

YOUTH WELLBEING STUDY

A CHANGE



JNT
SANG
2015

Please be aware, content includes self-injury

A CHANGE



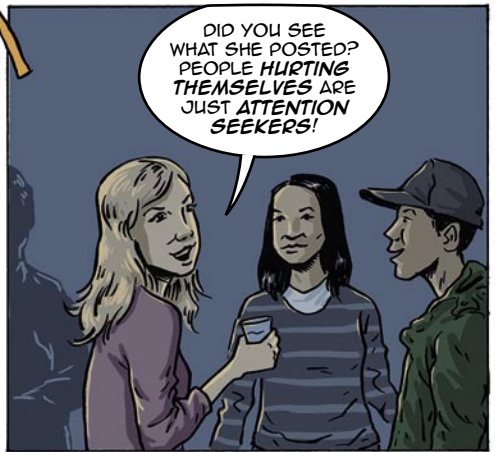
Collaboratively created by youth, for youth.

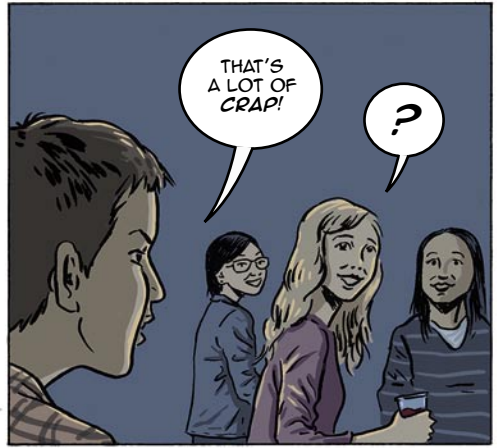
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Tiffany Frost added 2 photos of you.
at 2:19am

Tiffany Frost tagged you in a video.
at 2:23am

**BEEP
BEEP**

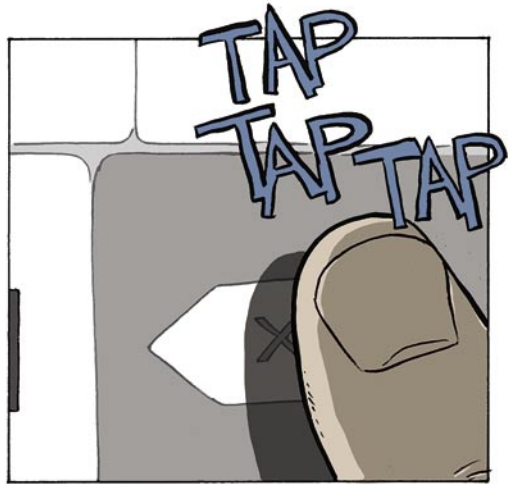
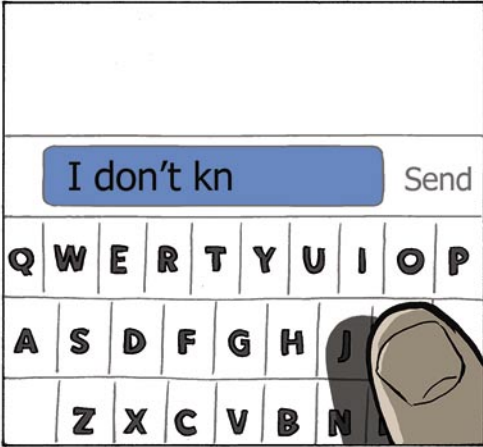
Jillian Carter mentioned you in a
comment.
Sunday at 3:17am

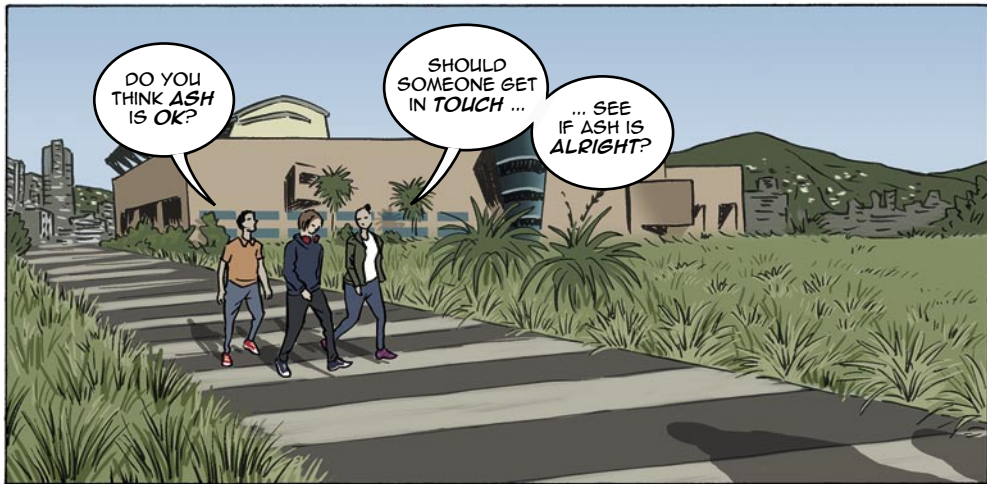
Max Brown, Jillian Carter and 35
other people commented on **Tiffany
Frost's** photo of you.
Sunday at 4:59am



and the Ash freak show
continues...

lol, DRAMA QUEEN!





DO YOU THINK ASH IS OK?

SHOULD SOMEONE GET IN TOUCH ...

... SEE IF ASH IS ALRIGHT?



HEY GUYS. GREAT PARTY LAST NIGHT EH.



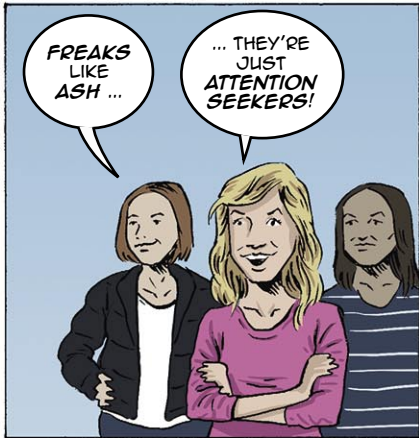
WHY DID YOU POST THAT VIDEO?



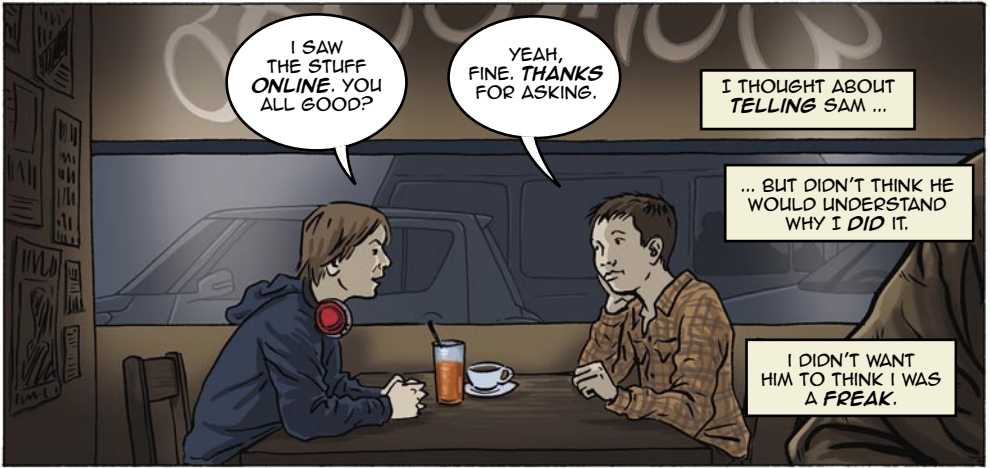
IT'S JUST A JOKE - NO BIG DEAL ...



YOU'VE PROBABLY HURT ASH!







I SAW THE STUFF ONLINE. YOU ALL GOOD?

YEAH, FINE. THANKS FOR ASKING.

I THOUGHT ABOUT TELLING SAM ...

... BUT DIDN'T THINK HE WOULD UNDERSTAND WHY I DID IT.

I DIDN'T WANT HIM TO THINK I WAS A FREAK.

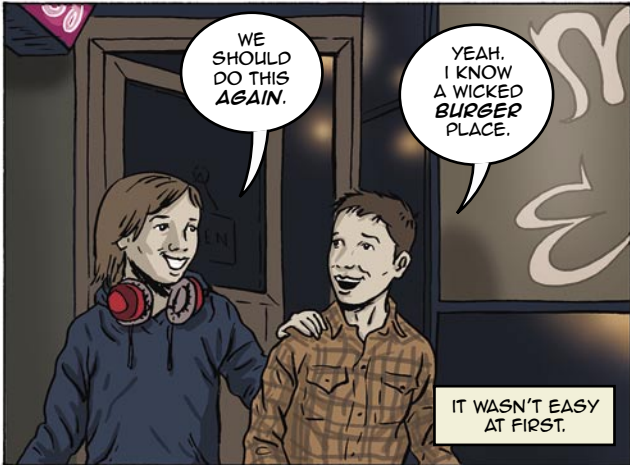


I WANTED TO TELL HIM EVERYTHING ...

... BUT THE WORDS STUCK IN MY THROAT LIKE GLUE.



EVENTUALLY I OPENED UP.



WE SHOULD DO THIS AGAIN.

YEAH. I KNOW A WICKED BURGER PLACE.

IT WASN'T EASY AT FIRST.





SAM SOON BECAME A REALLY *GOOD MATE*.



IT WAS *GOOD* TO HAVE SOMEONE I COULD *TRUST* ...



... SOMEONE I COULD *TALK TO*.



Legooog

self disclosure how to help friend

TAP TAP



... I DON'T
THINK I CAN
TELL MY PARENTS.
THEY'LL THINK
I'M WEAK.

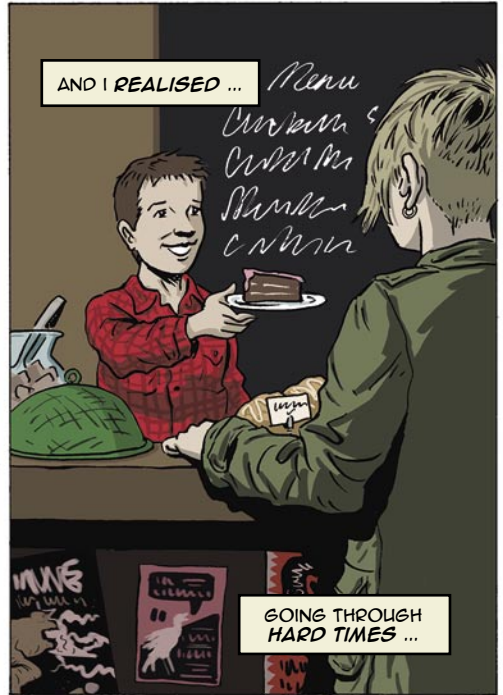


YEAH.
I KNOW
WHAT THAT'S
LIKE ...



... I
SUFFERED FROM
DEPRESSION
LAST YEAR.





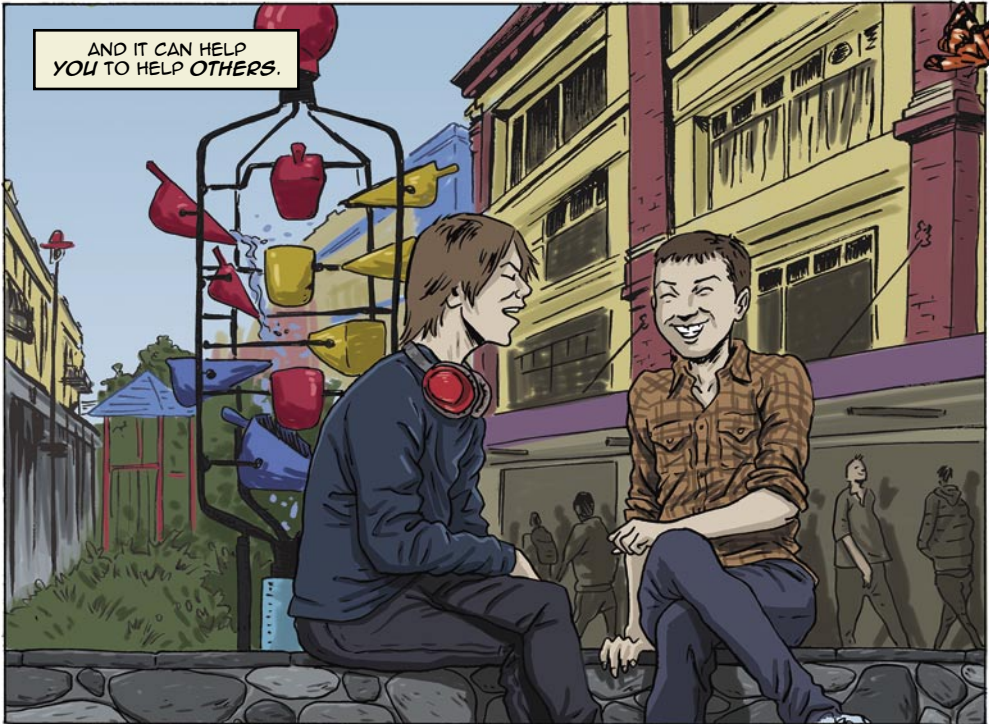
... WHO YOU ARE.



HOW **STRONG**
YOU ARE.



AND IT CAN HELP
YOU TO HELP OTHERS.



What is non-suicidal self-injury?

Non-suicidal self-injury (NSSI) is when people hurt themselves on purpose, without intending to kill themselves. It is commonly termed self-harm, is not part of a cultural practice, and is different from modifying the body for beauty or embellishment (e.g. tattoos or body piercings).

It is not well known how common self-injury is in Aotearoa New Zealand. Overseas research suggests 13% - 23% of adolescents and young adults, and 6% - 8% of adults, have engaged in NSSI at some point in their lives. Wellington-based research indicates that up to half of secondary school students have self-injured at least once by the time they leave school.

People from all walks of life and of different ages and ethnicities self-injure:

- Self-injury is more common among adolescents, and tends to begin between the ages of 12 - 14.
- Both males and females engage in self-injury; but there are differences in the method (e.g. females are more likely to cut, whilst males are more likely to hit themselves).
- A range of risk factors have been linked to self-injury (e.g. low mood, depression, low self-esteem, poor emotion regulation); but we don't yet have the full story on what causes this behaviour among New Zealand adolescents and rangatahi Māori.

Why do people self-injure?

People self-injure for many different reasons. These reasons tend to fall into two broad groups: *intrapersonal* and *interpersonal* reasons. *Intrapersonal* reasons are to do with changing how a person feels and thinks on the inside (e.g. changing emotions, thoughts and body sensations). *Interpersonal* reasons for NSSI are less common than intrapersonal reasons, and are mainly to do with communicating to others that they need support, but occasionally people have reported self-injuring to avoid certain tasks or responsibilities. There is huge variation in the reasons people self-injure.

A CHANGE

A Change tells the story of Ash, a young person who struggles with self-injury (hurting yourself on purpose). Ash navigates through the experience of being misunderstood, judged and stereotyped, and the barriers created around seeking help (all common themes for those who self-injure).

This comic highlights the importance of 'just being there' for people who struggle with self-injury, not trying to 'fix' the problem; but rather offering support, distraction and friendship without judgement.

Where to go for help?

Your family doctor can help you find support.

Alternatively, you can contact Youthline (free and confidential)
on 0800 376 633
or talk@youthline.co.nz
or free text 234

For further information about self-injury please visit our website on www.victoria.ac.nz/psyc/research/youth-and-wellbeing-study or Google 'Youth Wellbeing Study'.

