



UAE South Bank: Safeguarding for Families – September Update

Coping with self-harm

Self-harm is a behaviour that is done deliberately to harm oneself. At least 10% of adolescents' report having self-harmed.

Self-harm can include, for example:

- Self-cutting
- Taking an overdose
- Hitting or bruising
- Burning
- Hanging
- Suffocation

If you need further information, please download this guide for Parents and Carers

[Coping with Self-Harm Brochure.pdf](#)

Knife crime

We would encourage you to think about raising this issue with your family. Some websites providing guidance and advice are listed at the end.

Facts

- In the majority of cases the victims are young males
- Victims are often unwilling to engage as they do not wish to be seen to be speaking with the Police
- Victims and witnesses fear revenge attacks
- Research has shown that individuals carrying a knife are more likely to become a victim of crime
- We know that not all knife crime offences are linked to gang activity.

From those young people working with us, it is clear some feel the need to carry knives for other reasons which may include protection, because of others carrying knives, peer pressure, or to feel they have respect, power or control

<http://noknivesbetterlives.com/>

It includes guidance about how to raise this issue and talk to your child.

You could also look at the Met website which provides further advice and guidance. <https://www.met.police.uk/StopKnifeCrime>

If you need help or support in relation to concerns about your child or young person you can call Family Lives (formerly Parentline) on 08000 28 22 23 and make your child aware of the support available at Childline on 0800 1111.

Meetwo

Meetwo is a unique early intervention solution to adolescent anxiety. Young people can post problems, share solutions, access expert help and educational resources. The app is 100% moderated and the directory links to a broad range of real world support groups.

Please click on the following link for more information and to download the App to your phone or your child's www.meetwo.co.uk

UAE South Bank website - Support and advice can be found on the 'Safeguarding