

Borderline Arts' Artist Guidelines

We are really excited that you'd like to get involved in creating and/or sharing your artwork to help people get a deeper understanding of Borderline Personality Disorder (BPD). Art is a hugely powerful tool to do this, and your unique creativity and talent as well as your story really 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' Artists to read and agree to our guidelines below. This is because your health and safety (and that of those viewing the art) is the most important thing of all. The guidelines may seem a bit heavy, but they are just to protect everyone involved.

Please have a good read through, and let us know if you are happy with all of them. If you have any questions, please feel free to ask!

- Be aware that the art you are creating is for the purpose of helping others understand BPD and will be shown publicly online and/or at a physical venue, rather than a form of therapy for yourself (though it may be therapeutic at times).
- Please let us know if you would prefer to exhibit your work anonymously or publically.
- It is vital that the work you create will not be a trigger for others: E.g. No specific creation showing self-harm, emaciated figures, suicide etc. (This is to keep other people safe).
- If your work is going that way (as described in the previous point), you agree to share it with your CPN/therapist and understand that it won't be used by Borderline Arts, for reasons stated above.
- When creating art specifically for Borderline Arts, try to express aspects of living with BPD that you are already aware of, rather than delving into difficult issues to minimise the risk of becoming distressed by issues brought up through artmaking. (This is to keep you safe).
- Please confirm with us that you have a CPN or therapist who is available to offer support if anything distressing does come up, and that they agree to do so.
- I understand the public will view my artwork, and there *may* be responses that are not entirely positive, due to the content/emotions it evokes in the viewer as well as their personal taste.
- I feel able to manage this ^.
- If at any time I decide I don't want my artwork displayed, I will contact Borderline Arts asking them to remove it from the website and social media. We will do so as quickly as we are able to.

I agree to all of the points above, and understand that the views of what is 'appropriate for the website/exhibition etc' 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 see your artwork!