

INSTRUCTIONS FOR USERS

1. These resources are provided for educational purposes with the aim of increasing knowledge about perfectionism. They are not intended for any other purposes.
2. We recommend that the resources are not used with any one below the age of 13. This is to ensure that the content of each resource is understood and recipients can provide their own thoughts independently.
3. If there are any concerns regarding mental health of recipients, these concerns need to be reported via appropriate routes (e.g., welfare officers). The materials are not designed for use with individuals who require mental health support.
4. Prior to use, we encourage instructors to reflect on their own opinions regarding perfectionism and to avoid imposing these views on those using the resources.
5. We also recommend that the resources are considered in context of any club or school ethos. The resources do not align with some competitive ethos (“you must always be the best”).
6. Please review all resources prior to using them to make sure you consider the content is appropriate.