



Prevention/Response to Self Harm

Creating an Environment Safe from Self Harm

In 2011, the Diocese of Grand Island received grant funding from Interchurch Ministries and the Nebraska State Suicide Prevention Coalition to provide suicide prevention training for staff and volunteers who work with children and youth. QPR Gatekeeper Training was presented in parishes and Catholic schools throughout the diocese. QPR provides a simple acronym to remember the key steps in assisting an individual who is showing signs of suicide or self harm. These key concepts as well as recommended procedure for responding to suicidal ideation or gestures of self harm are included in this summary sheet.

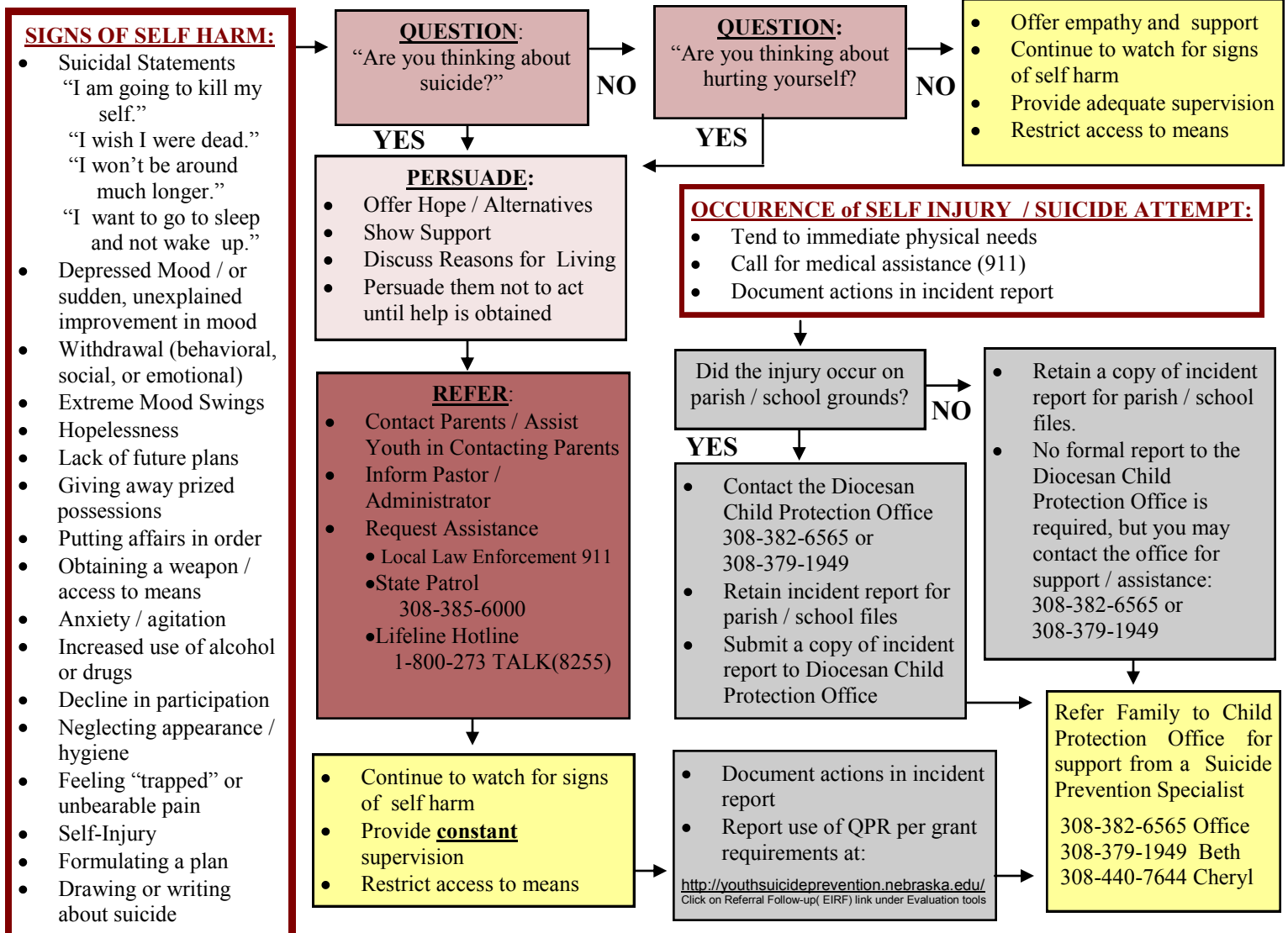
“Ask a Question. Save a Life”

Question: When you notice signs of self harm, don't hesitate to ask a direct question. For example, “Are you thinking about killing yourself?” or “Do you have plans to hurt yourself?” Asking the question will not put the idea into someone's mind, but failing to ask the question may leave someone without help. Most people who attempt suicide do not want to die, but cannot see any other solution to their problems. Be cautious not to ask questions that may lead an individual to deny their true feelings, such as, “You aren't thinking of killing yourself, are you?”

Persuade: “Suicide is a permanent solution to a temporary problem.” Most individuals considering suicide feel hopeless, believing they have run out of options. Give the clear message that you want them to live and will help them find other options. Persuade them not to act until you can help them seek help.

Refer: Offer to help the person seek help: go with them, call for them, or help them call. The Lifeline (800-273-TALK) is a good start. Do not leave them alone. Restrict access to means. If minors, contact their parents.

Signs of Self Harm Response Tree





Responding to Peer to Peer Abuse

Children and youth are engaged in many types of relationships: parents, other relatives, mentors, teachers, coaches, pastors, youth ministers, classmates, friends, neighbors, teammates, dating partners, acquaintances, online “friends.” They interact with their peers in a variety of settings: family, neighborhood, school, church, online, cell... All types of relationships have the potential for positive interactions and any type of relationship can be **abusive**. In general, the same strategies that help prevent abuse by adults, can help prevent peer to peer abuse. Similarly, incidents of abuse by peers are addressed in much the same way as abuse by adults. Key strategies in preventing Peer to Peer Abuse include not only: providing adequate supervision and having a clear response plan, but maintaining an environment of respect.

DEFINITION

Bullying and Harassment

- Pattern of aggressive / hurtful behavior
- Unprovoked, intentional harm or invoking of fear in another.
- Repeated over a period of time
- Imbalance of power
- May include: physical or verbal aggression, threats, social exclusion, rumors / gossip, relational aggression, non-verbal communication, sexual comments / gestures.

Cyberbullying

- Use of technology to:
 - Intimidate
 - Harass
 - Enact relational aggression

Sexting

- Use of technology to communicate sexually explicit content through words or visual depictions.
 - Production / distribution of images without consent
 - Production / distribution of words / images to harass, intimidate, or harm.

Physical Assault

- Intentionally or knowingly causing serious bodily injury to another person.
- Attempts to do physical violence.

Sexual Assault

- Forced sexual contact.
- Sexual contact resulting in personal injury.
- Sexual contact with out consent / when unable to give consent (e.g. child < age 12; youth < age 16 when peer > 19)

RESPONSE

Bullying and Harassment

- Intervene to stop behavior.
- Assess for signs of physical injury and tend to physical needs of victim.
- If incident involves physical injury, sexual assault, or other criminal behavior, contact local law enforcement immediately.
- Provide outreach to victim
- Contact Parent(s):
 - Meet with targeted youth / parent(s) & develop safety plan.
 - Meet with youth who engaged in bullying / harassment and parent(s) & enforce consequences.
- Re-evaluate prevention strategies.

Cyberbullying and Sexting

- Secure involved device. Do not delete message or image.
- Report to Appropriate Authority:
 - CyberTipline
www.cybertipline.com
1-800-843-5678
 - Local Law Enforcement
 - Nebraska State Patrol ICAC Task Force:
402-479-4080
- Provide outreach to victim
- Contact parent(s)
 - Meet with targeted youth / parent(s) & develop safety plan.
 - Meet with parent(s) / youth who produced/ distributed image/ text & enforce consequences.
- Re-evaluate prevention strategies.

Physical / Sexual Assault

- Intervene to stop behavior.
- Tend to physical needs of victim
- Contact local law enforcement immediately.
- Offer outreach / support to victim.
- Contact parent(s)
 - Meet with targeted youth / parent(s) & develop safety plan.
 - Meet with assaultive youth / parent(s) & to enforce consequences and refer for intervention.
- Re-evaluate prevention strategies.