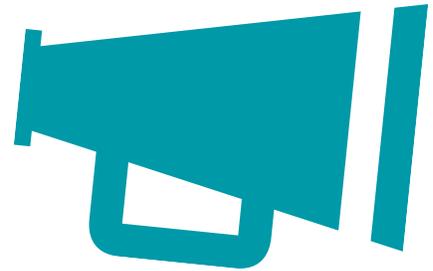


If You're Ready: Talking to the Media

Choosing to go public with your story when the offender is in the public eye

It can be difficult to speak publicly about your experience, and perhaps harder when the offender is well-known in your community or state. However, at a time when many survivors are coming forward, sharing your story publicly and naming the offender may feel like the right thing to do.

It is always your decision what to share and how much of your story you want to tell. Here are some tips.



Know why you're sharing

Would sharing be a helpful step toward healing for you?

Would talking about what happened feel like a form of justice to you?

Is sharing part of meeting your goals or could you do so another way?

Have a plan

Only share what you are comfortable sharing.

Decide when, where, how and to whom you want to share. You can choose to share your story anonymously. The news organization will know who you are, but does not have to tell the public your name or use an image of you.

Choose a reputable media source with which to share your story. Think about whether the organization is on TV and you will be taped, or if it's a newspaper, a reporter may talk to you on the phone or in person.

Other things to consider

If you post about your experience on social media, be prepared for journalists to call you. If the offender is well-known and in the public eye, it is likely to happen.

Survivors sometimes fear being sued. If you have questions or concerns, we can connect you to legal resources.

You may be asked uncomfortable questions, such as *'Why did it take you so long to come forward?'*

'Why are you coming forward now?' *'Can you share some details about what happened?'* *'Could*

you have done anything to prevent the assault/harassment?' *'How did you feel when it happened?'*

A good reporter will also interview the offender, because they need to interview both parties.

Public sharing can sometimes feel overwhelming, but you can have some choice and control over the process – you can stop talking any time. However, the media may keep trying to contact you, so it would be helpful to have a plan in place to manage repeat calls.

**An advocate can work with you if you want help. Free, private, 24/7 services:
1-800-871-7741.**

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