

Workshop title: Supporting Children and Young People Who Self Harm

Aim: To help anyone who works with children and young people to support those who self harm

Designed for: Anyone who works with children or young people whether in a voluntary or paid capacity

Objectives: During the workshop, participants will

- understand what is meant by self harm
- understand how and why children and young people harm themselves
- look at how to respond to children and young people when they self harm
- learn how to show children and young people how to care for themselves

Method: This workshop will be highly participative, using practical examples and exercises to help everyone relate the learning to their work with children and young people

Length: One day

Content:

Types of self harm

- * Who is likely to self harm?
- * How do children and young people self harm?

The causes and roots of self harm

- * The purpose of self harm
- * Myths about self harm

Different responses to self harm

- * Help children and young people keep themselves safe
- * Recovery and coping strategies

Keep children and young people safe

- * Build self esteem in children and young people
- * Find extra support