



**Sidmouth College**  
 Self-harm Questionnaire  
 4<sup>th</sup> July 2019  
 Results from 110 students

		Strongly agree/agree	Not sure	Disagree/strongly disagree
1	I now have a greater understanding of what self-harm is.	109 99%	1 1%	
2	I am more aware of the dangers of self-harm now.	109 99%	1 1%	
3	I am more aware of the different types of self-harm now.	105 95%	5 5%	
4	I am aware that boys often self-harm in different ways to girls.	107 97%	3 3%	
5	I understand that self-harm is progressive and addictive.	106 96%	4 4%	
6	I am aware of strategies that would help someone who is self-harming.	94 85%	16 15%	
7	I know where I would go if I was worried about my friend if they had self-harm issues.	96 87%	13 12%	1 1%
8	I am now more likely to seek support if I had a problem with self-harm.	94 85%	15 14%	1 1%
9	I would recommend Five Lives to other schools	108 98%	2 2%	

Comments made.

- Very useful information
- Opened my eyes to the problems other people may have
- Was helpful to have someone come in with a first-hand experience as it gives more impact
- This session was very interesting, and I have learnt a lot about self-harm and what it can do
- Helpful. Gives a greater understanding of self-harm
- Good to learn about the dangers of self-harm
- Good to listen to her story
- I really enjoyed hearing from someone who has dealt with it first-hand
- Made me think about self-harm in a different way
- Thank you for that talk. Really helpful.