

School Safety Plan for Self-Injury

Student Name: _____

Parent/Guardian Name: _____ Phone #: _____

It has been determined that student has recently self-injured without suicidal intention.

School Social Worker

Date/ Time

Non-suicidal self-injury can be defined as “directly and intentionally inflicting damage to one’s own body tissue without intention of suicide and not consistent with cultural expectations or norms. Self-injurious behavior is a reflection of emotional distress and is usually an indication that a person is struggling to cope with overwhelming feelings.

Cutting is the most common form of non-suicidal self-injury, accounting for approximately 70% of people who self-injure.

Other Types of self-injury:

- cutting or burning their skin
- punching or hitting themselves
- poisoning themselves with tablets or toxic chemicals
- misusing alcohol or drugs
- excessively exercising
- deliberately starving themselves (anorexia nervosa) or binge eating (bulimia nervosa)

Details of Plan:

___ Teacher must call ahead to student services/front office and advise of restroom break.

___ Student must use the designated restroom (Location: _____)

___ Student is subject to a search of their belongings (i.e. pockets, backpack, lunchbox) by an Administrator or designee.

___ Student must write with utensils that are deemed difficult to cause bodily harm (i.e. markers, crayons, chalk)

___ Other _____.

___ Other _____.

This plan will be reviewed every _____ weeks by School Social Worker and is active for the remainder of the _____ school year.

Student Signature

Date

Parent Signature

Date

Student Services Representative

Date

Discipline Representative

Date

Administrator

Date

Notes:
