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## **SEND Forum**

- Masturbation & Sexualised Behaviour
- 2. Personal & Intimate Care
- 3. Online Safety
- 4. Child on Child abuse

https://sendforum.lgfl.net

# What is Self-Injurious Behaviour (SIB)?



Self-injurious behaviour refers to behaviour that causes physical harm, which may include bruising, wounding and bleeding.

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## Examples

14 year old pre-verbal

young man with Autism is

head banging with high

intensity against walls in

the classroom

6 year old pupil is picking

up (inedbible) objects

around school and eating

them

12 year old female is picking off her fingernails and skin around fingers throughout the day at school and at home

10 year old pupil is biting her forearms periodically during the school day.



Other examples:

- Pinching skin
- Hitting self
- Making self sick
- · Poking eyes
- Biting self
- Pulling out hair
- Eating inedible objects \*

## Group discussion



In your group, either choose one of the prepared scenarios or feel free to share a real-life scenario from your experiences, and answer the following:

- 1. What could be the function of the behaviour?
- 2. What would you do?
- 3. What might you not do?

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## Collation of responses



Strategies to support/reduce pupils displaying SIB

- Give space
- Unpick and understand the behaviour so know how best to respond
- Triggers can be brought into school from home/transport
- Find someone who the pupil has a relationship with
- Mechanical intervention helmet, arm guards, gloves, cushions but consider if anything becomes a restrictive intervention and the implications of this
- Consistent team approach from team
- Think very carefully and seek advice about using any physical intervention as can put self and others at risk of harm –
  Physical intervention must only be used when necessary, proportionate and appropriate i.e. if risk of significant harm
  to self or others
- Professional advice from OT, Ed Psych, Paed, GP
- Sharing knowledge between staff and other professionals
- Good record keeping and reviewing very regularly to help understand SIB
- · Sensory toys, putty, things to distract and fiddle with
- Is your school's approach and desired practice principles captured in your pupil Behaviour Policy?
- Use one page profiles, care plans and risk assessments to help with consistency

### Potential Causes of SIB



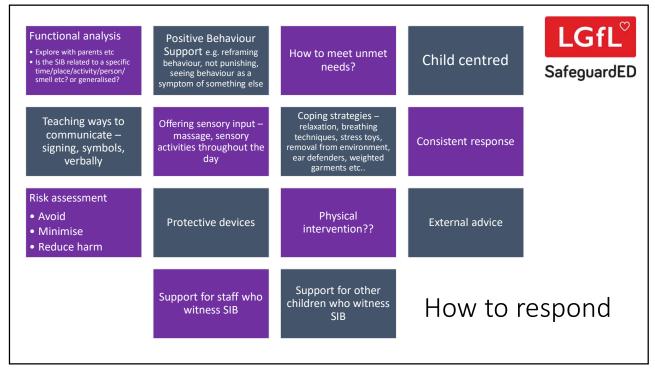
#### **PHYSIOLOGICAL**

- Pain
- Seizures
- Arousal
- Sensory –
   hyper/hypo stimulated

#### **SOCIAL**

- Communication frustration
- Seek attention
- Boredom
- Obtain tangibles food, water, toys,
- Avoidance/escape

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### Links



- Challenging Behaviour Foundation fact sheet: <a href="https://www.challengingbehaviour.org.uk/wp-content/uploads/2021/02/006-Self-injurious-behaviour.pdf">https://www.challengingbehaviour.org.uk/wp-content/uploads/2021/02/006-Self-injurious-behaviour.pdf</a>
- NAS info: <a href="https://www.autism.org.uk/advice-and-guidance/topics/behaviour/self-injurious-behaviour/all-audiences">https://www.autism.org.uk/advice-and-guidance/topics/behaviour/self-injurious-behaviour/all-audiences</a>

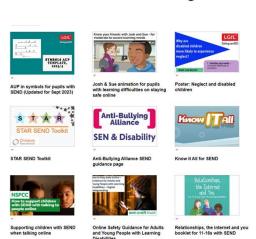
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(Mark, Mubina and Alex)



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