

Secret Language of Self Harm



Given the private and personal nature of self-harm, many young people share their experiences, or seek out information online first, rather than asking for help and support from teachers, parents or friends.

That makes the job of safeguarding difficult, especially given the fact that much self-harm content is thought to use a 'secret' online language, designed to fly under the radar. For example, through hashtags or codenames, pro-self-harm content can be sought out, shared online, or discussed with strangers.

Below are a number of known hashtags and code names to look out for on social media:

<u>Disorder</u>	<u>Girls</u>	<u>Boys</u>
Self-harm	Cat	Sam
Suicide	Unalive	Unalive
Suicidal	Sue	Dallas
Depression	Deb	Dan
ADD/ADHD	Addie	Andy
Anorexia	Ana	Rex
Bulimia	Mia	Bill
Paranoia	Perry	Pat
Anxiety	Annie	Max