



PATRON  
HM THE KING



# Hassocks

## Self Harm Policy

**Responsibility:** Adapted by School Nurse Sarah Prater & approved by Sarah Sherwood  
(Director of SEN)

**Policy Review Date:** Sept 2024

**Next Review due:** Sept 2025

At LVS Hassocks, it is paramount that we provide guidance for our staff supporting children and young people who are either self-harming or at risk of self-harm or suicide. This will ensure a consistent, caring, and appropriate response.

At LVS Hassocks our aim is to support school staff to feel confident, informed, and able to support children and young people most at risk.

After some careful research, we have agreed to work with and uphold the 'West Sussex Self-Harm Guidelines & Resources for Schools'.

<https://schools.westsussex.gov.uk/Page/18281>

By utilising this tool, we will be ensuring that staff know whom they should inform, which agency should be contacted and what steps need to be initiated if deliberate self-harm is witnessed or suspected. This will establish a co-ordinated response which includes provision of adequate support for the pupil, other pupils who have witnessed or know about the self-harm, and members of staff who may be experiencing significant shock or distress following a pupil's disclosure or the discovery of self-harm.

The guidelines outline local processes for managing self-harm in schools, in a crisis and where a pupil is not in immediate need of medical attention or on return to school following a crisis.

The guidelines also outline best practices and identifies tools, techniques, and practical ideas.

The following principles underpin these guidelines:

- Duty of care is, as always, paramount.
- The child or young person is central to the whole process and should be given appropriate priority to be involved.
- All school colleagues will adhere to a consistent response to and understanding of self-harm.
- The emotional wellbeing and mental health of the child and young person must be supported, and harm minimised.
- The child or young person will be supported to access service(s) which will assist the child or young person with opportunities and strategies for hope and recovery from the effects of self-harming and the risk of future harm minimised.