

**“Let’s Talk”**  
...about self-harm

# Risk Management Plan

for schools managing young people with self-harming behaviours:

## Appendix 3a

Information in this plan could be gathered using person centred tools as part of a One Planning Environment).

### One planning Environment

<b>Date plan completed:</b>
<b>Date updated:</b>
<b>Date to be reviewed:</b>
<b>Is this part of a One Plan /SEN support?</b>

What is the self- harm behaviour? (Please tick / add in other relevant information)		
• Drug or alcohol use	<input type="checkbox"/>	
• Restricted eating	<input type="checkbox"/>	
• Cutting, scratching, burning or other	<input type="checkbox"/>	
• Absconding	<input type="checkbox"/>	
• Exposing self to risks	<input type="checkbox"/>	
• Other, give details	<input type="checkbox"/>	

Are the parents/carers aware and involved in the management plan?
• Name of parents/carers:
• Contact details:
• How frequently are school staff in contact with parents/carers to liaise in relation to support?
• Views of parents/carers:

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It is essential that the young person has a support network within school and that staff allocated to offer this can do so reliably. Consideration therefore needs to be given to who is available to offer this and how this person will receive their support. It would be preferable if this member of staff has some training in supporting young people who self-harm.

**Does the young person have a support person within school who he/she is able to communicate with?** (this should be an adult not peer or prefect)

- Name of support person:
- How often is the contact?
- Who will provide this support if support person not available?
- Any notes of what support is most helpful and any special arrangements (e.g. time out card, daily check-ins)

**Does the young person have friends who are aware of the self-harm and are supportive?**

- Are these relationships consistent?
- How are the friends managing this supportive role?

**Is the young person's GP aware and is the young person receiving any treatment or medical support?**

- Name of GP and contact details:

**Is the young person known to SET CAMHS?**

- Name of care co-ordinator and contact details:

**Is the young person receiving counselling?**

- Name of organisation providing counselling:
- Name of counsellor and contact details:

**Are any other agencies involved in supporting this young person and/or their family?**

- Name of organisation and key worker:

**Is the young person a looked after child or subject to a 'Child Protection' or 'Child in Need' plan?**

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<p><b>Any notes made between supporting agencies and young person and family in relation to management of the self-harming behaviour:</b></p>	
<p><b>Any changes of behaviour that may need to be monitored and communicated to those involved in supporting the young person:</b></p>	
<p><b>Any activities within school which will need additional support, should be avoided or may act as a trigger of self-harm behaviour</b> (consideration needs to be given to sensory needs when a young person has special educational needs):</p>	
<p><b>Any known specific dates that may trigger distress for the young person</b> (e.g. anniversary of a significant loss):</p>	

\*This information should be treated confidentially. However, the young person's safety is paramount and therefore it is necessary to liaise with those involved with the care of the young person as appropriate to ensure his/her safety.

Plan taken from Essex County Council: Suicide prevention toolkit for schools (2015)