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CHILDREN'S SELF-HARM AND SUICIDE PREVENTION

A Child's Voice® Programme
Promoting Mental Health,
Resilience & Crisis Support



AGES 8 – 18 | 10-WEEK PSHE PROGRAMME

1-Year School Licence £500

- Unlimited staff access
- Printable resources included
- Email support for 12 months

SAFEGUARDING & COMPLIANCE



Fully aligned with
Ofsted priorities



Teachers trained to identify
& respond to emotional distress



Supports early
intervention & wellbeing

 07760 464294

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WHAT THE PROGRAMME DOES

WEEK 1 : PERSONAL SAFETY & RISK AWARENESS

Physical & Emotional Safety

- Aggression
- Domestic abuse
- Panic attacks
- Self-harm & suicidal thoughts

Exploitation & Abuse

- Hallucinations
- Sexual exploitation & grooming
- Criminal exploitation
- Female Genital Mutilation (FGM) & Honour-Based Violence (HBV)

Substance & Risk Behaviours

- Substance misuse & harmful behaviours
- Alcohol & drug misuse

Bullying & Peer Safety

- Bullying & online abuse
- LGBTQ+ safety & rights
- Gangs & county lines

PROGRAMME OVERVIEW (WEEKS 2–10)

- Worrying
- Anxiety
- Depression
- Perception
- Other mental health disorders
- Emotions
- Imposter syndrome
- Spiritual wellbeing
- Boundaries

ALL LESSONS INCLUDE:

- ✓ 60-minute structured plans
- ✓ Mindfulness & emotional regulation exercises
- ✓ Activities, role-play & journaling
- ✓ Age-appropriate resources KS2–KS5

BENEFITS FOR PUPILS

- ✓ Recognise emotions and early warning signs
- ✓ Develop emotional regulation and coping strategies
- ✓ Learn how to seek help safely
- ✓ Engage in safe conversations about mental health



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