

USEFUL INFORMATION FOR VICTIMS, SURVIVORS, AND FAMILY MEMBERS WHEN INTERACTING WITH THE MEDIA

After experiencing acts of violence, and in some specific cases (such as homicides, sexual crimes, among others), the Media may make efforts to tell the story in as much detail as possible. Interacting with these outlets to provide testimony, if you have closely experienced such events (as a victim, survivor, or family member), can have both positive and negative effects. This document gathers some points to help you decide whether to participate and provides some advice to consider when giving interviews.

ADVICE FOR PREPARING FOR MEDIA INTERVIEWS

- Plan the interview to convey your message effectively, establish two or three key points you wish to reinforce during the interview. You can introduce these points by saying something like "What I would like to convey..." or "What I want to make clear is...". Throughout the interview, you can reiterate these points by restating them.
- Relax and be sincere your honesty and genuine feelings are crucial to the success of the interview.
- Listen to the entire question before responding and ask for clarification if necessary.
- Speak slowly, clearly, and concisely.
- Avoid going on for too long once you have communicated the essential information, stop talking.
- If you feel uncomfortable with a particular question, you do not need to answer it politely refuse, saying something like "I don't feel comfortable answering that question".
- Never make "off the record" statements assume that everything you say will be on the record.
- Correct misunderstandings and misinformation if they arise during the interview.



POTENTIAL ADVANTAGES OF SHARING TESTIMONY WITH THE MEDIA

- It's an opportunity to share your point of view and your story.
- It's a chance to inform and raise awareness in civil society about the type of violence you have experienced.
- It may be a way to gather informal support.
- It can inspire news viewers and others who have gone through similar situations to share their testimonies or seek help.
- It empowers victims by including their version of events.
- It can be a form of social advocacy and drive policy change.

POTENTIAL DISADVANTAGES OF SHARING TESTIMONY THROUGH THE MEDIA

- It may trigger the trauma of the events suffered (especially if the communication style used is sensationalist).
- The unpredictability of the Media may result in the story being broadcast differently than the interviewee would like.
- The exposure of your image may be harmful to your privacy.
- Once public statements about the events are made, you may lose control over how and where those statements are published (they can be replicated in newspapers, magazines, television channels, etc.).

SUPPORT AVAILABLE FROM APAV

The Portuguese Association for Victim Support (APAV) provides specialized services for various violent situations, offering support to all individuals affected by a crime, including victims, survivors, and family members.

At APAV, you can find practical, emotional, psychological, legal, and social support, all of which is free and confidential, for as long as you need it – whether it's a one-time intervention or long-term assistance.

The support provided by APAV may include psychological intervention, clarification of legal issues, assistance with formulating requests or other documents, or facilitating communication with other entities and services, such as judicial authorities or embassies.

To access this support, you can call the Victim Support Helpline toll-free at 116 006 or visit one of APAV's local support services, whose contact information and locations can be found online: apav.pt/contactos.













