Self-Injury

What is it? How do I get help?

Adapted from Signs of Self-Injury Program
Why are we doing this?

* Prevention of self-injury—It’s happening so why ignore it?
* Statistics show high prevalence in high school students
* Starting in middle school
* Important information
* 3rd year of the Signs of Self-Injury Program
Goals for Today

* Learn what self-injury is and why people do it

* Learn the signs of self-injury and know how to recognize it

* Dispel myths of self-injury

* Learn what to do if you or someone you know is self-injuring

* Identify positive coping skills
Important Notice

If at any point you are uncomfortable with the information being discussed, please let us know.

There will be a couple of short video clips. Nothing in the clips is graphic, but if you are uncomfortable please let us know.
What is Self-Injury? Why do People Self-Injure?

*Self-injury is when someone hurts his or her body on purpose, usually without suicidal intent, to reduce emotional distress.

*Emotional distress: Powerful emotions including anxiety, anger, sadness, depression, and shame

*Negative coping skill - Not a positive way to cope with emotions
Myths

1. It’s just a phase. He/She will get over it.

2. Only girls self-injure.

3. Self-injury is all about getting attention.
Examples of Self-Injury

* Cutting
* Burning
* Self-hitting
* Picking at existing wounds
* Self-biting
Signs of Self-Injury

* Unexplained cuts, burns, bruises, scratches, or other injuries
* Explanation of injury doesn’t match what you see
* Clothing isn’t appropriate for the weather (ex. long sleeves or pants in summer)
* Watch for friends who talk about self-injury a lot, self-injure together, encourage others to self-injure, compete with other about self-injury, spend a lot of time looking at information about self-injury (books, music, online, etc.)
What do I do?

*Never ignore self-injury or think it’s not important.

*Self-injury is often hidden, but it is treatable.

ACT

Acknowledge: Your friend has a problem and it is serious

Care: Show that you are concerned and want to help

Tell: Tell a trusted adult
ACT to Prevent Self-Injury (11:13)

**Acknowledge your friend has a problem and it is serious**

*Don’t walk out

*Don’t lash out

What could you say instead?
ACT to Prevent Self-Injury

Care: Show that you are concerned and want to help

* Don’t discuss details of self-injury with peers
* Don’t show your injuries

Why?

What could you say instead?
Tell a trusted adult

* Don’t keep self injury a secret
* Don’t try to “fix” the problem yourself

What could you say instead?
Getting help

*Counseling

*Replacing negative coping skill with positive coping skills

*Identifying and discussing overwhelming emotions

*Never ignore self-injury or think it is not important

*Self-injury is often hidden, but it is treatable

*Amy (22:52)
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ACT to Prevent Self-Injury

**Acknowledge** Your friend has a problem and it is serious

**Care** Show that you are concerned and want to help

**Tell** Tell a trusted adult (anyone at school, family, coach, etc.)