

# Consider the language you use when referring to self-harm

Choosing language that reflects and empowers individual experiences, is not sensationalised, is understandable and is adapted to individual preferences or audience is recommended.

## Preferred

- ✓ A person with a lived experience of self-harm; she harms herself; he is a person who self-harms
- ✓ They harmed themselves
- ✓ Experiencing self-harm; self-harming

## Problematic

- ✗ Self-harmer; attempter, attention seeker
- ✗ Any description of self-harm methods
- ✗ Attention seeking; manipulating others; going through a phase