

Pegasus Playscheme
Self-harm Awareness Policy

At Pegasus we care for all of our members and we accept, value and make no judgement. We accept that sometimes things can go wrong and we work together to guide people to the correct support network.
We celebrate difference in everything that we do.

Self-Harm Policy

Self-Harm Policy	Pegasus Playscheme	
Document Status	Accepted	
Date of next review	2025	Responsibility Sue Clark MBE
Success Criteria for review completion		Responsibility: Sue Clark MBE Chair Pegasus Playscheme
Date of Policy Creation	01/01/2024	Responsibility Sue Clark MBE Chair of Pegasus Playscheme
Date of Policy Adoption by Governing Body	01/01/2024	
Method of Communication (e.g. Website, etc.)	Email: sue.clark3@btinternet.com	

1. Introduction and Context

1.1 Recent research indicates that up to one in ten young people in the UK engage in self-harming behaviours, and that this figure is higher amongst specific populations, including young people with special educational needs. Pegasus staff can play an important role in raising awareness and promoting professional support for anyone engaging in self harm.

2. Purpose

2.1 This document is a policy for staff working with Pegasus Playscheme who may be supporting children/young adults who self-harm.

3. Aims

3.1 To adhere to the NYCC Self-Harm Guidance protocol.

3.2 To develop outstanding practice within Pegasus and to support.

4. Definition of Self-Harm

4.1 Self-harm is any behaviour where the intent is to deliberately cause harm to one's own body.

5. Roles and responsibilities

The Committee

5.1 The governing body has the legal duty to safeguard and promote the welfare of anyone attending Pegasus. There may be a nominated DSL who has responsibility for safeguarding who will have an oversight for provision for anyone on the scheme who self-harm. :Scarlet Clark DSL

The Committee

5.2 The committee has responsibility for establishing effective safeguarding procedures with regard to self-harm, thereby ensuring the duty of care.

5.3

Staff/Volunteers/Child/Young adult

5.4 May choose to confide in any committee member if they are concerned about their own welfare, or that of a peer.

Referral procedures are:

Sue Clark MBE Pegasus chair

5.5 This includes all staff being aware of the Kent pathway of support for children and young people who deliberately self-harm.

6. Training

6.1 Pegasus are recommended to access training regularly on self-harm. Staff giving support to pupils who self-harm may experience all sorts of reactions to this behaviour in pupils (e.g., anger, helplessness, rejection); it is helpful for staff to have an opportunity to talk this through with work colleagues or senior management.

6.2 Staff taking this role should take the opportunity to attend training days on self-harm or obtain relevant literature. Induction procedures for all staff, outlined below, will include training on Self-Harm, Child Protection procedures and setting boundaries around Confidentiality.

Sue Clark MBE

7. Monitoring and Evaluation

7.1 The designated SL who has responsibility for safeguarding will monitor the systems yearly and following any incident of self-harm.

7.2 Policy reviewed on: 01/01/2024

Sue Clark MBE

By:

Pegasus Committee:

Professional Referrals:

Urgent help call **08000113474** or text the word **KENT TO 85258**

Mind and Body in Kent supports children and young adults who are self-harming, at risk of self-harming or struggling with their mental wellbeing.

We help people find positive ways to manage difficult thoughts and feelings, working with small groups in the community.

NELFT NHS: 01795500882

www.wearewithyou.org.uk/services/mind-and-body-in-kent

Samaritans:

116 123

jo@Samaritans.org

NHS Kent: www.kentcht.nhs.uk

Kent and Medway Integrated Care system

<https://www.kmhealthandcare.uk/mental-wellbeing-information-hub>

MIND: <https://www.mind.org.uk/need-urgent-help/>

www.Childline.org.uk

<https://www.mentalhealth.org.uk/publications/gp-visit-guide>

Mini-activities to boost your wellbeing www.kooth.com