

# Family Communication



## March 1

## Self-Injury Awareness Day

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Dear Eagle (Insert School Name or Mascot Here) Family,

Good morning Eagles Family (insert school name or mascot here)! Today is Self-Injury Awareness Day. This is an international event observed annually on the 1<sup>st</sup> of March to raise awareness on this topic. The age of onset is between 12-14 years old. That is why it is critical to discuss this issue. We want children to learn about this topic from adults who can help kids understand instead of other children who may spread rumors or glamorize the topic.

This day is dedicated to the importance of loving our own selves and taking care of the mind and the body. Today we take a moment to identify what self-care activities best suit ourselves and families. Preventing risky behavior and growing healthy brains means practicing self-care as early as possible. You and your children will have the opportunity to learn more \_\_\_\_\_ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other \_\_\_\_\_

We encourage you to discuss this topic with your children and empower them to go to a trusted adult if they have the urge to self-harm or if one of their friend's does. Get more information on the KnowYourNeuro.org website and watch the video *Coping Skills* with your kids and use the handout to generate discussion.

For questions or more information, please contact me.

School Official's Signature and Contact Information

