



Suicide Safety Policy

Statement of Purpose

Tytherington School is aware that suicide is the leading cause of death in young people and that we play a vital role in helping to prevent young suicide.

We want to make sure that children and young people at our school are as suicide safe as possible and that our governors, parents and carers, teaching staff, support staff, pupils themselves and other key stakeholders are aware of our commitment to be a suicide-safer school/college.

Our Beliefs about Suicide and its Antecedents

Tytherington School acknowledges that thoughts of suicide are common among young people and that suicide is complex. We believe that every suicide is a tragedy. There are a number of contributory factors surrounding a suicide and the reasons are often complex and individual to that person. However, we believe that there are lessons that may be learned from each death that may help prevent future deaths.

Tytherington School recognises that the stigma surrounding suicide and mental illness can be both a barrier to help seeking and a barrier to offering help. This school is committed to tackling suicide stigma. In our language and in our working relationships, we will promote open, sensitive talk that does not stigmatise and perpetuate taboos. This will include avoiding the use of language which perpetuates unhelpful notions that suicide is criminal, sinful or selfish. We know that unhelpful myths and misconceptions surrounding suicide can inhibit young people in seeking and finding appropriate help when it is most needed.

Prevention

As a school community, we recognise that pupils may seek out someone whom they trust with their concerns and worries. We want to play our part in supporting any pupil who may have thoughts of suicide.

We know that pupils who are having thoughts of suicide may or may not also be behaving in a way that puts their life in danger (suicide behaviours). School children experiencing suicidal thoughts are potentially at risk of acting on these thoughts. Those who are already engaging in suicide behaviours are also clearly at risk of death or harm. This school wants to work with our pupils who may be thinking about suicide, or acting on their thoughts of suicide. We want to support them, sometimes working in partnership with family, caregivers and other professionals where this may enhance suicide safety.

We know that a child or young person who is suicidal may find it very difficult to make their feelings known and speak openly about suicide. We will equip adults with the skills to identify when a pupil may be struggling with thoughts of suicide. These adults will be trained to keep our young people suicide-safe.

We know that talking about suicide does not create or worsen the risk. We will provide our pupils with opportunities to speak openly about their worries with people who are ready, willing and able to support them. We want to make it possible for schoolchildren and young people, and those who support them at this school, to do so safely. This will be in a way that leads to support and help where this is needed.



We will do all we can to refrain from acting in a way that stops a pupil seeking the help they need when they are struggling with thoughts of suicide.

Concerns about a child- recording and reporting

Our recording procedures are in line with those outlined in Cheshire East's "Recording and Reporting Guidance." 2019; the Designated Safeguarding Lead and the Deputy Lead are aware of this document.

Where a member of staff is concerned that a child is in immediate danger or is at risk of harm, they should report this to the Designated Safeguarding Lead, or their Deputy, without delay. A written record on CPOMS should be made of these concerns as soon as possible following the disclosure/concern being raised; this must be on the same working day.

Raising Concerns Continued

At Tytherington School we have clear processes that enable staff, parents, carers, students and members of the public to confidentially report any safeguarding concerns or incidents of bullying. Research shows that students, in particular, can be reluctant to report incidents of bullying for a number of reasons. A process that makes reporting safe, private and easy is critical.

These procedures for reporting are clearly communicated to students and parents at the beginning of each academic year. The "Staying Safe" page can be accessed from the homepage of the Tytherington School website.

<http://www.tytheringtonschool.co.uk/students/staying-safe/staying-safe-reporting/>

In addition, concerns can be raised via the following email address:

stayingsafe@tytheringtonschool.co.uk

Our Team and its Responsibilities

Our Governors and Senior Leadership Team will be clear about how we will respond in the event of a suicide. Each member of our named response team will have a defined responsibility within our plan including leadership, family liaison and any communications with external agencies, including the media. This team will be drawn from across the whole school community, not just from one department.

We will have a clear picture of who has received general suicide awareness education and commit to this being refreshed periodically (at least every three years).

We will manage the sharing of information in a way that enhances safety.

Ongoing Support and Development of our Policy and Practice

Our Governors and Senior Leadership Team will keep our practice up to date by maintaining contact with best practice and on-going training.

STEP-BY-STEP GUIDE FOR SUPPORTING STUDENTS WITH SUICIDAL THOUGHTS

The student might say or write something similar to...

I wish I wasn't here anymore!

I'm worthless!

Nothing matters anymore!



TALKING ABOUT SUICIDE SAFELY...

When asking if the student is thinking about suicide, you could say something similar to...

Are you telling me you want to kill yourself/die, end your life?

It sounds like you feel that life is too hard for you and you want to kill yourself, is that right?

Sometimes when people feel the way you are, they think about suicide. Is that what you are thinking about?

It sounds like you are thinking of suicide, is that right?

When talking about suicidal thoughts, you could say something similar to...

It's not uncommon for people to have thoughts of suicide. With help many people can work through them.

It's hard to talk about suicide but take your time and I will listen.

Can you tell me more about why you want to die?

Take your time and tell me what's happening for you at the moment.

You've shown strength in telling me this. I want to help you find support.

NEXT STEPS...

If you feel the child is at a high risk of harm and is acting in a way that puts them in danger...

**SPEAK TO THE SAFEGUARDING LEAD OR DEPUTY SAFEGUARDING LEAD IMMEDIATELY
DO NOT LEAVE THE CHILD UNATTENDED!**

The Safeguarding Team will contact the child's parents/guardians, appropriate professionals and/or emergency services.

At an appropriate time please document your conversation with the child on CPOMS.

YOUR PRIORITY IS THE CHILD'S SAFETY, DO NOT DELAY SPEAKING TO THE SAFEGUARDING TEAM!

If you feel that there is no immediate risk of harm, speak to the Safeguarding Lead/Deputy Safeguarding Lead as soon as possible about the child as they may have other concerns. Complete a report on CPOMS detailing what conversation took place.