



‘Flipping the Script: Changing the Narrative on BPD’ is the national campaign focus of BPD Awareness Week 2020 (1-7 October)

We know that much of the (mostly) historical language contained in research and training concerning people living with BPD is stigmatising, discriminatory and inappropriate. Many people with BPD experience self-stigma which impacts upon the way they (and others) see them.

This year’s campaign aims to change the way we think and talk about borderline personality disorder.

It encourages people living with BPD to change the way they think about themselves, allow others to see their challenges, educate others where appropriate, move towards strengths-based self-talk and to celebrate their strengths.

It also challenges families, supporters and people working with those living with BPD to change the way they speak and write about people living with BPD, to encourage and promote the individual’s strengths, reframe their challenges into strengths-based language, educate themselves by accessing new research, and amplify the voice of lived experience.

The campaign is informative and educational. It was designed with co-design and co-production principles, and uses the strong voice of lived experience to promote recovery, positivity and hope.

The resources developed for the 2020 campaign include:

- **Website** – specially designed to support the experience of BPD in strength-based ways
- **Lived Experiences** – the voices of people living with BPD and those who support them
- **Art Gallery** – showcasing the works of people living with BPD and addressing stigma
- **Resources** – downloadable posters, infographics and social media content
- **Professional advice** – resources, research and information from leading BPD organisations

If you or your organisation are interested in being a part of the 2020 campaign, please email Karen at bpdawarenessweek@gmail.com

To submit artwork or share your experiences around ‘Flipping the Script’ please see our Guidelines for Sharing Safely available here: <https://bpdfoundation.org.au/2020-flipping-the-script.php>

**For more information visit
www.bpdawareness.com.au**

Our service supports

**BORDERLINE
PERSONALITY
DISORDER**

**AWARENESS
WEEK 2020**

**FLIPPING THE SCRIPT:
CHANGING THE NARRATIVE ON BPD**



**BORDERLINE
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FLIP THE SCRIPT.

**It's time to
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