

## **Borderline Arts' 'Pandemic' Online Gallery: Artist Guidelines**

We are really excited that you'd like to create and share your artwork to help people to gain a deeper understanding of BPD and to celebrate some of the positive influences in your life. 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 exploring positive coping strategies etc and will be shown publicly online, 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. You understand that any art that does, will not be used by Borderline Arts in order to to keep other people safe.
- When creating art for this project, please ensure you don't delve into difficult issues. (The theme should help you to avoid doing so). This is to minimise the risk of becoming distressed by issues brought up through artmaking and to keep you safe.
- 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!***