Giving a BFRB Presentation

An outline for your very own presentation on BFRBs! Here are some tips and ideas to make your presentation informational and help it run smoothly.

Step One: Location
Where are some places you could give a presentation? What ages do you want to speak to? Here are some ideas to get you started.

- Your school or other schools in your area
- Community gathering places, like a church, synagogue, or your local YMCA
- Youth groups (Boys and Girls Club, Girl/Boy Scouts, etc)

My ideas for places I can speak at:

Step Two: Advertising Your Presentation
In order to raise the most awareness, it is important to have a lot of people at your presentation! Go to the location you are presenting at and hang up some pamphlets promoting your event. Some other places you can do this are at doctor’s offices, hair salons, local libraries, YMCA, and community gathering areas.

If you can, contact your local newspaper and see if they can include your presentation as an event in the paper.

My ideas for places I can promote my presentation:
Step Three: Facts
In your presentation, it’s very important that you not only talk about your story, but also include facts about BFRBs. Here are some facts to get you started, and The TLC Foundation has a bunch more that you can use on its website. (Also, make sure that in your presentation, you define what a BFRB is and give examples of a few, stating what they are.)

‣ BFRBs affect between 2-4% of the population, which is 2 in 50 people.
‣ There is currently no cure for BFRBs, but there are treatment options, such as medication and therapy, available.
‣ BFRBs are not self harm because they are not done intentionally.
‣ People of all ages and ethnicities are diagnosed with BFRBs.
‣ BFRBS are not classified as OCD, though they are categorized in the DSM-5 under “Obsessive Compulsive and Related Disorders.”

My ideas for facts I can include in my presentation:
Step Four: Your Story

Sharing your story is the emotional aspect of your presentation, allowing the audience to understand that “real” people suffer from BFRBs. You might want to start your presentation with your story so the audience can get to know you. Here are some things you might want to include.

› What BFRB(s) you have
› How old you were when you were diagnosed with a BFRB
› How having a BFRB(s) has affected your life
› Treatment you are using and how it’s helping
› Other people’s reactions to your BFRB(s) and examples of both supporting and challenging reactions

What I want to say about my story in my presentation:

Step Five: Resources

The TLC Foundation for BFRBs has a plethora of resources that you can use in your presentation, ranging from articles to videos to brochures. Here are some resources you may want to include.

› The Task Force’s “This Is Me” video
› TLC Foundation brochures (you can order these off of the website)
› YouTube videos (there is a playlist with videos you can include on the website)
› Articles (you can find some articles you might want to include on the website)

Resources I want to include in my presentation:
Step Six: How to Help

In your presentation, be sure to include information on how the audience can help raise awareness about BFRBs. Including this will make your presentation more effective in the long run.

- Educate yourself
- Share this information with your family and friends to help eliminate misconceptions and the stigma associated with this condition
- Make a donation to The TLC Foundation for BFRBs to support research on BFRBs
- Offer support and understanding to those around you who suffer with BFRBs
- Help eliminate misconceptions and the stigma that contribute to shame

Ways my audience can help:
Checklist
Make sure you have all of these prior to your presentation.

☐ Wifi at the location you will be presenting at
☐ TLC Foundation brochures or pamphlets (you can order these off the website, bfrb.org)
☐ TLC Foundation Millennial Task Force advice column cards to pass out
☐ FAQ list
☐ Download the Task Force’s “This Is Me” video
☐ Make sure you are familiar with all of the resources that The TLC Foundation offers
☐ Make sure you’ve looked at The TLC Foundation’s Outreach Kit (available on the website)
☐ Presentation posters to promote your program (TLC has a pre-made one)
☐ Copies of the BFRB Infographic