

# Just the Facts



youth  
service  
bureau

## SELF-HARM



Self-harm or self-injury can be defined as behaviors that harm oneself, such as cutting, scratching, burning, picking at skin, or hair-plucking.

Youth may self-harm as a way to self-regulate. The physical pain causes a release from emotional pain they feel due to stress, abuse, depression or other mental health problems.

Youth who self-harm are typically not attempting suicide, but they are at higher risk.

Youth do not self-harm to gain attention, but warning signs should not be ignored.

**In Washington County,  
7% of females and  
4% of males in 11<sup>th</sup> grade  
reported self-harming  
themselves at least once  
in the past year.**

**4% of 11<sup>th</sup> grade females  
reported self-harming  
20 or more times  
in the past year.**

### WARNING SIGNS OF SELF-HARM

- Cuts or scratches (often in straight lines)
- Wearing long sleeves or pants even in warm weather
- Razors/pens/sharp objects in personal belongings
- Mood changes
- Spending increased amounts of time alone when upset or stressed

### Do you suspect your child is self-harming?

Check out our Tips and Tools page at [www.ysb.net/tips\\_and\\_tools](http://www.ysb.net/tips_and_tools)

*Helping youth and families learn the skills they need to be more successful at home, in school and throughout the community.*