



## Safeguarding Update October 2017

A reminder that should you have a concern you must complete the 'Safeguarding Concern Form' on MIS.

Click [here](#) to access it.



Keeping our children and young people safe

If you are interested in attending a Safeguarding related course, the LSCB run a number of training events. Information can be found [here](#).

A reminder that should you know who the Designated Safeguarding Lead (DSL) , Deputy Designated Safeguarding Lead and safeguarding officers are and what to do if you receive a disclosure. Click [here](#) for



Matthew  
Close  
(DSL)



Jon Owen  
(Deputy  
DSL)



Clemmie  
Stewart



Sally Ralph



Garnette  
Watts



Anne  
McCool

## Self-harm among children and young people

**Self-harm is always a sign that something is wrong; however, it doesn't always mean the young person has a mental health condition.**

"Self-harm or self-injury can be defined as a wide range of things that people do to themselves in a deliberate and sometimes hidden way, which are directly damaging to them." (Mental Health Foundation, 2004)

Findings from a study of the electronic health records from GP practices for 16,912 patients aged 10-19 who harmed themselves during 2001-2014 show that: girls have had much higher rates of self-harm than boys - 37.4 per 10,000 compared with 12.3 in boys; and that there was a **68% increase in rates of self-harm among girls aged 13-16 years between 2011 and 2014.**

**At Surbiton High School there are currently 25 pupils on the safeguarding register where there is a known concern of self-harm that has required management from the School or an outside agency.**

**Of course, many more pupils will regularly use self-harm as a coping mechanism; we are just not aware of them at the moment.**

## Warning Signs

Self-injury is very often a secretive behaviour and there may be no warning signs, but some of the things below might indicate that a pupil is suffering internally which may lead to self-injury:

- negativity and lack of self-esteem;
- appearing unhappy or depressed out of character behaviour;
- appearing withdrawn;
- bullying;
- problems at home;
- a sudden change in friends or withdrawal from a group.

## Indications of self-injury

- Obvious cuts, scratches or burns that do not appear of an accidental nature;
- frequent 'accidents' that cause physical injury;
- regularly bandaged arms and / or wrists;
- reluctance to take part in physical exercise or other activities that require a change of clothes;
- wearing long sleeves and trousers even during hot weather.

## What to do if you become aware a pupil is self-harming.

**Treat it as you would any other safeguarding concern and remember:**

- remain calm and non-judgemental at all times;
- avoid dismissing a pupil's reasons for distress as invalid;
- encourage pupils to be open with you and assure them they can get the help they need if they are willing to talk;
- do not make promises you can't keep regarding such things as confidentiality;
- refer immediately to a member of the safeguarding team.

### How we manage self-harm

The most helpful advice for us, is to get to know the child, to seek an understanding while keeping the behaviour separate from the child themselves. We must not try to tackle the behaviour as this requires specialist help. What we need to do is support the child, to listen, and to reassure,

### **Show empathy**

Self-harm is generally understood as a way of coping with overwhelming emotional distress. While many serious cases of self-harm require medical attention or psychiatric support we can support our pupils by ensuring we help by promoting active listening and empathy.

The power of empathy should not be underestimated in our dealings our pupils who are using self-harm to cope. It can make a situation more bearable just knowing that someone else understands.

**Good websites for further information. Click on the them to go to the appropriate pages.**



## Important Reminders

### Anti-bullying Policy

We have recently updated the [Anti-bullying Policy](#). It now includes a clear distinction between “friendship issues” and “bullying”. If a pupil, parent, or member of staff comments that a pupil is being bullied, you must complete a “Bullying Concern Form” available in the Common Documents Section of MIS

### Identity Lanyards

Everyone must be wearing their lanyards around school, even during the holidays. Please can I ask that you challenge and escort to the Main reception anyone not wearing one

### Prevent Training – WIN A BOTTLE OF WINE in 5 minutes

SHS is committed to the Prevent Programme. Although there is no compulsion for you to do so, you may wish to complete the on-line Prevent training. If you do this and get your certificate to Maddie by the end of term, you could win a bottle of wine!”

**YOU HAVE ACCESSED THE  
E-LEARNING TRAINING ON PREVENT**

### United Learning Hub



Fiona Lyons is the Lead Safeguarding Officer for the Group.

The Hub has a range of publications as well as links to statutory guidance and useful websites.

[Click here to access the safeguarding page.](#)

To log into the Hub, you will need to click on Surbiton High in the drop down menu and then use your School username and password.