

## 2021-J1689

Senate Resolution No. 1689

BY: Senator BIAGGI

memorializing Governor Kathy Hochul to proclaim March 1, 2022, as Self-injury Awareness Day in the State of New York

WHEREAS, It is the custom of this Legislative Body to recognize official days that are set aside to increase awareness of issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Kathy Hochul to proclaim March 1, 2022, as Self-injury Awareness Day in the State of New York, in conjunction with the observance of National Self-injury Awareness Day; and

WHEREAS, Self-injury Awareness Day strives to educate people who do not self-injure, and reach out to people who do; and

WHEREAS, Self-injury or self-harming is when a person deliberately hurts themselves physically to deal with the emotional pain they are suffering such as low self-esteem, trauma, perfectionism, and abuse; and

WHEREAS, Each year, more than two million cases of self-injury are reported in the United States; 90% of self-injury starts during adolescence around the age of 14, however, people of both sexes and all ages, races and backgrounds may self-harm to protect themselves; and

WHEREAS, It is essential that there be greater public awareness of self-injury and self-harming; awareness leads to understanding and empathy, banishing judgment and fear, and reducing the number of people who feel alone and suffer in silence; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim March 1, 2022, as Self-Injury Awareness Day in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.