

Safe media engagement

Sharing your lived experience with the media should empower you, not compromise your wellbeing.

#EndChildhoodSexualViolence

Here's what you can do to prepare



WE ARE **BRAVE** SO THAT CHILDREN CAN BE **SAFE**

Before the interview

1. Create a safety plan

2. Practice self-care

3. Know your boundaries

4. Prepare and practice your message

5. Reach out for assistance

During the interview

1. Listen carefully

2. Get to the point

3. Keep it simple

4. Express yourself

5. Cite facts

During the interview

6. Relax and breathe

7. Correct mistakes and be honest

8. Stay on message

9. Avoid speculation

10. Non-verbal communication cues

After the interview

1. Offer a follow-up

2. Debrief

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By following these tips, you can safely and effectively engage the media. Your voice and your message have power.