

2021-J194

Senate Resolution No. 194

BY: Senator BIAGGI

memorializing Governor Andrew M. Cuomo to
proclaim March 1, 2021, 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, 2021, 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, 2021, 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.