

Senate Resolution No. 448

**BY:** Senator BIAGGI

memorializing Governor Andrew M. Cuomo to  
proclaim March 1, 2019, 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 Andrew M. Cuomo to proclaim March 1, 2019, 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 Andrew M. Cuomo to proclaim March 1, 2019, 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 Andrew M. Cuomo, Governor of the State of New York.