

# ● Students ●

## DO

Be aware that different students cope in different ways

## DON'T

Be judgemental or dismissive of a student who self-injures

## DO

Tell a teacher or a trusted adult if a friend self-injures

## DON'T

Promise to keep a friend's NSSI a secret

## DO

Discuss mental health concerns and general coping strategies with other students

## DON'T

Do not flaunt wounds or scars

## DO

Seek support from a school counsellor

## DON'T

Feel like you have to keep a secret