

Borderline Arts' Contributor Guidelines

We are really excited that you'd like to get involved in helping people gain a deeper understanding of Borderline Personality Disorder (BPD). Your contribution will make a huge impact - helping loved ones/support workers to better help people with BPD, and to help other people with BPD feel less alone.

*We ask all our Borderline Arts' Contributors to read and agree to our guidelines below. This is because your health and safety (and that of the readers) is paramount. Please have a good read through, and tick each of the following to confirm that you **understand** and **agree to each** of them. (If you have any questions, please feel free to ask!)*

- Please let us know if you would prefer to share your work anonymously or publicly.
- It is vital that the work you create will not be a trigger for others: E.g. No specific description of self-harm, emaciated figures, suicide etc. (This is to keep other people safe).
- If your contribution begins to include such things (as described in the previous point), you understand that it won't be used by Borderline Arts, for reasons stated above.
- If you are doing some writing for the website and you find that you are feeling distressed due to feelings/issues etc being raised, you understand that we are unable to offer 1:1 support.
- By signing this form, you are confirming that you have a CPN, therapist or similar support person who has agreed to offer support and help keep you safe if anything distressing does come up.
- Please be aware that what you are creating/sharing is for the purpose of helping others understand BPD and reduce stigma surrounding the condition.
- Please be aware that the public will view your contribution, and there *may* be responses that are not entirely positive, due to the content/emotions it evokes in the reader as well as their personal taste.
- By signing this form you are stating that you feel able to manage this ^.
- If at any time you decide you no longer want your contribution displayed, contact Borderline Arts asking us to remove it from the website and social media. (We will do so as quickly as we are able).
- Decisions of what is 'appropriate for the website and social media will be made by Borderline Arts

Video Content

- The only time your contribution will not be anonymous is if you are contributing to video content. It's important you consent to having your face and voice displayed on our social media/website.

I agree to all of the points above, and understand that the views of what is 'appropriate for the website' will be made by Borderline Arts:

Name: _____ **Date:** _____

Signature: _____

Most of all, we want you to have fun, and for this to be a rewarding experience! So have fun! We can't wait to read your writing!

