

## What to do if you are thinking of organising a skinny dip:

- Firstly, put the request in writing – a letter or email. You can enclose publicity materials like the What is Naturism? leaflet <http://www.bn.org.uk/community/store/product/143-20-x-free-bn-what-is-naturism-leaflets/>.
- (Obviously!) Be polite and respectful, acknowledging that they might find it an unusual request
- Introduce the Great British Skinny Dip – there will be words you can copy from the website at [www.greatbritishskinnydip.co.uk](http://www.greatbritishskinnydip.co.uk)
- Talk about Naturism in the UK – how active and vibrant it is with many thousands of people doing it in clubs, at swims in hired pools week in week out, on beaches and holidays. The IPSOS MORI poll of 2011 showed there are almost 4 million Naturists in the UK. Link to the BN site at [www.bn.org.uk](http://www.bn.org.uk)
- Are you a member of British Naturism or other Naturist group? Talk about your own experience – especially if you are part of a group
- Tell them you can answer their questions and provide more information if they need it
- Finally, ask for the session – suggest going to see them face to face if they prefer.

### ***Possible pre-scripted letter:***

#### ***Introducing the Great British Skinny Dip in #septembare!***

I am writing to let you know about an exciting initiative taking place in September 2017. The **Great British Skinny Dip** is a health and wellbeing-focused initiative being held across the whole month that sets out to introduce people to the great experience of costume-free swimming.

Skinny dips will be taking place across the UK. From beaches, lakes and rivers, to lidos, swimming pools and leisure centres, people will be shedding their costumes to experience the liberating, life affirming and extremely sensible practice of swimming naked! Some swimmers will partner with charities to raise money for good causes.

By encouraging people to strip off — we're helping to change attitudes towards nudity and body image, which is one of the leading causes of low self-esteem and lack of confidence. By stripping off, many people report that they are not only shedding their clothes, but also their stresses and cares as well. What constitutes a 'normal' body is consistently misrepresented in the media, by advertisers, and in popular culture. We want people to develop a healthy attitude by realising that a healthy body doesn't mean looking like an athlete or a catwalk model. It's all about learning to love your body whatever it looks like, whilst also taking care of it in a responsible way, to make sure it doesn't cause health problems.

Social nudity does not have the taboo that it used to and is practiced by millions of normal people around the world. It's also great fun and family friendly.

We're running a national publicity campaign, with a strong social media presence and dedicated website. We have an experienced UK-wide team ready to answer any questions that you may have, especially about running a costume-free event – we do them all the time!

We look forward to hearing from you. In the meantime, check out the following resources dedicated to the Great British Skinny Dip

Web: [www.greatbritishskinnydip.co.uk](http://www.greatbritishskinnydip.co.uk)

Facebook: [www.facebook.com/greatbritishskinnydip](https://www.facebook.com/greatbritishskinnydip)

Twitter: @GBSD2017

Best wishes

[Add your signature and contact details]