

# **The Cutting Edge: What You Need To Know About Self Injury**

Sometimes called “cutting”, “self-mutilation” or “self-harm”, self-injury is the most common label for behaviors in which a person deliberately harms his or her body. Since there are signs that self-injury is becoming increasingly prevalent, it is important for parents, teachers and other school personnel to understand more about this confusing phenomenon.

In this workshop, participants will learn:

- The definition and most common methods of self-injury
- What to look for in identifying self-injurers
- The most common reasons given for self-injurious behavior
- What they can do to help