



Self-Harm and Eating Disorders in Schools: A Guide to Whole-School Strategies and Practical Support

Pooky Knightsmith

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Self-harm and eating disorders are present in almost every school and they frequently co-occur. This book provides the vital guidance that school staff need to spot early warning signs, understand triggers and support the students in their care effectively.

This very practical guide helps educational professionals to gain a better understanding of self-harm and eating disorders by dispelling the myths and misconceptions that surround these behaviours. The book provides advice on whole-school policies and procedures as well as day-to-day strategies to implement in lessons, at mealtimes and in one-on-one sessions. It explains how to respond to disclosures, make referrals and work alongside parents to assist in the road to recovery.

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