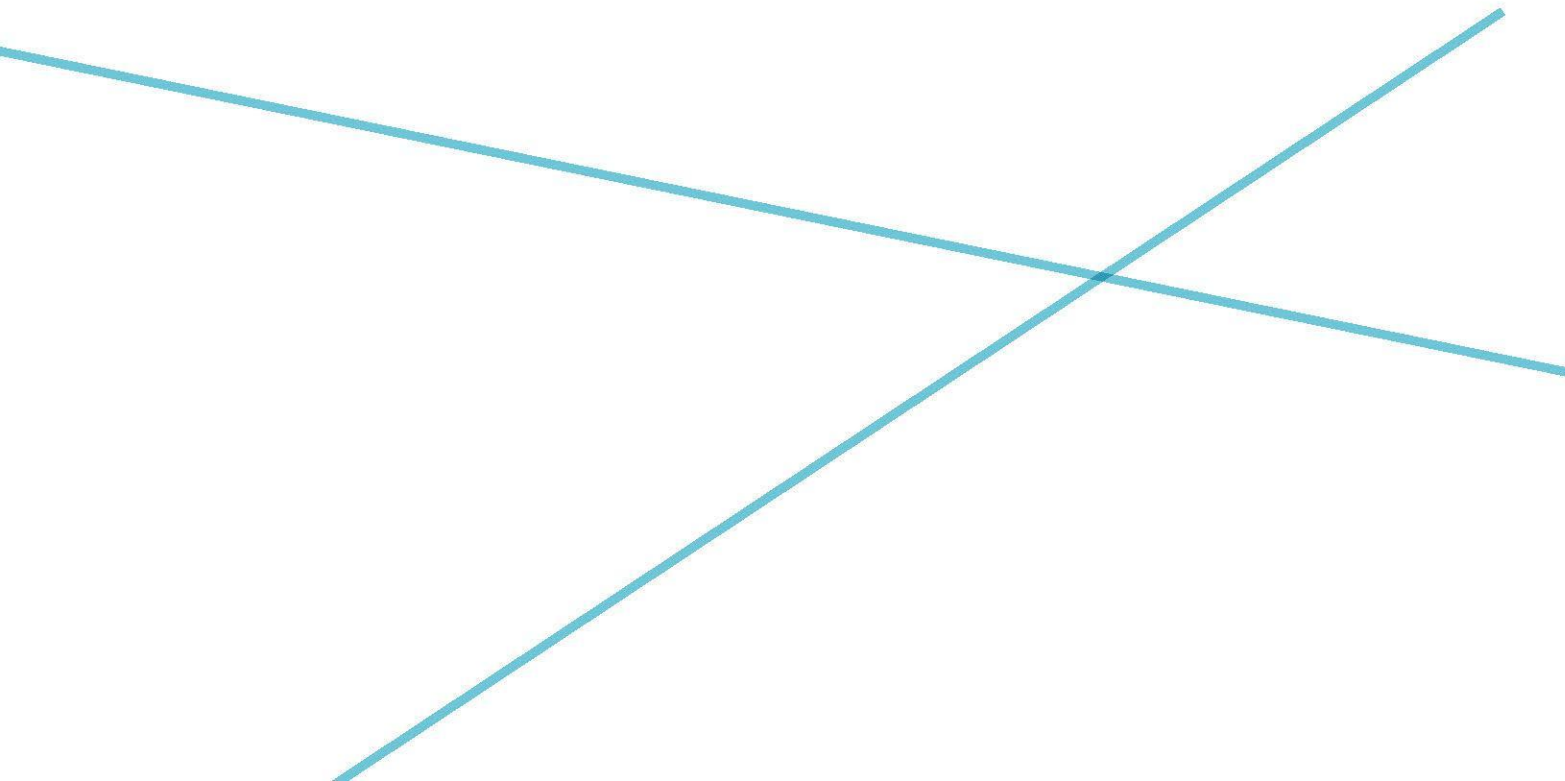


# On Edge

## Lesson 1

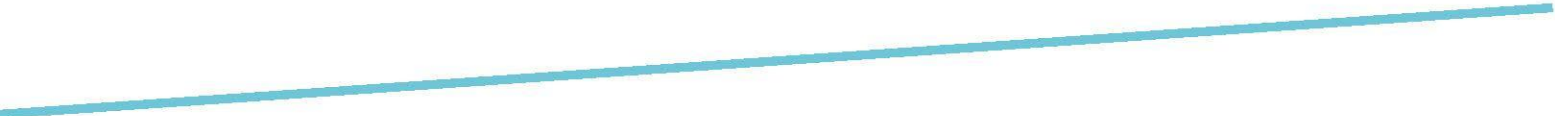
Understanding the term 'self-harm'



## **Outcomes from Lesson 1**

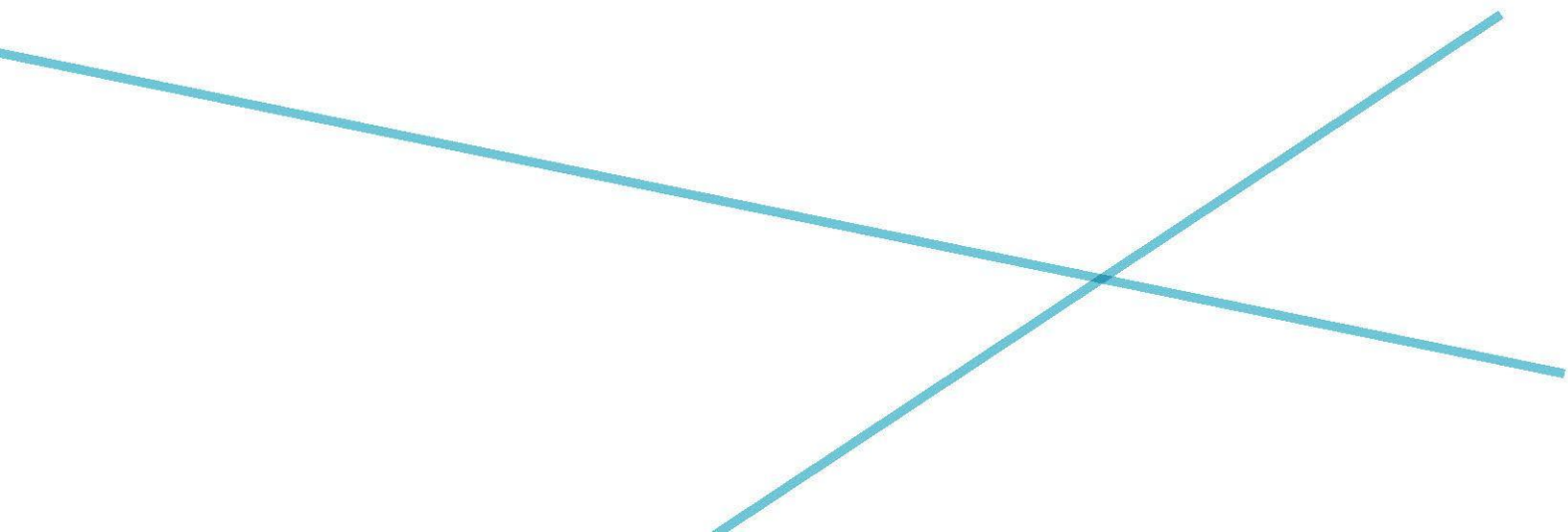
- I understand the meaning of self harm
- I recognise possible life events that could lead to self harm

## **Keep Safe**

- The topic of self-harm can be a very sensitive issue for some people
  - Pupils are expected to be supportive and respectful of others
  - If you feel concerned or worried, talk to a member of staff
  - Information will be available after each lesson if you want to talk to someone in private
- 

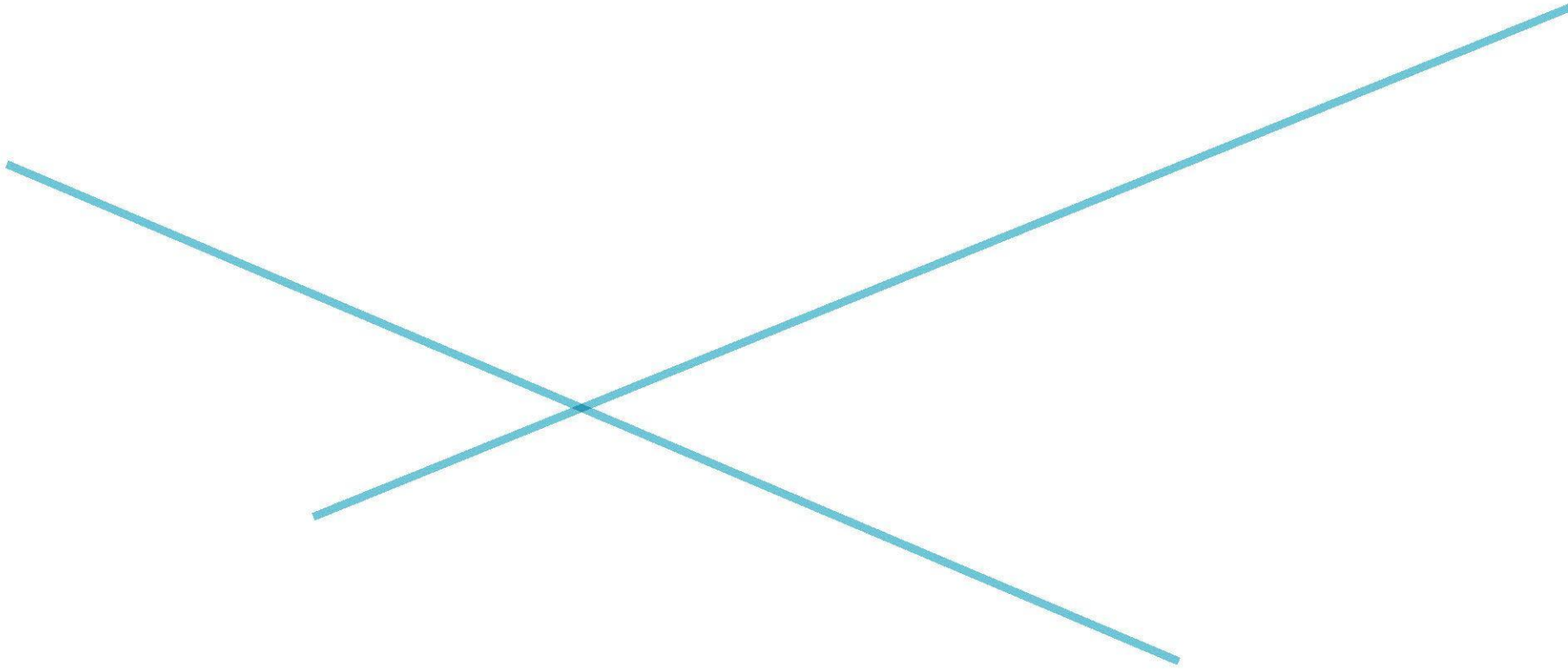
# ~~The Myth Buster quiz~~

## **Types of self-harming behaviour**

- In your groups decide which cards describe self-harming behaviours. Make two piles, of cards that do and cards that don't.
  - You will be asked to present to the class one behaviour from each pile and explain why it is, or is not, a type of self-harm.
- 

## **Class discussion**

What life events could lead to self-harm?



## **Definition**

“Any act which involves deliberately inflicting pain and/or injury to one’s own body, but without suicidal intent. It is usually an attempt to stay alive in the face of great emotional pain”

*The Basement Project*

The image features two teal lines. One is a horizontal line that starts on the left side and extends towards the right. The other is a diagonal line that starts from the bottom right and extends upwards and to the left, crossing the horizontal line.