



Self-Injury Awareness for Staff

What should I do if a student is engaging in self-injurious behavior?

- See something - know & recognize the signs
- Act immediately & ensure student is supervised
- Say something - notify the Suicide Threat Prevention Liaison (STPL)/Crisis Team Member about the student of concern

Signs & Symptoms of Self-Injury

- Frequent or unexplained bruises, scars, cuts, or burns
- Frequent inappropriate use of clothing designed to conceal wounds (often found on the arms, thighs, or abdomen)
- Unwillingness to participate in activities that require less body coverage (e.g., swimming, physical education class)
- Secretive behaviors, spending unusual amounts of time in restroom or isolated areas
- Bruises on the neck, headaches, red eyes
- Signs of sadness, fluctuating emotions, social isolation, impulsivity, and disconnectedness
- Possession of sharp objects (e.g., razor blades, shards of glass, thumbtacks, scissors, knives)
- Evidence of self-injury in drawings, journals, pictures, texts, and social networking sites
- Statements of helplessness, hopelessness, or worthlessness

School Contact Information

School: _____

STPL: _____

Phone/Extension: _____

Crisis Team Member: _____

Phone/Extension: _____

Here's What You Can Do



LISTEN

- Listen without judgment.
- Be aware of verbal and non-verbal communication.

PROTECT

- Take action immediately.
- Do not leave the student alone. Student should be supervised/monitored at all times by a staff member, not a peer.

CONNECT

- Connect student with an administrator, crisis team member, or the STPL at your school site.
- Contact staff/resources listed below, as needed.
- Contact the appropriate child protective services agency when there is reasonable suspicion of abuse.
- During non-school hours/days, ensure the parent/caregiver and administrator have been informed of safety concerns.

MODEL

- Remain calm.
- Be aware of your thoughts, feelings, and reactions as you listen without judgment.
- Establish a safe environment to talk about suicide and self-injury and/or connect them with an administrator, crisis team member, or the STPL at your school site.

TEACH

- Teach students how to ask for help and identify adults they can trust at home and at school.
- Teach healthy ways to cope with stress, including deep breathing, writing/drawing, exercise, or talking.

988 Suicide and Crisis Lifeline (24/7)

For individuals experiencing mental health-related distress or are worried about a loved one who may be in crisis, call **988** or **800.273.8255**, text **988**, or visit <https://988lifeline.org/>.

LAUSD Student and Family Wellness Hotline

(213) 241-3840 | Monday-Friday | 8am-4:30pm