

# Self-Harm & Eating Disorders



## Course Aims:

- Understand what self-harm and eating disorders are and why children develop them.
- Develop an understanding of risk factors and warning signs
- Confidently deliver PSHE activities to develop pupil understanding without promoting unsafe behaviours
- Implement safeguards to ensure the wellbeing of vulnerable pupils

This course is suitable for SLT, PSHE leads, teachers, pastoral workers and governors, and is appropriate to be attended by primary and secondary schools. Agencies that support schools are also welcome to attend.

***1 in 10 young people will self-harm before the age of 16. Schools can play a pivotal role in the prevention and support of this important issue.***

### Date and Time:

20th October 2014,  
10:00-12:30

**Venue:** King's Lynn PDC

**Cost:** £0.00

### Date and Time:

21st October 2014,  
10:00 - 12:30

**Venue:** Norwich PDC

**Cost:** £0.00

For more information and to make a booking

**Email:** [josiwells@nhs.net](mailto:josiwells@nhs.net)