

## Safeguarding Snapshot – 22.03.24

### A Guide for Young People and Parents - Self Harm

Many young people have experienced self harm.

Self-harm is when you intentionally cause harm to yourself as a way of dealing with difficult feelings, traumatic experiences or memories, neglect, or situations that you find overwhelming. People sometimes self-harm when life feels hard to cope with.

Self-harm can look different for different people. You might find yourself doing things which are harmful, but not think of them as 'self-harm'. But that doesn't make your experience any less valid.

For a lot of young people, one of the most difficult things about self-harming is struggling to tell their parents. They are afraid to bring up the subject and worry about what their parents will say. It can be tough to know how to start a conversation like this.

Many parents find it difficult to comprehend why their child would want to inflict pain on themselves but it's not as simple as that. Self-harming can be very complex and is often used as a way to reduce tension or to release overwhelming, extreme emotions. It can also be used as a way for a person to 'punish' themselves or to try and regain control over a situation where they feel incredibly helpless.

Self-harming is often linked to mental health conditions such as depression and anxiety. Other causes include bullying, low self-esteem or grief. Whatever the reason, it can become a habit and, like all habits, is very hard to stop.

If you are concerned about your child please contact their Year Leader or a member of the Safeguarding Team via [office@vynersschool.org.uk](mailto:office@vynersschool.org.uk)

#### Additional resources

For more information on this topic please visit the websites listed below:

- [Self-Harm & Mental Health | Guide For Parents | YoungMinds](#)
- [Self-harm | Advice for young people | Get help | YoungMinds](#)
- [Young people and self-harm](#)
- [Is My Child Self-Harming? | Hidden Strength](#)
- [Self Harm Help: Understanding Self Harm and Getting Help | Hidden Strength](#)
- [How Do I Stop Self-Harming? | Hidden Strength](#)
- [Information for 11-18 year olds on coping with self-harm - Mind](#)