

Basic media tips for speaking to journalists



Tips after the interview

For survivors, taking time to reflect and seek support after speaking with the media is an essential part of the process.

#EndChildhoodSexualViolence



Prioritize self-care:

Post-interview stress or anxiety is common, so be kind to yourself. Engage in activities that help you relax and recharge, whether it's a walk, a hobby, or spending time with loved ones.



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Debrief with a trusted member of your support community:

It's important to process your experience with someone who understands you and can offer emotional support. This could be a friend, family member, or fellow survivor. Talking through the interview can help you reflect on how you felt and identify any areas where you might need additional support.



Speak to a mental health professional:

If possible, reach out to a therapist or counselor to help process any emotions that surfaced during the interview. Even if the interview went well, revisiting traumatic experiences can be emotionally taxing, and professional support can help you manage these feelings in a healthy way.



Request a copy or link to the final piece:

Ask the journalist when you can expect the piece to be published and if they can send you a copy or link prior to publication. Reviewing the final piece can help ensure your story was represented accurately and give you the chance to flag any major issues.



Stay engaged with the journalist:

If there are follow-up questions or additional details needed, it's a good idea to keep communication lines open. Establish boundaries early on about how much additional contact you're comfortable with.



Monitor the impact of the story:

After publication, consider monitoring how your story is being received. This can help you gauge the wider response, see what conversations are being sparked, and identify any further actions or opportunities for advocacy that you might want to take.

