

## ADVICE ON HOW TO USE PENUMBRA'S SAFETY PLAN

This Safety Plan (which complements the Responding to Self-Harm in a Secondary School Setting) has been produced to assist secondary school staff in North Ayrshire when supporting a pupil who is at risk of self harm. . In recognition of the need to develop consistent practice and in keeping with the Ayrshire multi-agency guidance this tool can be shared Ayrshire wide.

The plan is intended to be completed by the pupil, assisted by a member of staff. Once completed the pupil should be provided with a copy to keep at home and encouraged to refer to it whenever he/she has thoughts of self-harm. We would recommend that you also retain a copy and keep it in the pupil's records for future reference. (It may also be useful to keep a copy in case the pupil loses their version of the form)

### **Advice on completing the Safety Plan:**

#### **Family/friends phone numbers:**

Although the pupil is likely to have these numbers stored in their phone the pupil should still write the numbers on the form. This ensures that if there is a problem with their phone they still have access to these numbers.

#### **What has helped you in the past?**

Ask pupil if there has been anything that has helped them previously to avoid self-harming.

#### **Who could you speak to?**

Who would they feel comfortable speaking to? Ask have they spoken to anyone in the past that has helped them.

If the pupil does not feel that they could speak to anyone that they know, then suggest that they consider phoning one of the crisis numbers (contact details are at top of the Safety Plan). Alternatively, they may prefer to contact these services online:

Childline have an online chat facility. [www.childline.org.uk](http://www.childline.org.uk)

The Samaritans also have a dedicated email address: [jo@samaritans.org](mailto:jo@samaritans.org)

#### **What could you try?**

Ask the pupil what they could do to take their mind of things. Consider providing them with list of distractions/alternatives to self harm. We would recommend the National Self Harm Network's distraction leaflet. Copies can be downloaded from their website:

[www.nshn.co.uk/upload/Distractions.pdf](http://www.nshn.co.uk/upload/Distractions.pdf)

#### **Risks to avoid:**

Ask the pupil if there are certain situations/events/triggers that make them more at risk of self harm (e.g. when drinking alcohol/using drugs or perhaps using social network sites). Advise pupil to avoid these risks.