm 'tools'?	
10. What sort of support will you provide?	
11. How will you deal with healed (scars) or unhealed wounds?	
12. In the unlikely event you walk in while someone is or is about to self-harm	
13. Other things to consider	