Ripon Grammar School

Self-Harm Policy

1. Introduction and Context

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 students, peers and parents of students currently engaging in self-harm.

2. Definition of Self-Harm

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

3. Policy

The School will:

- Adhere to the NYCC Self-Harm Guidance protocol.
- Develop outstanding practice within this school to help and support students who self-harm.

4. Procedures

4.1 Referral procedures are:

- Member of staff reports their concern to DSL/DDSL.
- A record of the concern is submitted on school safeguarding system – CPOMs and pastoral support plans/risk assessments undertaken.
- All staff to be aware of the North Yorkshire pathway of support for children and young people who deliberately self-harm.

4.2 Training

- Schools are recommended to access training regularly on self-harm. Staff giving support to students who self-harm may experience all sorts of reactions to this behaviour in students (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 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.

4.3 Monitoring and Evaluation

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

5 Roles and responsibilities

5.1 The Governing Body

The governing body has the 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.

5.2 The Headmaster

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

5.3 Staff

Students may choose to confide in any member of school staff if they are concerned about their own welfare, or that of a peer. These must be referred on to the DSL or DDSL

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