

Supporting children and young people who self harm



A 5 session programme for those who support a child or young person who self harms.



Supporting Children and Young People who Self Harm is a new programme from the Oxfordshire Discovery College. Together we explore what sits behind self harming behaviours, how to support the children and young people in our lives when they self harm, how to manage risks and what other, healthier, strategies we could support them to use. This programme may be useful to parent, carers, adult family members, teachers, youth workers, and clinicians.

What will I gain from the programme?

The first half of the programme develops our understanding of self harm; why young people do it, what some of the myths around it are, and some of the barriers to seeking help. The second half of the programme explores some alternative ways to cope; how to ask the right questions and provide support, how else we could help children to manage their emotions, and how to look after ourselves too.



Who are the facilitators?

We'll have 2 friendly facilitators, running the programme. Between them they have a strong foundation of both lived and learned experience of the topic and a background in running programmes like this one. They're more than happy to answer any questions you may have before or after each session.



What do I need to bring to sessions?

We'll provide everything you'll need; from pens and paper to refreshments. If there's anything that would help you to feel more comfortable you're very welcome to bring it along. We may, at times, ask you to bring something from home for one of the sessions, but we'll always let you know in advance.

What makes this programme different?

At Oxfordshire Discovery College we put lived experience at the heart of what we do. When we write and deliver programmes we combine the most up-to-date research and guidance with the perspectives of people who have experienced the topic for themselves - either as a young person, or by caring for a child or young person who has. We create a safe and confidential space to share experiences and explore challenges together.

