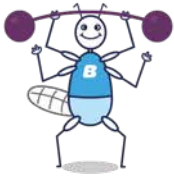
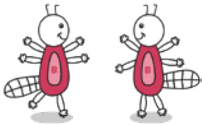


# BUILD **R**ESILIENCE



## Basics

Don't judge the child if he is self-harming, allow him to feel free from discrimination. Help him to understand his behaviour as best you can and the importance of being safe.



## Belonging

Ask the child if this is something she has seen others doing. Look at how many relationships the child has that are healthy, or is she talking with others that are pro self-harm.



## Learning

Engage a mentor for the child, ask him who is the person he feels he can talk to in school. Do a mood diary with him so he can understand how he is feeling before the self-harm to identify any triggers.



## Coping

This can be a tough topic to talk about for both you and the child, so it's important to know how to calm you and her down and self-soothe.



## Core-self

Give the child hope that things can change and get better from this.

