



SELF-HARM

PRESENTED BY

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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 INFLICTING OF PAIN OR INJURY TO ONE'S SELF AND MAY INCLUDE:

FORMS OF SELF-INJURY

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.



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**WHAT DOES A
PERSON WHO
SELF-INJURES
LOOK LIKE?**



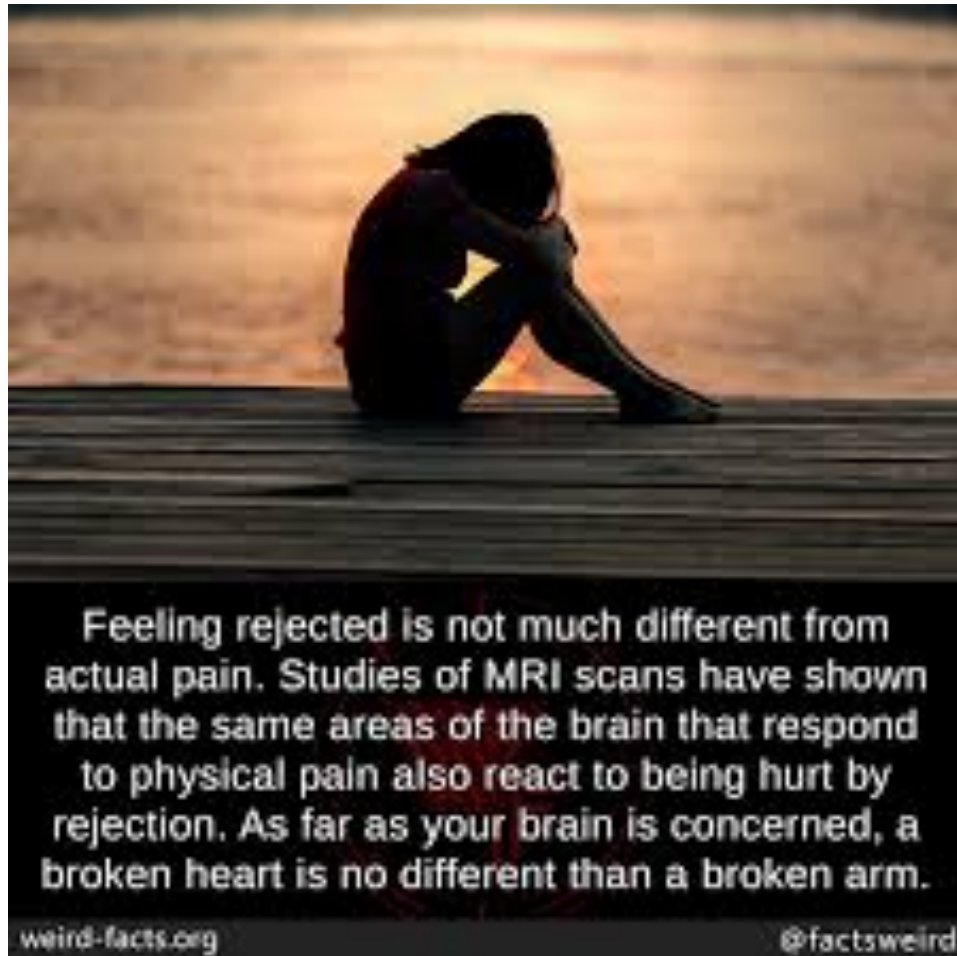
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**IN OTHER
WORDS....
ANYBODY!**

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.**

DID YOU KNOW?



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



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?



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