**#1 Know the Basics!**

**What is self-injury?** A deliberate act to injure the body as a way of coping with emotional distress or discomfort.

**How are kids injuring?** There are many ways to injure. Popular methods among kids are cutting, scratching, burning, hitting, or over medicating themselves.

**Why do kids injure?** To communicate emotional pain to others, to distract themselves from emotional distress, or to feel something when experiencing numbness or a disconnect.

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**#2 How to Respond to Your Kid**

- Respond with compassion and love, express concern.
- Give acceptance to their feelings and experiences.
- Use and teach basic first aid to treat wounds. If severe go to nearest ER for Care.
- Listen patiently and with out judgment. Show Understanding.
- Give encouragement and support in finding new ways to cope and resources for help.
- Suggest trying short term distractions to get through the moment like listening to music.

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**#3 What To Do When Your Kid is Injuring**

- Find a good counselor for your kid to talk to and learn coping skills from.
- Reflect on parenting and communication patterns and consider areas of improvement.
- Be consistent with your kid and provide logical and natural consequences.
- Spend more one to one time with your kid without electronics.
- Limit his/her use of social media that is age appropriate. Limit # of accounts to 1 or 2.

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**#4 Resources**

- S.A.F.E Alternatives: http://www.selfinjury.com/
- 1.800.DONTCUT
- Cutting and Self-Harm: Warning Signs and Treatment Parents should watch for symptoms and encourage kids to get help. WebMD Feature Archive by Jeanie Lerche Davis Reviewed by Michael W. Smith, MD
- http://www.suicidepreventionlifeline.org/
- National Suicide Prevention Lifeline Crisis Self-Harm: 1.800.273.8255