

Myth or Fact? Cards

a.	Self-harming behaviours are not common.
b.	Self-harm is attention-seeking behaviour used to manipulate others.
c.	Only girls use self-harming behaviours.
d.	People who self-harm are suicidal.
e.	People who use self-harming behaviours have a mental illness.
f.	It is possible to stop self-harming.