

# Understanding Self Harm

**Tuesday 14th July 2020**

**09:15—12:15**

**Hopwood Hall College, Rochdale Campus**

**Trainers:** Paula Baxter/Heidi Mcdermott (Educational Psychologists, RBC)

**Audience:** All Staff

This course will focus on what is self-harm, who might self-harm and why. It will also consider the wider issues of the pressures placed on children and young people and how schools can promote positive emotional wellbeing.

Self-harm among children and young people is on the increase. It is usually a sign that a child or young person is struggling to cope. In some cases it is widely felt that teenagers are being put under increasing amounts of stress in their academic and social lives and it can sometimes be a reflection of the significant difference between a cyp's ideal self- image and their perceived actual self-image.

