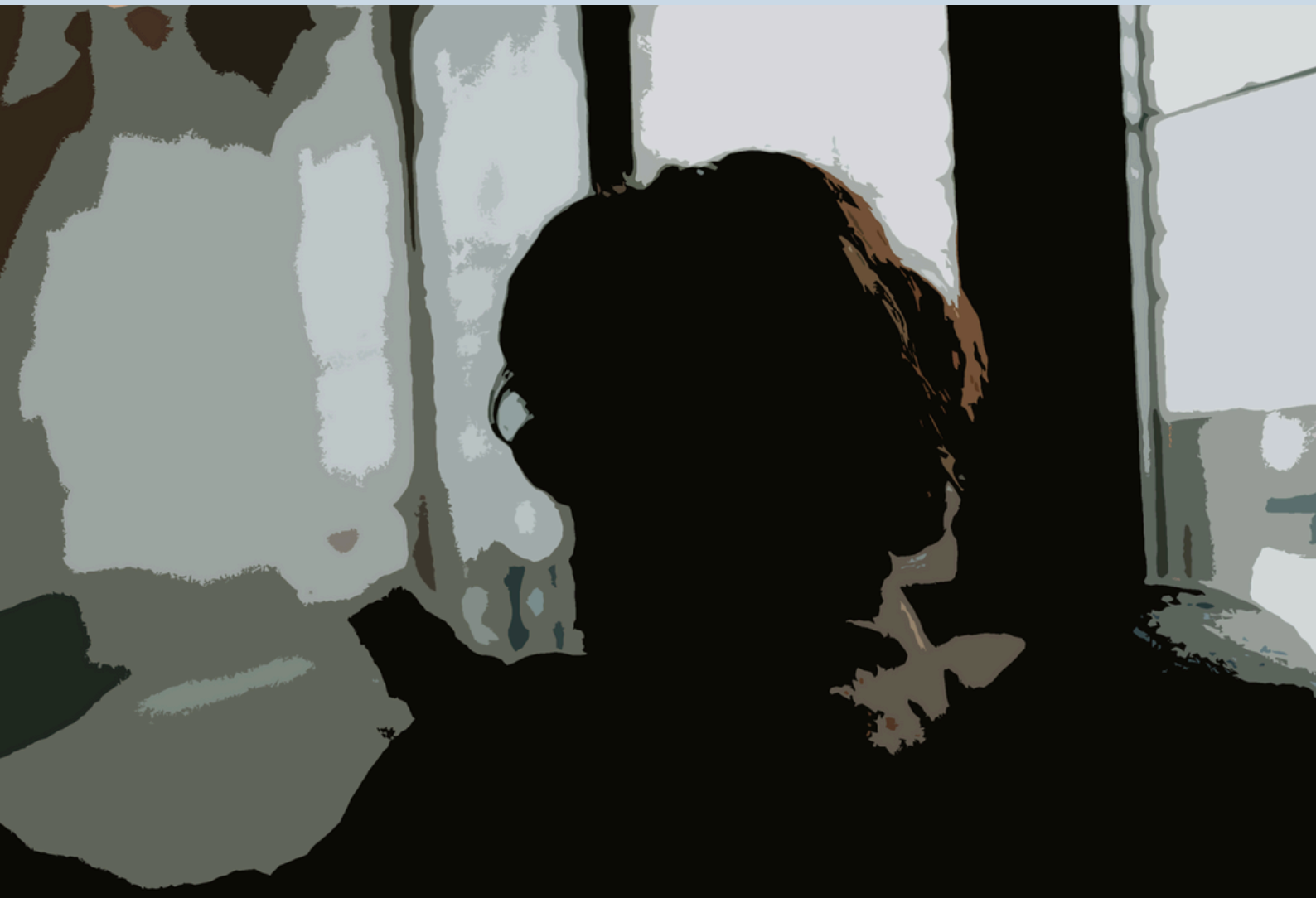


For the media and journalists

What you need to know before speaking to survivors of strangulation

May 2025

Developed in collaboration with survivors.



Institute For
Addressing
Strangulation

Here's what you need to know before engaging with survivors of strangulation

This resource was designed in collaboration with survivors to highlight important points for journalists to consider when engaging with survivors on their lived experience of strangulation.

We would encourage journalists to watch our [short video](#), which IFAS produced in collaboration with survivors, so that you can better understand the journey many survivors are on to reclaim their voice. This will hopefully enable you to understand the part you can play as a journalist in supporting a survivor's journey and getting their voice heard to inform societal change.

Whilst we understand that news cycles often change and shift, and therefore even with the best of intentions not every survivor's story can be heard, it is important that there is a clear process in place underpinned by trust and transparency, from all parties, regardless of the outcome of the collaboration.

We hope that journalists can appreciate that behind every survivor and story there is a person with friends, family, thoughts, feelings, dreams and hopes.

This resource encourages positive and fulfilling interactions with journalists and survivors through the use of the following three principles:

- 1 **Transparency**
- 2 **Trust**
- 3 **Truth**



Transparency – It is important that all parties enter in to this process understanding exactly what the expectations are from one another.

Be transparent with survivors about your plans for the article and be clear about what is expected of the survivor, when is it expected, is there anything that might inhibit the article being published, if so, have a conversation with the survivor to set expectations.

Questions survivors might wish to ask include:

- *Is there a contract they will need to sign?*
- *What is the modality of the interview? What options does the survivor have? (e.g. what are the options for location?)*
- *Who will be in the interview itself from the media outlet?*
- *How much time will be required from the survivor's perspective?*
- *How will anonymity be achieved if this is the option the survivor wants to take?*

Trust – Building trust is essential. These are extremely difficult experiences that the survivor has been through, which need to be treated with sensitivity and respect. With this in mind, we would suggest that you:

- Offer an initial call/meeting with the survivor to discuss your plans. Suggest or allow the survivor to attend initial and ongoing meetings with someone they trust.
- Allow the survivor time to consider questions they have for you.
- Allow the survivor ample time to consider if they want to proceed with your request.
- Send interview questions to survivors beforehand so that they can prepare themselves.
- Keep the survivor informed of any progress or delays with publishing the article.

Truth – It is important that the survivor has control over their own narrative and that their voice is heard.

- Allow the survivor to speak their truth in the way that they want to share it and it be told.
- Try not to embellish aspects of their experiences to fit your agenda.
- Where possible, offer options to review anything before publication so any mistakes or misrepresentations etc. can be identified and addressed.

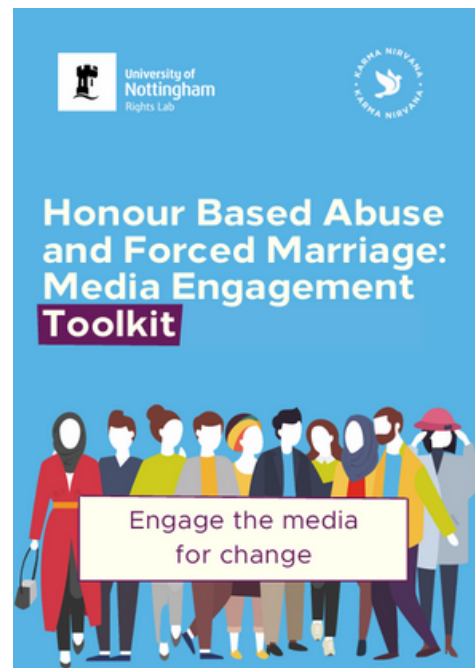
Other resources

This is a brief IFAS resource, other organisations have developed important toolkits for survivors who wish to engage with the media, these may also be useful for you.



Womens Aid – Breaking the silence, published 2021, is an extremely useful and digestible document for survivors, intended to help them navigate sharing their lived experiences for social change.

<https://www.womensaid.org.uk/wp-content/uploads/2021/05/FINAL-ACCESSIBLE-Break-the-silence.pdf>



Karma Nirvana (a charity working with victims/survivors of honour based abuse) – published 2025, has some really helpful questions and reflections to consider, with guiding principles and top tips, particularly around your boundaries and keeping safe.

<https://s40641.pcdn.co/wp-content/uploads/Shorter-KN-toolkit.pdf>



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