



Self-Harm: 45 (Issues Today)

Lisa Firth

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It is thought that the prevalence of self-harm is drastically underestimated, as those who harm themselves usually do so in secret and go to great effort to hide any marks. This book looks at what self-harm is, who does it and why. It also examines the stigma attached to self-harm. The information comes from a variety of sources, including government reports and statistics, newspapers and magazine articles, surveys and polls, academic research and literature from charities and lobby groups; articles have been tailored to an 11 to 14 age group. Additionally, at the end of each chapter are two pages of activities relating to the articles and issues raised in that chapter.

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