

Unit Eleven: Self-Harm

Lesson Plan

Objectives:

(SMART)  to help students approach an increasingly common issue among adolescents.

Learning outcomes: Based on this lesson the participants will be able to:

(use action verbs

Knowledge:

from Bloom's

 Understand what self-harm is.

Taxonomy)

Skills:

 Practice how to help and support someone who is self-harming.

Attitudes:

 Dispel the myths surrounding self-harm.

 Propose how to find a way out.

Target group

Secondary School Teachers

School students 16+

Activity Title & number	Short description of activity	Resources needed	Time 1h40' in total
1. Lead-in	<p>When delivering this lesson, first explain to SS that we know we can strengthen our resilience to cope with difficult times. But sometimes pressures can be too great and lead to emotional health problems. Explain as well that the topic they are going to deal with is about understanding self-harm and how to support someone who is self-harming.</p> <p>Ask SS to answer the following questions you have previously written on the board:</p> <ul style="list-style-type: none"> ➤ What is self-harm? (<i>Self-harm is when someone deliberately hurts or injures himself/herself</i>) ➤ What do you know about it? ➤ Do you know any other words for it? (<i>self-injury,</i> 	<p>A whiteboard</p> <p>Coloured markers</p>	20'

	<p><i>cutting</i>)</p> <ul style="list-style-type: none"> ➤ What are the different ways people self-harm? (<i>punching a wall; pulling hair out; cutting the body; putting yourself in danger; burning yourself; eating or drinking, taking drugs or chemicals</i>) 		
2. Laura's Poem	<p>Handout photocopies of Laura's poem on Worksheet 1 and read it out. Lead a discussion about students' reaction.</p> <ul style="list-style-type: none"> ➤ Now you have read the poem, how do you think Laura was feeling? ➤ What underlying issues were going on in her life? ➤ Do you think that she was seeking attention when she wrote this poem? ➤ Could she be suicidal? ➤ Do you think Laura is basically an exhibitionist? 	Photocopies of Worksheet 1 (enough for each student)	20'
3. Positive Statements	<p>Explain to SS that we can get into the habit of thinking negatively about ourselves and situations. Using positive statements can help us to develop new attitudes and ways of thinking about ourselves and our situations.</p> <p>Then ask SS to choose a statement from the list that means more to them and to repeat it, repeat it, repeat it, through the day, throughout the week and throughout every month. Suggest that they can also write their positive statement down and carry it with them or make a poster that they will see everyday which helps them focus and think of their positive statement. Tell them to think about their positive statement (or say it out loud/ look at it/ say it over in their minds) whenever they have a negative thought, because the more often they practice the more helpful it will be.</p>	Photocopies of Worksheet 2 (enough for each student)	20'
4. Self-harm Quiz	<p>Hand out the quiz. Let the SS fill in the answers in pairs for 5 mins. Then take feedback. Tell them they must not worry about getting the wrong answer, but simply answer each question as best they can. Then SS and Teacher will discuss together on the answer given.</p>	Photocopies of Worksheet 3 (enough for each student)	20'

5. Draw Conclusions	<p>Explain that now it is time to reflect. Ask SS to answer the following questions:</p> <ul style="list-style-type: none"> ➤ How has this lesson changed your understanding of Self-Harm? ➤ If you thought a friend might be self-harming, would you feel more confident to talk to him/her now? ➤ Would you know where to go for support? 		10'
6. Assessment/ Evaluation	<p>Ask SS to complete the Evaluation Sheet in order to get feedback for both Teacher and SS.</p>	<p>Photocopies of Evaluation Sheet (enough for each student)</p>	10'
7. Bibliography	<p>https://www.azzurro.it/ https://www.dipendenze.com/autolesionismo/ https://www.fondazioneveronesi.it/ https://www.childline.org.uk/ https://www.selfharm.com.uk/ https://www.mentalhealth.org.uk/ https://helpguide.org/</p>		

See Workbook for filling in the worksheets 1, 2, 3:

Worksheet 1	Laura's Poem: <i>Scars</i>
Worksheet 2	Positive Statements
Worksheet 3	Self-harm Quiz

N.B. All information used in this lesson plan is original and taken from authorized sources.

Worksheet 1: Scars

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Here on my arm lies a mark that I made.
When I was so low, I cut with a blade
To punish my body for being a mess,
Though here is my testament, I must confess...

That seeing these scars left on my arms, legs, and chest
Makes me realize I was in a place of no rest;
I feel guilty inside for leaving this token.
Now I will see and remember that I was so broken.

But seeing these scars helps me see
That I survived so much trauma and now I am free.
So I ask you now to stand with me and fight,
To show all these demons what they're doing is not right.

You won the battle of good versus bad.
You are still alive and are no longer sad.
Here on my arm lies a mark of survival.
I got through my hate and beat my self-rival.

Source:

<https://www.familyfriendpoems.com/poem/scars-18>

Worksheet 2: POSITIVE STATEMENTS

I am Brave	I have meaning and purpose in my life
I am Kind	I am strong
I am unique and special	I am calm and confident
I am intelligent	I am thoughtful
I am funny	I am good at ...
I am happy	I am beautiful
I have a lot to be proud of	I am in control of my life
I am capable	I am honest
I am friendly	I can achieve
I am healthy and have all that I need	I can cope
I am creative	I am a good and worthwhile person

Worksheet 3: SELF-HARM QUIZ

1) People who self-injure are attention seeking

- a) True
- b) False
- c) Don't know

2) People who self injure use it as a way of releasing pressure and feelings

- a) True
- b) False
- c) Don't know

3) It is easy to stop injuring yourself

- a) True
- b) False
- c) Don't know

3) People who self injure are feeling suicidal

- a) True
- b) False
- c) Don't know

4) People who injure themselves hide it from the others

- a) True
- b) False
- c) Don't know

5) People who self injure are selfish

- a) True
- b) False
- c) Don't know

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www.healthymindsproject.net

Evaluation Sheet

- 1) How interesting was to complete the following:
(please rate 0-10 where 0 is not interesting at all and 10 is extremely interesting)

Activity	Rating
Activity 1	
Activity 2	
Activity 3	
Activity 4	
Activity 5	

- 2) How useful was to complete the following:
(please rate 0-10 where 0 is not useful at all and 10 is extremely useful)

Activity	Rating
Activity 1	
Activity 2	
Activity 3	
Activity 4	
Activity 5	

- 3) How much of what you've learned today would you use in a self-harming situation?

- 4) How much has the lesson achieved the learning outcomes set at the beginning?
(please rate 0-10 where 0 is not achieved at all and 10 is totally achieved)
