

Self-Injury

What is it? How do I get help?
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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 (14:47)

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?

ACT to Prevent Self-Injury (17:50)

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)

Positive Coping Skills

Exercise

Writing

Take a nap

Watch something funny

Drawing

Take a shower

Go outside

Find a relaxing scent

Coloring

Take a bath

Deep breaths

Stress ball

Animals

Watch a movie

Stretch

Look at pictures of happy things

Reading

Watch a TV show

Paint

Take a break

Music

Talk to someone

Dance

Disconnect from electronics

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.)