



# ROECLIFFE

C of E Primary School

## Self Harm Policy

### Faith Courage Love

**Faith** to move forward in confidence and succeed.  
**Courage** to make a difference in the world every day.  
**Love** one another as God loves us.

**Faith** - Rocliffe School will prioritise good relationships and will model respect for all in their policy implementation.

**Courage** - Rocliffe school commits to implementing this policy with integrity and in order to achieve the best possible outcomes for all stakeholders.

**Love** - All policies will be implemented in such a way as to ensure faith in fair process.

Policy Date	Review Date	Headteacher	Chair of Governors
November 2024	November 2025	Lesley Briggs	Nick Baird

## **1. Introduction and Context**

1.1 Recent research indicates that up to one in ten young people in the UK engage in self-harming behaviours, and that this figure is higher amongst specific populations, including young people with special educational needs. School staff can play an important role in preventing self-harm, building resilience and supporting pupils, peers and parents of pupils currently engaging in self-harm.

## **2. Purpose**

2.1 This document is a policy for staff working in this school who may be supporting pupils who self-harm.

## **3. Aims**

3.1 To adhere to the NYCC Self-Harm Guidance protocol.

3.2 To develop outstanding practice within this school to help and support pupils who self-harm.

## **4. Definition of Self-Harm**

4.1 Self-harm is any behaviour where the intent is to deliberately cause harm to one's own body.

## **5. Roles and responsibilities**

### **The Local Academy Council**

5.1 The Local Academy Council (LAC) has the legal duty to safeguard and promote the welfare of their pupils. There may be a nominated governor who has responsibility for safeguarding who will have an oversight for provision for pupils who self-harm.

### **The Headteacher**

5.2 The Headteacher has responsibility for establishing effective safeguarding procedures with regard to self-harm, thereby ensuring the duty of care of pupils and staff.

### **Staff**

5.3 Pupils may choose to confide in any member of school staff if they are concerned about their own welfare, or that of a peer.

Referral procedures are:

*Staff member immediately informs DSL (Lesley Briggs, Headteacher) or Beth Lewis/Sarah Ratcliffe (DDSLs) of their concerns.*

5.4 This includes all staff being aware of the North Yorkshire pathway of support for children and young people who deliberately self-harm.

Support for those individuals who have experienced self-harm through a third party or witnessed self-harm will be supported by staff and referrals for support made if necessary.

ChildLine – free and confidential helpline for children and young people Tel: 0800 11 11

Samaritans – Free confidential helpline Tel: 116123 (24 hours) North Yorkshire Mental

Health Out of Hours Help Line – 0333 0000309 A confidential and anonymous service available to anyone registered with a North Yorkshire GP.

Papyrus HOPELineUK <https://papyrus-uk.org/hopelineuk> – a specialist helpline staffed by trained professionals who give nonjudgemental support, practical advice and information to:

- children, teenagers and young people up to the age of 35 who are worried about themselves
- anyone who is concerned about a young person

• Tel: 0800 068 41 41 Young Minds Parents Helpline a free and confidential national helpline for parents Tel: 0808 802 5544 (9:30am – 4pm Monday to Friday)

## **6. Training**

6.1 Schools are recommended to access training regularly on self-harm. Staff giving support to pupils who self-harm may experience all sorts of reactions to this behaviour in pupils (e.g. anger, helplessness, rejection); it is helpful for staff to have an opportunity to talk this through with work colleagues or senior management.

6.2 Staff taking this role should take the opportunity to attend training days on self-harm or obtain relevant literature. Induction procedures for all staff, outlined below, will include training on Self-Harm, Child Protection procedures and setting boundaries around Confidentiality.

## **7. Monitoring and Evaluation**

7.1 The designated governor who has responsibility for safeguarding will monitor the systems yearly and following any incident of self-harm.

North Yorkshire Pathway of support for children and young people with self harming behaviour and/or suicidal ideation

<https://cyps.northyorks.gov.uk/sites/default/files/Partnerships/childrens%20trust%20agendas/12.06.19/Enc.%207%20Self%20Harm%20Pathway.pdf>