

The  
*Butterfly*  
PROJECT



**The rules:**

1. When you feel you want to cut, take a pen or marker and draw a butterfly on your arm.
2. Name the butterfly after a loved one, someone that really wants you to get better.
3. You must let the butterfly to fade naturally. NO scrubbing it off.
4. If you cut before the butterfly is gone,  
If you don't cut it lives.
5. If you have more than one butterfly, cutting kills all of them.
6. Another person may draw them on you. These butterflies are extra special.
7. Even if you don't cut, feel free to draw a butterfly to show your support.
8. Know that we care.



*The Butterfly Project*



**Grace For 2 Brothers**

Special Procedures Through Trauma and Grief

