



## Workshop Outline (60-90 minutes); virtual or in-person

**Warning:** The film mentions self-injury incidents;

*Materials needed: paper, index cards, writing utensil or digital survey tool*

- |                                       |  |
|---------------------------------------|--|
| 1. Community Agreements               | 6. Post-Film Discussion Points/Questions (15 minutes)    |
| 2. Pre-screening survey (2 mins)      | 7. Coping Strategies & (10-25 minutes)                   |
| 3. Opening Discussion (10-15 minutes) | 8. Parting Question                                      |
| 4. Film screening (15 minutes)        | 9. Post-Screening Survey Complete as they leave (2 mins) |
| 5. Grounding Techniques (5 minutes)   |  |

### Space Layout

Arrange a table where therapist can sit and participants can talk with participants without being heard

(Virtual: Breakout room with therapist where people may join one at a time)

Designate a quiet area for people when they want to sit alone and not be disturbed

### 1. Community Agreements

*\*Someone reads over community agreements and ask the participants if they have anything they would like to add*

- Take care of yourself first (point out quiet area, turn off camera and step away if needed)
- Don't make assumptions about race, religion, sexuality, or gender.
- What's said here stays here.
- Speak in "I" statements, avoid speaking on behalf of your group ("we feel") or another group's ("they think") identity.
- Listen to understand, not to respond.
- Give space for others to speak. One mic, one person speaking at a time. (Use Raise Hand function on Zoom)
- If you're not sure how to say something, write it down and come back to it later.

### 2. Pre-Screening Survey (2 min)

How comfortable do you feel talking about self-harm? (1-5 scale);

Do you have much knowledge or information about self-harm? (1-5 scale);

### 3. Opening Discussion (10-15 minutes)

*Revisit these questions at the end & have counselor/therapist give input*

What are myths or stereotypes around people that self-harm?

Who engages in self-harm?

Why do you think people do it? And when?

### 4. Film screening (15 minutes)

## 5. Grounding Techniques (5 min, pick one)

**Hand tracing:** With your other hand, using your index (longest) finger, slowly trace up the outside of your thumb as you gently breathe in through your nose. PAUSE at the top, then gently trace your finger back down the other side of the thumb as you breathe out through your mouth.

**5-4-3-2-1:** To yourself, list 5 things you see, 4 that you can feel, 3 you can hear, 2 smell, and 1 taste

## 6. Post Film Discussion Points/Questions (15 mins max):

What did you learn about who self-harms and why?

What parts of the film resonated with you the most?

How have these stories challenged your previous notions about self harm?

### Vick

What were some of the ways that Vick was able to find himself and how did that resonate with you?

What are some of the ways in which we express ourselves?

What makes a safe space safe?

### Simone

What are some key elements that are needed to build trust in any relationship?

For example: Communication, similar sense of humor, shared identities, shared activities, etc.

### Raychelle

Raychelle reflects on the ways that we hurt ourselves, in addition to self harm, what other examples come to mind for you?

When do you feel most comfortable being yourself, who supports you in this?

Are there any questions that we did not answer that you have still around self-injury or self-harm?

*(have counselor/therapist help as needed)*

## 9. Coping Strategies (10-15 min)

**Read over C.A.R.E.S.S resource** (Copyright September 2002, Lisa R. Ferentz, LCSW-C )

I agree that when I get the impulse to self-harm, BEFORE I do, I will choose to incorporate one behavior from each category below. (Set and re-set a timer before you begin each section, to have an external boundary to re-ground you after 10-15 minutes

### C.A.- Communicate Alternately (10-15 minutes).

Hurting the body is a way to communicate feelings, thoughts, needs, and unresolved trauma memories.

- Draw/paint the body part and the injury you'd like to inflict
- Draw the emotions that accompany the urge to self-harm
- Make a collage of words/images that capture thoughts/feelings
- Write a poem about your feelings
- Depict the body part with clay, sculpt the injury
- Write about what was happening when you felt the urge to self-harm
- Reach out to others, call a self-help line, be around other people



Me posting dramatic stuff for attention.



### R.E.- Release Endorphins (10 minutes)

People need other ways to experience the release of endorphins (exercise, laughter, hugging) in response to pain/body trauma.

- Run up/down the stairs /march in place
- Do 10 jumping jacks
- Do 1 a part of an at-home exercise video
- Put on music and dance
- Ask your friends for memes or look up your favs
- Watch a funny movie/show
- Read something that tickles you
- Hold/ stroke and hug a stuffed animal or live pet
- Hug a pillow, rag doll, or a tree

### S.S.-Self-Soothe (10-15 minutes)

People need to learn new strategies that promote self-care and decrease anxiety from future triggering events.

- Wrap in a quilt and rock back and forth
- Take a warm shower/bubble bath
- Light scented candles or oil/play soothing music
- Read positive affirmations
- Massage hands with soothing lotion

#####

### If you think a friend is self-harming

1. Plan a private meeting to talk with them
2. Talk without Judging: talking about it will not cause your friend to harm themselves
3. Be respectful and curious when you talk: ask about their potential triggers and their feelings. Don't ignore injuries or focus on them too much
4. Listen. Don't make them feel bad for their actions, be prepared to listen without judgment.
5. Don't promise to keep it a secret
6. Let them know they can reach out to you, ask if they want additional help, share resources with them

### DO NOT:

Ask to see the scars, tell them you won't be there friend.

Imply their problems aren't so bad.

Cornell Research Program on Self-Injury and Recovery: Self "5 Helpful Things to Say to A Friend Who Self-Harms" by Carolyn Todd





### Madlib Group Activity (5-10 min)

Ask students for parts of speech and read a few different versions of the story.

teens.lovetoknow.com, Michelle Melleen, M.S. Ed

#### A Summer Love Story

It was a \_\_\_\_\_, summer afternoon when he \_\_\_\_\_ by me and said, "Hey."

Adjective

Verb

My eyes \_\_\_\_\_ as my heartbeat fluttered. In that instant I knew \_\_\_\_\_ and I would

Verb

Proper name

love each other for \_\_\_\_\_.

Length of time

"Hey," I said back. Then he looked deep into my \_\_\_\_\_ and replied, "\_\_\_\_\_, you are

Body part

Interjection

the \_\_\_\_\_ person I have ever seen.

Superlative

We sat in the \_\_\_\_\_ and stared at each other for hours. As his hand \_\_\_\_\_ touched my

Place

Adverb

hand, sparks flew.

We talked about \_\_\_\_\_ and other important details of our lives. He loved \_\_\_\_\_ and

Noun

Food

\_\_\_\_\_ almost as much as I loved him. He offered to show me his \_\_\_\_\_ collection.

Plural Animal

Noun

For \_\_\_\_\_ days we talked and \_\_\_\_\_. The warm summer days turned

Number

Verb

\_\_\_\_\_ and he had to leave. I didn't even get to say \_\_\_\_\_.

Adjective

Salutation



## 10. Parting Question (no answer expected)

How can you bring joy into your life today or this week?

## 11. Post-Screening Survey (2 mins)

Collect note card or try digital survey like Menti.com; Stress this will be anonymous

How comfortable do you feel talking about self-harm? (1-5 scale);

This film increased my knowledge (T/F)

Challenged my preconceived notions of self-harm (T/F)

How did your view of self-injury and those who practice it change after watching the film?

## Resources & Information

**Self Care Assessment Tool:** worksheet to go over your self-care practices

**National Alliance on Mental Illness (NAMI):** provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

**Self Injury & Recovery Resources, Cornell University:** Information, resources, statistics and research

**The Trevor Project:** Crisis counselors are trained to

answer calls, chats, or texts from LGBTQ young people who reach out on our free, confidential and secure 24/7

**Trans Lifeline** is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. (877) 565-8860; English & Spanish

**5 Helpful Things to Say to a Friend Who Self-Harms:** Self Magazine article by Carolyn L. Todd

**Madlibs for High School Students:** Printable sheets

## Glossary

**Self-harm or self-injury:** hurting yourself on purpose. One common method is cutting with a sharp object. But any time someone deliberately hurts themselves is classified as self-harm.

**Suicidal ideation** is when you think about killing yourself. The thoughts might or might not include a plan to die by suicide.

**Sexual orientation:** Physical, emotional and/or romantic attractions to others. Like gender identity, sexual orientation is internally held knowledge.

**Gender identity:** An individual's deeply held sense of being male, female, or another gender.

**Gender presentation:** How the world sees and understands your gender.

**Pronouns:** Words that replace someone's name while sharing their gender (like she, her, him, his, they, theirs, ze). Some people use different pronouns in different situations

**Queer:** An umbrella term that describes people who are not straight and/or cisgender. In the past, this word was used to put-down LGBTQIA+ people. Today the word can be used in a positive way within the LGBTQ community.

**Cisgender:** A person who identifies with the sex they were assigned at birth. For example, if you were told you were "female" at birth and still identify that way, you would be cisgender.

**First generation:** a person born in the U.S. to immigrant parents or a naturalized American citizen

**Zero generation:** People who were born in one country and grow up elsewhere

Definitions from "What is Self-Harm" on National Alliance of Mental Illness (NAMI), "What is Suicidal Ideation" WebMD, "Adolescent Ethnic and Racial Identity Development" by Alana Butler for ACT for Youth (Cornell University), Trevor Project Organization, Teaching Tolerance.org,

**The rate of self-harm among LGBTQIA+ teens (38% to 53%) is twice as high than for heterosexual teens (10% to 20%), according to WebMD.**

<https://www.webmd.com/parenting/news/20190603/lesbian-gay-youth-at-higher-risk-for-self-harm>

**Director:** Carrie Hawks | **Producer:** Chelsea Moore | **Contact:** [innerwoundreal@gmail.com](mailto:innerwoundreal@gmail.com)

The film is a co-production of Black Public Media, Sour Peach Films, and Maroonhorizon Media with major funding provided by the Corporation for Public Broadcasting. © Maroonhorizon Media LLC, 2022