

DO's & DON'Ts of TRAUMA-INFORMED JOURNALISM

 Explore survivor's feelings and needs	Impose your feelings and needs
 Empathize	Pity, patronize
 Genuinely connect - dig deep	Use trite or glib phrases - only helps you
 Stay curious --> original and insightful story	Make assumptions - force survivor into role of your imagining
 Listen to survivor's framing	Impose yours
 Honor the meaning survivor ascribes to the experience	Locate survivor in your own cultural, historical, gender analysis
 Respect the stage of healing	Look for the neat ending
 Understand survivor does not see their truth as a debate	Play devil's advocate
 Appreciate survivor is expert in their own experience	Presume to know survivor's story better than them