

# SELF-HARM MYTHS AND FACTS



Dear diary

[HAND OUT]

*Dear Diary*

*I have been hurting myself again today. It's been three months now. It has made me feel so ashamed and even worse than I did before. I want to scream and shout but I will get into trouble if I do that, so instead I do this because it is quiet and no one will know. I'm sitting in the bathroom.*

*I never had any friends before cos I was bullied and now I feel even more ashamed because I hurt myself so I don't have any friends now and I can't tell anyone about it.*

*They wouldn't understand anyway. No one does. I don't know how else to cope with what's going on. If anyone finds out I'll be in so much trouble. I wish I could stop this.*

*Sam*

