

Safeguarding Snapshot - 23.05.25

Supporting Teens: Understanding Self-Harm

Following on from Mental Health Awareness Week, we would like to share with you our parents guide to self harm.

What is Self-Harm?

Self-harm refers to when someone intentionally hurts themselves as a way to cope with emotional pain, intense stress, or overwhelming feelings. It's often a sign that a young person is struggling and may not know how else to ask for help.

Why It Happens:

Teens might self-harm to:

- Feel a sense of control
Release emotional pain or numbness
- Express feelings they can't put into words
- Punish themselves due to feelings of shame or guilt

Common Signs to Watch For:

- Unexplained cuts, bruises, or burns
- Wearing long sleeves even in warm weather
- Isolating from friends or family
- Emotional distress, low self-esteem, or talk of hopelessness

How Parents Can Help:

- **Stay calm and open**
Avoid judgment or punishment. Let them know you're there to support them.
- **Start the conversation**
Choose a quiet moment, express your concern, and listen without interrupting.
- **Seek professional support**
A school counselor, GP, or mental health professional can help your teen address underlying issues.
- **Promote healthy coping skills**
Encourage journaling, exercise, creative outlets, or mindfulness.

Self harm is a sign that someone needs support. With understanding and the right help, recovery is possible. If you have any further questions and need advice please contact the Safeguarding Team via the office@vynersschool.org.uk.

Additional resources:

- [Self-Harm & Mental Health | Guide For Parents | YoungMinds](#)
- [Understanding Child Self-Harm & Keep Them Safe | NSPCC](#)
- [Self-harm: advice for parents and carers | Shout 85258](#)