

# Supporting Students and Families

## DO

Involve parents in the care of the students, where possible and appropriate (involve students in this decision-making/conversation)

## DON'T

Underestimate the importance of parents and caregivers in the lives of young people

## DO

Acknowledge that NSSI has an impact on parents, family and friends the family. Offer education, support and resources to parents, and families and friends as appropriate

## DON'T

Assume parents know of their child's NSSI, or that they have effective coping strategies in place

## DO

Discuss mental health concerns and general coping strategies with the student body; focus on teaching peers to notice and respond to signs of mental health difficulty in their friends and themselves

## DON'T

Focus explicitly on NSSI, or discuss details of specific acts in schoolwide programs or prevention initiatives

## DO

Encourage peers who know about a friend's self-injury to disclose to a trusted adult

## DON'T

Encourage peers to counsel or support their self-injurious friend by maintaining secrets they know are making it easier for their friend to hurt themselves