



For DSLs, Schools,  
Colleges & Youth Services

## Appendix F

# Schools & Colleges Self-Harm Policy



A collaboration between The Royal Borough of Kingston,  
Richmond & Wandsworth Borough Councils.

Understanding Self-Harm and Suicide  
[www.richmond.gov.uk/portus](http://www.richmond.gov.uk/portus)

Document Status:

Date of Next Review:

Date of Review Completion:

Committee:

Responsibility (Chair):

Date of Policy Creation:

Signed:

Method of Communication:

Date of Adoption by Governing Body:

### 01 Introduction and Context

Recent research indicates that up to 1 in 6 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. Staff can play an important role in preventing self-harm, building resilience and supporting students, peers and parents of those engaging in self-harm behaviour.

### 02 Purpose

This document is a policy for staff working in this school/college who may be supporting students who self-harm.

### 03 Aims

To adhere to the Self-Harm and Suicide Prevention Pathway and Toolkit.  
To develop best practice within this school/college to help and support students who self-harm.

### 04 Definition of Self-Harm

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

### 05 Roles and responsibilities

#### The Governing Body

The governing body has a legal duty to safeguard and promote the welfare of their students. There may be a nominated governor who has responsibility for safeguarding who will have an oversight for provision for students who self-harm.

### The Headteacher/Principal

The Headteacher/Principal has responsibility for establishing a culture in which mental health and emotional wellbeing is recognised and supported. Also for establishing effective safeguarding procedures with regard to self-harm, thereby ensuring the duty of care for pupils and staff.

#### Staff

Students may choose to talk to any member of school staff if they are concerned about their own welfare, or that of a peer.

This includes all staff being aware of the Self-Harm Guidance Resource and Pathway of Support for children and young people who deliberately self-harm.

### 06 Key Contacts

Name/Position/Email address:

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### 07 Training

Schools / colleges are recommended to access training regularly on self-harm and suicide prevention.

Staff giving support to students who self-harm or are suicidal, may experience all sorts of reactions to this behaviour (e.g. anger, helplessness, rejection). It is helpful for staff to have an opportunity to talk this through with work colleagues or senior management.

Staff taking this role should take the opportunity to attend training days on self-harm and suicide and obtain relevant literature. Induction procedures for all staff, outlined here, will include training on self-harm, suicide prevention and child protection procedures and setting boundaries around confidentiality.

### 08 Response and referral protocols

Explain the protocol policy you will follow and include any embedded files.

### 09 Monitoring and Evaluation

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

Date Policy Reviewed:

Policy Reviewed by: