



Self-injury occurs in about 10-15% of people with a diagnosed intellectual disability and in about 50% of people with a diagnosis of Autism Spectrum Disorder.



Behavior is a form of communication. Think about what your child may be trying to communicate through their self-harm behavior. If you know what is trying to be communicated then you know what underlying issues to address.

Self-Injurious Behaviors (SIB)

Self-injurious behavior (SIB) is defined as actions or behaviors in which a person inflicts, or attempts to inflict, physical harm to oneself. Self-injurious behavior can also be described as an unhealthy means of coping. Some examples of SIB include head banging, biting, scratching, ingesting items, skin/scab picking, and cutting.

The reason for **self-injurious behaviors** vary greatly. For some, SIB may be related to the need for sensory input. SIB can also be associated with frustration intolerance, communication deficits, or physical illness. In some cases, SIB can be a form of stress management. Self harm behavior may also be a sign or symptom of an underlying mental health condition.

General strategies for managing **self-injurious behaviors** are available regardless of the function of the SIB. Safety should always be considered prior to utilizing behavior strategies and interventions.

SIB Do's

- DO engage with the individual, ensure safety, and provide supervision
- DO protect the head using a stadium mat
- DO reduce task demands or expectations
- DO limit access to objects/items used to harm self
- DO teach and practice coping skills when calm
- DO redirect to healthier/safer replacement behavior
- DO create sensory appropriate environment
- DO develop communication skills (try PECS or an iPad)
- DO consult a doctor for medical concerns as a potential cause or result of SIB
- DO seek assistance from a mental health or behavior professional

SIB Don'ts

- DO NOT engage with the unwanted behavior
- DO NOT use a pillow to protect head as this could block airway
- DO NOT physically restrict movement as this could result in injury
- DO NOT Increase or add new expectations
- DO NOT give consequences
- DO NOT pull away from a bite as this could lead to a harder bite and increase the risk of injury

Upcoming Events

Date/Time	Topic	Link
Thursday, October 1 @ 8am	Help! My Child Won't Wear a Mask!	https://zoom.us/meeting/register/tJMsfypqD8oEtDbTxMwJZp0VB1P8rxUwdPH
Mondays in October @ 10am	Ask Me Anything: Behavior Edition	https://global.gotomeeting.com/join/329637733
Thursday, October 8 @ 2pm	Elopement	https://zoom.us/j/91907688226?pwd=NDJXYUNIURzRHB0clZJRERUNkxGUT09



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