



Balcarras Teaching School
Partnership

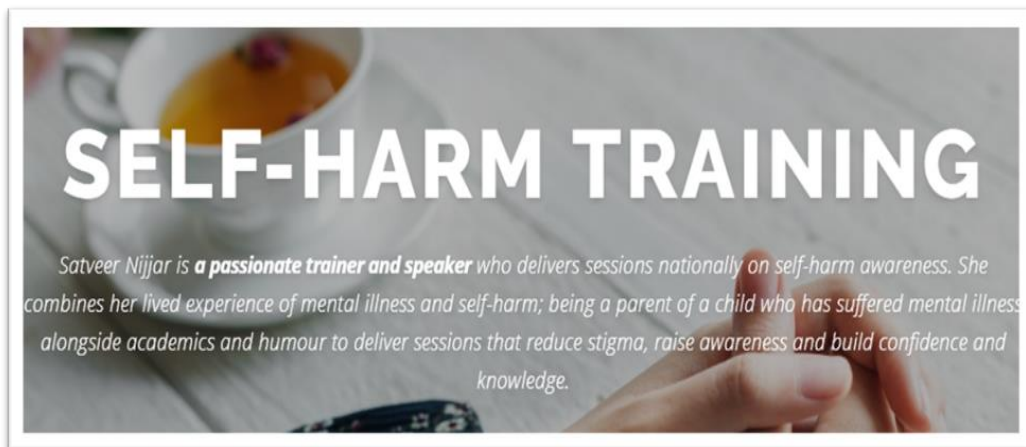
Managing Student Self Harm

Cross Phase

Thursday 25th March 2021 – 16:00 – 18:00 at Balcarras School

Satveer has visited Balcarras on many occasions to deliver her amazing session on dealing with self-harm amongst students. In March, Satveer is back to deliver the session to anyone who was unable to attend her previous sessions, this is an opportunity not to be missed. The aim of the session is to build confidence around the subject of self-harm by reducing stigma, anxiety and fear. Broadly speaking the session will be split into two sections, better understanding self-harm and then supporting someone who self-harms. The content will include:

- Statistics and definition of self-harm
- Why people turn to self-harm – triggers and functions
- Myths & language use
- How to support someone who self-harms
- Broaching suspected self-harm
- Alternative strategies, focusing on stopping and more



If you would like to book places for your colleagues on any of the activities please contact Jo Newman. Her email address is: jmn@balcarras.gloucs.sch.uk

This event is FREE to all Teaching School Partners.
There is a fee of **£50** to non-partners.