



DISCUSSION QUESTIONS

EPISODE 4: SELF HARMING

1. How do you think you would feel if you discovered your child had been self-harming, or how did you feel?
2. What would you be tempted to say, or what did you say? Spend a few moments thinking about what might be the most helpful approach for your teenager.
3. How could you begin a conversation with your teenager that would help you understand why they self-harm?
4. How could you encourage your teenager to 'journey together' with you in this?
5. What do you think makes your child feel safe? How can you encourage and promote this security?
6. What different ways can you think of that might help them cope with their stress and feelings? Are there alternatives to just saying "stop it"? For example, other ways to hurt themselves without breaking the skin (holding ice cubes, pinching an elastic band against their skin). Alternatively are there different ways of expressing emotion without words? For example, painting, drawing, dance or exercise.

