SELF-HARM

PRESENTED BY
KILLEEN ISD GUIDANCE AND COUNSELING DEPARTMENT
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NSSI – PRE-TEST
(NON-SUICIDAL SELF INJURY)

• TRUE – FALSE
• SELF-INFLICTED INJURY IS A GOOD WAY TO COPE WITH STRESS.
• YOU CAN TELL WHO IS LIKELY TO SELF HARM BY LOOKING AT THEM.
• SELF HARM MAY BE A PREDICTOR OF WHO WILL ATTEMPT SUICIDE IN THE FUTURE.
• PEOPLE OF EVERY RACE, ETHNIC GROUP, SOCIO-ECONOMIC STATUS, GENDER AND RELIGION HAVE BEEN FOUND TO ENGAGE IN SELF HARM.
• IF A PERSON ENGAGES IN SELF-HARM OVER A PERIOD OF SEVERAL WEEKS OR MONTHS, IT CAN BECOME AN ADDICTION, AND MAY REQUIRE TREATMENT LIKE ANY OTHER ADDICTION.
THINK ABOUT THIS…
HOW WOULD YOU
DESCRIBE SELF-HARM?

- MAKE A LIST OF 5 REASONS SOMEbody MAY SELF-HARM.
- LIST WHAT KINDS OF BEHAVIORS SELF HARM MAY INCLUDE.
- CONSIDER WHAT YOU MIGHT SEE IN A PERSON WHO IS ENGAGING IN SELF-INJURY.
SELF-HARM IS THE DELIBERATE, INTENTIONAL INFLECTING OF PAIN OR INJURY TO ONE’S SELF AND MAY INCLUDE:

Some common types of self-injury include the following:

- Cutting
- Hitting oneself
- Choking or suffocating
- Interfering with healing of injury
- Scratching
- Burning
- Pulling hair

Note: Tattoos and piercings are not considered self-harm because of their place in our culture.
WHAT DOES A PERSON WHO SELF-INJURES LOOK LIKE?
IN OTHER WORDS.... ANYBODY!
SO....WHAT ARE THE DANGERS IN SELF-HARM?

- It can become an **addiction**.
- It can lead to scarring that will last for a lifetime.
- It can lead to infections.
- It may have social consequences.
- It is always a poor method for coping with stress and negative feelings.
Feeling rejected is not much different from actual pain. Studies of MRI scans have shown that the same areas of the brain that respond to physical pain also react to being hurt by rejection. As far as your brain is concerned, a broken heart is no different than a broken arm.
WHAT TO DO INSTEAD

• PRACTICE MINDFULNESS – BECOME AWARE OF YOURSELF WITHIN YOUR SURROUNDINGS.

• FOCUS THOUGHT: “YOU ARE UNIQUE – ONE OF A KIND.”
  • JOURNAL
  • EXERCISE

• TALK TO A FRIEND, TEACHER, COUNSELOR, OR ADULT

• LISTEN TO MUSIC (POSITIVE)
  • MEDITATE/BREATHE

10 WAYS TO PRACTICE MINDFULNESS
A POSTER FOR KIDS

- LISTEN TO OR PLAY MUSIC
- PRACTICE GRATITUDE
- MODEL GOOD HABITS
- PRAY OR VISUALIZE
- LISTEN TO RELAXATION TAPES
- JUST BREATHE
- KEEP A JOURNAL
- PRACTICE FOCUS ON 3 THINGS YOU SEE, HEAR AND FEEL TO HELP YOU FEEL MORE PRESENT
SELF-HARM RESOURCES

1-800-273-TALK – A 24-Hr. Hotline if you are in crisis or in an emergency situation – about to self-harm.

1-800-SUICIDE - Hotline for people contemplating suicide.

Text Connect to 741741 from anywhere in the USA

Real Help for Teens – Call 310-855-4673 or text TEEN to 839863
QUESTIONS?
NEED MORE SUPPORT?

CONTACT:
SHANNON LUMAR
DIRECTOR, ELEMENTARY GUIDANCE SERVICES
GUIDANCE AND COUNSELING DEPARTMENT
(254) 336-0282
SHANNON.LUMAR@KILLEENISD.ORG