

Brief Non-Suicidal Self-Injury Screening Tool

If the student needs medical care, take them to the nurse for assessment and care of wounds. The following six screening questions will help determine low or moderate/high risk of NSSI. In either case, contact the parent/guardian and follow guidelines/procedures on the Checklist.

Student Name: _____

☐ Low Risk	☐ Moderate/High Risk
<ul style="list-style-type: none"> Fewer than 10 lifetime incidents of self harm Use only one form to self-injure Use less lethal forms; superficial injury (scratching or pinching that may lead to marks on the skin) 	<ul style="list-style-type: none"> 2–10 (moderate), 11+ (high) lifetime incidents of self harm Use 2–3 forms to self-injure (high risk may use more) Forms used cause light (moderate) to severe (high) tissue damage <ul style="list-style-type: none"> Self-bruising, punching, sticking sharp objects into the skin Cutting, burning, breaking bones, ingesting something sharp or poisonous

1. Have you ever hurt your body (ex. cut, burn, scratch really hard, punch) on purpose but without wanting to end your life? ☐ No ☐ Yes

How have you hurt your body? (ex. *scratching or pinching until you bleed, cutting or carving, biting, burning, prevented wounds from healing*)

Where on your body have you intentionally hurt yourself?

2. How old were you (or what grade were you in) when you first started to hurt yourself?

3. Approximately how many total times have you intentionally hurt yourself?

- | | |
|---|---|
| ☐ This is the first time | ☐ 11–20 times |
| ☐ 2–3 times | ☐ 21–50 times |
| ☐ 4–5 times | ☐ More than 50 times |
| ☐ 6–10 times | |

4. When was the last time you intentionally hurt yourself?

- | | |
|---|--|
| ☐ Less than a week ago | ☐ Between 6 months and 1 year ago |
| ☐ Between 1 week and 1 month ago | ☐ Between 1 and 2 years ago |
| ☐ Between 1 and 3 months ago | ☐ More than 2 years ago |
| ☐ Between 3 and 6 months ago | |

5. Have you told anyone about your self-harm? ☐ No ☐ Yes
If yes, who have you told? _____



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6. How true are the following statements about why you hurt yourself?

I hurt myself ...	NEVER	SOMETIMES	OFTEN
to feel something			
because my friends hurt themselves			
to punish myself			
to get a rush or surge of energy			
to deal with frustration			
to cope with uncomfortable feelings (ex. depression/anxiety)			
in hopes that someone would notice that something is wrong or so that others will pay attention to me			
so I do not hurt myself in other ways			
because it feels good			
to deal with anger			
to get control over myself or my life			
to shock or hurt someone			
to avoid dying by suicide			
because I get the urge & cannot stop			
to relieve stress or pressure			
to change my emotional pain into something physical			
because of my self-hatred			
because I like the way it looks			
as an attempt to die by suicide			
Other (please describe)			

If the student indicates they self-harm with the intention of dying by suicide, ask if this is the PRIMARY REASON for hurting themselves. If yes, complete the C-SSRS screener and follow appropriate protocols.

