Media resources

Your rights when speaking to the media

You can:

* Refuse to speak with all media representatives
* Choose OR refuse to speak with a particular journalist/outlet
* Decline an interview, regardless of whether or not you have previously granted interviews
* Request to see the journalist’s questions before the interview. If they decline (and many will) you can:
  + Ask for dotpoints of the topics they want to cover
* Ask for a pre-interview (meaning a non-recorded interview) to discuss what topics you do and do not want to cover. If possible put your ‘topic dos and dont’s’ in writing to the journalist so you have a record of what was discussedRequest to review all of your comments and quotes prior to the journalist/s leaving the interview or prior to publication, to ensure there have been no errors or omissions
* Request to be de-identified. There are multiple options here depending on the level of risk the interview poses, including:
  + Using only your first name. Using your first name is a simple ask and means your comments won’t come up on the internet when your full name is googled
  + Using a pseudonym, having your image and voice obscured for broadcast, and concealing where you live and work.
* Request contact details of a journalist prior to/after an interview
* Request a correction if you have been misquoted
* Request a support person to be present during the interview
* A reminder: a social media post/story may as well be an interview

Remember, when it comes to lived experience:

* Safety is the most important thing when sharing your lived experience.
* Only you decide when, how and how much to share - not the journalist
* What might you need to feel safe when sharing your story with a journalist?
* No campaign or issue rests solely on you