Today’s piece was prepared by Nick Lopez, MD, based on a NY Times story [How Many Teenage Girls Deliberately Harm Themselves? Nearly 1 in 4, Survey Finds](https://www.nytimes.com/2018/07/02/health/self-harm-teenagers-cdc.html).

This article highlights findings from a recent study published in the American Journal of Public Health that examined the epidemiology of self-harm among adolescents. The article discusses that 30% of teenage girls have intentionally injured themselves, noting demographic differences across sex (girls > boys), race, and US region (highest in Idaho, with 30.8% of girls reporting self-harm). The article states that adolescent girls commonly report being a part of the LGBT community and having been sexually assaulted or bullied online.

The article appropriately presents the data from the research published article in the *American Journal of Public Health* and sheds light on the prevalence of self-harm as reported in the research article, which may raise awareness among families and practitioners, and helpfully concludes by noting that the researchers report that practice of self-harm is so widespread that a public health response may be indicated as opposed to addressing on a case-by-case basis. The journalist appears to correctly and impartially represent the epidemiologic data. The article could have better highlighted the fact that the study only examined youth in 11 states and the article does not identify which states are included, and these findings may not adequately represent all communities or adolescents. The CDC has identified self-harm as a serious problem affecting youth and specifically highlights that youth with disabilities are at increased risk for self-injury, not addressed in this NY Times story.

**RESOURCES ON SELF-HARM PREVENTION:**

[Self-directed violence and other forms of self-injury](https://www.cdc.gov/ncbddd/disabilityandsafety/self-injury.html) *Centers for Disease Control & Prevention*

[The Bully Project](http://bullyfreeworld-bully.nationbuilder.com/toolkit) *Videos & other resources for families* *on how to address bullying*

[Student Suicide & Depression Awareness Guide](https://www.learnpsychology.org/suicide-depression-student-guidebook/) *Warning signs (including self-harm), tools, resources. MGH psychiatrist, nurse & LearnPsychology.org*

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!