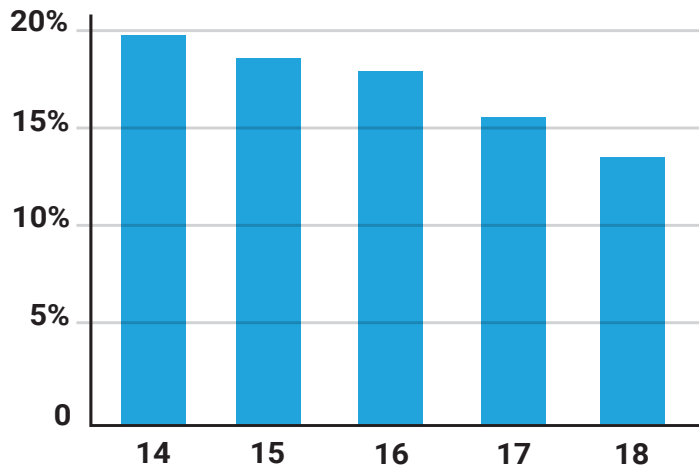


# Self-Harm Facts & Stats

## Nonsuicidal Self-Injury by Age



**1 out of 4 girls & 1 out of 10 boys in High School report NSSI**

Even though NSSI is most common among girls, boys may be more secretive and use more aggressive means when they engage in self-harm.

## How to help if you know someone who

confides in you that they self-injured. Take them directly to a counselor's office. If they resist, empower yourself to say, 'If you do not let me take you now, I'll tell my parents and they can call your parents. I care about you and take self-injury seriously.'

**20%**

of youth who engage in NSSI start between the ages of 11-13.

**90%**

of #cutting social media posts encouraged self-harm.

## Effect of Media

The phenomenon of NSSI is widespread and its increased presence in movies, TV shows, pop culture references, and social media has the effect of normalizing the behavior. Pro-NSSI websites and forums help spread the news about NSSI by reporting about celebrities who have engaged in self-harm. Thus, teaching young people about nonsuicidal self-injury helps ward off the possibility of social contagion.

**Social Contagion:** Occurs when a behavior spreads among two or more people within the same social network within a short period of time.

Having a friend that self-injures increases a youth's chance that they will self-injure. Often, the initial idea to self-harm comes from peers and results in superficial self-harm due to pressure to fit in with friends. But with continued engagement, it can escalate into more severe forms.

**Digital Self-Harm:** Social media has given rise to a new method of NSSI wherein a youth creates an online account, and uses it to send hurtful messages, threats, or content to themselves anonymously. Current research estimates that one out of every twenty youth between 12 and 17 engage in this form of self-cyberbullying for some of the following reasons:

- Self-hatred or self-punishment
- Gain the attention of their peers or adults
- Prove they can handle being bullied
- Create worry in others
- Accuse others of doing it to start a fight
- Feel that someone cares about them