



## FST Primary Schools Federation

# Self-Harm Policy



*Love, Learn and Grow Together*

*At Foston CE and Terrington CE (VA) Schools, our commitment to exploring sustainability, affirming diversity, embracing community, and inspiring creativity. Our core Fruit of the Spirit values of love, joy, patience, and self-control are rooted in the words of St Paul (Galatians 5 v 22-23). These Christian values are fostered in the pupils and staff, building an ethos where all can flourish.*

*At Stillington Community Primary School our commitment to exploring sustainability, affirming diversity, embracing community, and inspiring creativity is rooted in the core values of love, joy, patience, and self-control. These core values are fostered in the pupils and staff, building an ethos where all can flourish.*

Agreed by the Governing Board: November 2023

Next Review: November 2024

## **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 FST Primary Schools Federation who may be supporting pupils who self-harm.

## **3. Aims**

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

3.2 To develop outstanding practice within FST Primary Schools Federation 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 Governing Body**

5.1 The governing body has the legal duty to safeguard and promote the welfare of their pupils. The nominated governor who has responsibility for safeguarding 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 via CURA, or direct to the HT/DSL.

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

[www.safeguardingchildren.co.uk/shsip](http://www.safeguardingchildren.co.uk/shsip)

## **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, 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.