



# Self Harm

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at [safeguarding@qa.com](mailto:safeguarding@qa.com)





## What is self harm?

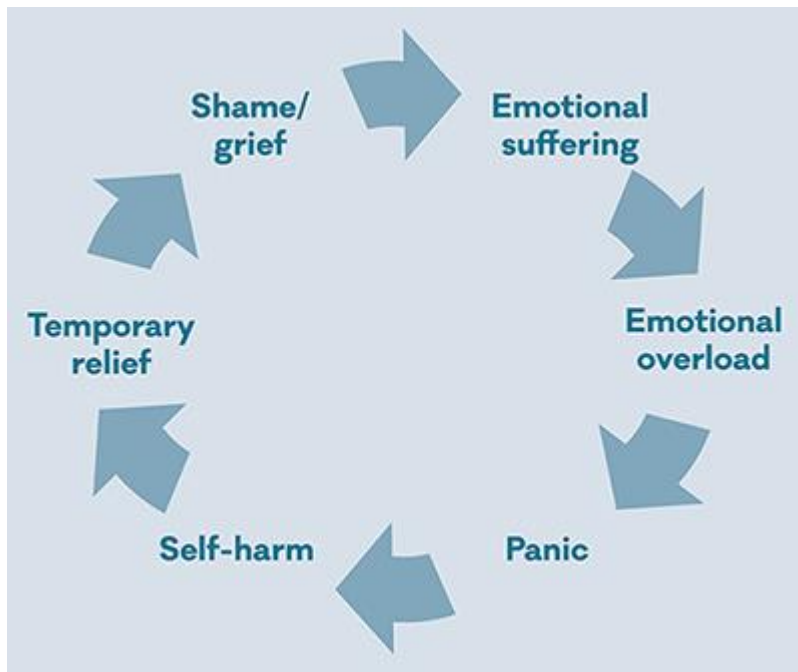
Self-harm describes any behaviour where someone causes harm to themselves, usually as a way to help cope with difficult, overwhelming or distressing thoughts and feelings. It most frequently (but not limited to) takes the form of cutting, burning or non-lethal overdoses. However, it can also be any behaviour that causes injury - no matter how minor, or high-risk behaviours

Self harm is also known as “Non-suicidal self-injury” (NSSI) which is defined as deliberately injuring oneself without suicidal intent.

Some people have described self-harm as a way to:

- express something that is hard to put into words
- turn invisible thoughts or feelings into something visible
- change emotional pain into physical pain
- reduce overwhelming emotional feelings or thoughts
- have a sense of being in control
- escape traumatic memories
- have something in life that they can rely on
- punish themselves for their feelings and experiences
- stop feeling numb, disconnected or dissociated
- express suicidal feelings and thoughts without taking their own life.

The self-harm cycle:



## How do people self-harm?

There are lots of different forms of self-harming. Some people use the same one all the time, other people hurt themselves in different ways at different times.

Ways people self-harm can include:

- cutting yourself
- poisoning yourself
- over-eating or under-eating
- Bullimia
- exercising excessively
- biting yourself
- picking or scratching at your skin
- burning your skin
- inserting objects into your body
- hitting yourself or walls
- misusing alcohol, prescription and recreational drugs
- pulling your hair
- having unsafe sex



## Activity - Video



### Activity 1:

Please watch the video and answer the following:

1. Why did Demi Lovato turn to self-harm?
2. What ways did Demi Lovato self-harm?

### Activity 2:

Please independently research how someone who self-harms can seek support and write your answers below: