

BASIC JOURNALIST SAFETY

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Basic Components of a Risk Assessment



Whose Safety?

-  • Yours
-  • Your colleagues
-  • Your news sources/subjects
-  • Your equipment

Risk Assessment Questions

→ Why?

→ Who?

→ Where?

→ When?

→ What?

SAFER WORKFLOW



BEFORE

- Risk Assessment
- Research

ASK: How do you feel? Will this be triggering? Is this emotionally stressful? How will you handle that? How can you anticipate/mitigate emotionally intense reactions?



DURING

- Situational Awareness
- Risk Response
 - Be open to fluid changes as needed



ASK: What do you do if you are emotionally overwhelmed? Whom do you contact? What strategies do you employ? Do you feel OK about how you are covering the story/ rworking with sources on the ground?



AFTER

- Debrief
- Rest, Reflect



ASK: Are you getting rest? Are you eating? Do you have intrusive thoughts? What activities do you enjoy (exercise, social life, meditation)? Do you find yourself gravitating toward alcohol or drugs to relax, or avoiding friends, not focusing on work?

PLEASE STAY IN TOUCH

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The James W. Foley Legacy Foundation

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We are looking for student newsrooms
to pilot and/or incorporate our initiative.