

2025 [Rady's Mental Health Webinar Series](#)

Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

February 19, 2025

[Hope and Healing: Self-Harm and Supporting Youth](#)

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Short description of webinar: *Youth may turn to self-harm as a way to cope with overwhelming emotions. Join Jason Schweitzer, MD to explore the underlying factors, recognize warning signs, and discover strategies to reduce self-harm and foster healing and connection with youth at home.*

Pre-Webinar Sample Activities:

1. Reflect on situations in which parents/caregivers do their best to support their youth and find that they may need additional help. Write down the situations that come to mind.
2. Next, make a list of people or resources you are familiar with that could assist parents/caregivers navigating these experiences.

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Post Webinar Sample Questions:

1. Reflect on the situations that parents/caregivers might need more help with. Which types of support might you access for additional assistance for the youth in your life?

Example answers:

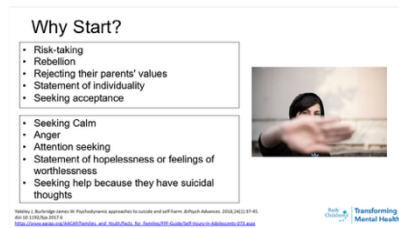
- Primary Care Provider
- School
- Therapist
- Mental Health Resources



2. Review the list of some of the reasons youth might start engaging in self-harm behaviors. Do any of the reasons stand out? If so, what makes them stand out for you? What new understanding do you have about them?

List of reasons:

- Risk-taking
- Rebellion
- Rejecting their parents' values
- Statement of individuality
- Seeking acceptance
- Seeking calm
- Anger
- Attention seeking
- Statement of hopelessness or feelings of worthlessness
- Seeking help because they have suicidal thoughts



Example answers:

- A few of the reasons that stood out to me were **feeling hopeless or worthless** and **wanting to feel calm**.
- These stood out because they show how much emotional pain a young person might be carrying.
- It helped me understand that self-harm is often a way for youth to cope with big feelings they don't know how to handle yet.
- It reminded me how important it is to try to understand what a child may be feeling on the inside.

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3. What types of things might a youth be attempting to manage by engaging in self-injury behaviors?

Example answers:

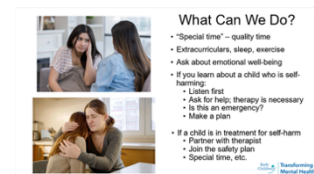
- Communication of conscious or unconscious scary, intense feelings or cognitions
- Transformation of emotional distress to physical
- Expression of anger or aggression
- The body as the border between the self and social world



4. What types of activities, routines, or approaches could you use to support the youth in your life?

Example answers:

- “Special time” – quality time
- Extracurriculars, sleep, exercise
- Ask about emotional well-being



5. If you learn that a child is self-harming, which of these approaches would you consider using to provide support to them?

Example answers:

- Listen first
- Ask for help; therapy is necessary
- Determine if it is an emergency
- Make a plan



6. If a child is in treatment for self-harm, how might you be a source of support for them?

Example answers:

- Partner with therapist
- Join the safety plan
- “Special time”, etc.

