

# Share Your Story

## Butterfly Foundation Guidelines

Thank you for showing interest in sharing your experience with our online community. For the safety of readers and yourself, we have provided some guidelines to help shape your writing.

### Why share your story?

Your lived experience is valuable and unique. Sharing your story can help you to reflect on your experience and different parts of your journey. It can also create a sense of belonging, hope and understanding for others.

Before submitting your story, it is important to think about your readiness to share. We encourage you to consider the following questions:

- What is the purpose for sharing my story?
- What message do I want others to receive from my story?
- Who will be reading my story?
- How do I want my audience to feel after reading my story?
- What support do I have in place if I find this experience triggering?

### Content guidelines

Butterfly wishes to create a safe space for people to share their experiences with others. In light of this, we ask that you follow the below guidelines when writing your story:

- Please refrain from using triggering language around eating disorder behaviours; for example specific reference to numbers, habits and method AND/OR names specific service providers or personnel.
- Please do not submit any images with your story.
- **Confidentiality:** For privacy reasons, only your first name will appear next to your story. If you wish to remain anonymous, please specify this when submitting your story.
- **Length:** Between 250-500 words
- **Please note** - If we are concerned about any content that you have shared with us, we will encourage you to contact our National Helpline 1800 33 4673 or Lifeline 13 11 14 for support.

### Is this a moderated page?

The Share Your Stories page is not a live moderated page. Stories will be reviewed by a Butterfly team member and uploaded when time and space permits. If we feel that we may not be able to share your story in its current form (based on our guidelines) we will endeavour to work with you to edit your story (should you wish to).

### Help and support

The Share Your Stories page is not a support service.

If you wish to speak to someone about body image or eating disorder concerns, please contact:

Butterfly's National Helpline ED HOPE on 1800 33 4673.

Chat: <https://butterfly.org.au/get-support/chat-online/>

Email: [support@butterflyfoundation.org.au](mailto:support@butterflyfoundation.org.au)

Hours: Monday to Friday, 8 a.m.–midnight AEST (except National public holidays)

If it is an emergency or a life is at risk, please contact Lifeline 13 11 14 or Emergency Services 000