



## 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

**Policy reviewed: January 2025**