

Did you know

**1 in 5 girls and 1 in 7 boys
engage in self injury?**

Usually starting in their teen years.

**This is a teen secret! Learn how
to help today.**

SCARS

STOP CUTTING AND RECEIVE SUPPORT

CALL:

**Catholic Charities
734-240-3850**

**Family Counseling
734-241-0180**

**Monroe Community
Mental Health
734-243-7340**

**For more information or to become
a teen leader call: 734-242-1976**

FOR GOOD
FOR EVERYONE
FOREVER



community foundation of monroe county

Monroe County Teen Leaders

An initiative of the

**Community Foundation of Monroe County
and the Monroe Family YMCA**





"CUTTING" is a practice that is foreign and frightening to parents. It is not a suicide attempt, though it may look and seem that way. Cutting is a form of self-injury where the person is literally making small cuts on his or her body, usually the arms and legs. It is difficult for many people to understand. But for kids, cutting helps them control their emotional pain, psychologists say.

This practice has long existed in secrecy and cuts can be easily hidden under long sleeves. But in recent years, movies and TV shows have drawn attention to it—prompting greater numbers of teens and tweens (ages 9-14) to try it.

What Should I do if My Teen is Cutting?

Parents who discover their child is cutting typically are shocked and immediately blame themselves for failing as a parent. Therapists say that parental self-blame is NOT helpful. Remember, cutting is a behavioral sign of a deeper underlying problem. The goal should not be to get your child to "stop cutting," but to treat the deeper problem so your teen develops more mature coping skills and no longer feels the need to self-injure.

Here are some tips for dealing with this serious issue.

Don't

- React with anger.
- Go into denial about the problem.
- Assume this is a "phase" your teen will outgrow.
- Say "What did I do wrong as a mother (father)."
- Ask "Why are you doing this to yourself?"
- Try to hide sharp objects. It's an ineffective deterrent. If your child wants to self-injure, she/he will find a way.

Do

- Admit you and your child need help.
- Take the problem very seriously. This is not just attention-seeking behavior.
- Be completely supportive.
- Immediately seek treatment for your child.

Do you need someone to talk to?
...we want you to know you are not alone.

SCARS

STOP CUTTING AND RECEIVE SUPPORT

**See your school
counselor or call:**

**Catholic Charities
734-240-3850**

**Family Counseling
734-241-0180**

**Monroe Community
Mental Health
734-243-7340**

**For more information or to
become a teen leader call:
734-242-1976**



**FOR GOOD
FOR EVERYONE
FOREVER**



community foundation of monroe county

Monroe County Teen Leaders
An initiative of the
**Community Foundation of Monroe County
and the Monroe Family YMCA**

