

## INTRODUCTION TO THIS RESOURCE

I created a digital database of safety resources\* that center trauma and identity-informed visual journalist risk management practices. [Journalist Source of Safety \[J-SOS\]](#) is an online toolkit and database of checklists, tips, gear advice, and other necessary security knowledge for journalists with an emphasis on equity and ethics. J-SOS is intended to be a publicly available resource that centers transparency and accessibility in providing safety tools, techniques and considerations for journalists with diverse bodies and backgrounds reporting in a variety of environments. This document is keyword searchable, so you can use the “Command + F” function on your keyboard to search for a specific term like “Disaster” or “Gender”.

Learn more about this project: [Source of Safety: Building a trauma and identity-informed safety, security and risk management resource for all bodies and environments](#)

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Resources compiled by [Tara Pixley](#) for [Journalism Source of Safety \[J-SOS\]](#)

Funded and supported by the [Reynolds Journalism Institute Fellowship 2022-2023](#)

Contact moderator with questions, revisions/updates, or concerns via [info@sourceofsafety.org](mailto:info@sourceofsafety.org)

*\* NOTE ON ENDORSEMENT: The inclusion of any individual resource within this document is not an endorsement of the organization offering the resource nor is it a statement that the resource is complete, accessible or equitable. By bringing these resources together, the moderator hopes to make more knowledge conveniently available to a global audience. Those using this resource are asked to assess the usability and usefulness of each item on an individual basis. If you find a particular resource to be especially concerning in how it presents information or particularly inaccessible, please inform the resource moderator via [info@sourceofsafety.org](mailto:info@sourceofsafety.org).*

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## ARTICLES ON JOURNALIST SAFETY + SECURITY

POYNTER: [The safety training community should reflect the journalists that it serves - Poynter](#) (Maria Alejandra Silva Ortega)

International Journalists' Network (IJN): [Reporting on refugee communities: Safety and risk assessments](#)

IJN: [Trainings and classes help journalists prepare for dangerous scenarios](#)

VIDEO: [Pulitzer Center Student Fellows Weekend Journalist Panel - Safety In the Field](#)

CNN: [They've been beaten, trolled, threatened with sexual violence but refuse to be silenced](#) (Gendered Violence)

The Conversation: [How Situational Awareness Could Save your Life](#)

Committee to Protect Journalists (CPJ): [Physical Safety: Mitigating Sexual Violence](#) (Gendered Violence)

United Nations: [UN Security Council Voices Alarm at Growing Threats to Journalists, Unanimously Adopting Resolution 2222](#)

NPPA: [Photojournalists and the California Wildfires](#) (Disaster)

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PopSci: [Here's how a photojournalist prepares to cover a hurricane](#) (Disaster)

CPJ: [Physical Safety: Covering wildfires](#) (Environmental Disaster)

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## DATA & REPORTS

ACOS Alliance: [The Freelance Journalist Safety Principles](#)

DART CENTER: [Journalists and Safety Training: Experiences and Opinions](#)

ACLU/Human Rights Watch: [With Liberty to Monitor All- How U.S. Surveillance is Harming Journalism, Law, and Democracy](#) (Digital Security)

Digital Rights Foundation: [Threats Against Journalists](#)

OSF + DART: [Making Secondary Trauma a Primary Issue: A Study of Eyewitness Media and Vicarious Trauma on the Digital Frontline](#) (Mental Health)

UNESCO: [Building Digital Safety for Journalists](#)

UNESCO/ICFJ: [Safety of Women Journalists Global Survey](#) (Gender Violence)

UNESCO / ICFJ: [The Chilling: Responding to Online Violence Against Women](#) (Gendered Violence)

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## AVAILABLE TRAININGS & WORKSHOPS

IWMF Trainings: [Hostile Environment Training - IWMF](#)

Freedom of the Press Foundation (FPF): [Guides & Training \(Digital Security\)](#)

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Objective Travel Safety: [Hostile Environment Awareness Training Course](#)

[Judith Matloff Trainings](#)

IREX: [SAFE Basic Training Curriculum for Media Practitioners and Social Communicators](#)

SPJ: [Journalist Toolbox / Safety for Journalists](#) (Massive Resource List)

ICFJ: [Strengthening Digital Security for Journalists and Civil Society Advocates in Asia Pacific](#)

Global Forum for Media Development: [Certified Journalist Safety Training Course](#)

Key Objectives: [HEFAT Trainings](#)

[Intl Media Support Group](#): Safety Education for Journalists

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## GUIDEBOOKS + LISTS

AIG: [LGBTQ Guide to Travel Safety.pdf](#)

IWMF: [Mental Health Guide for Journalists Facing Online Violence](#) (Trauma)

SPJ: [Journalist Toolbox: Covering Wildfires](#) (Environmental Disaster Reporting)

CPJ: [Journalist Security Guide.pdf](#)

RORY PECK TRUST: [Safety Toolbox for Freelance Journalists](#)

CPJ: [PPE Guide.pdf](#) (Gear)

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IWMF: [Fire PPE Guide](#) (Gear)

CPJ: [Digital Safety Kit](#)

NABJ: [Resources for Coping & Safety](#) (Trauma Support + Self-Care for Black Journalists)

Global Investigative Jour. Network: [Digital Security](#)

TROLLBUSTERS: [What to Do? Where to Go? Infographic](#) (Digital Security)

TrollBusters: [Staying Safe Online and Off for Journalists & Media Workers](#)  
(Student Edition / Digital Security)

DART & ACOS: [Leading Resilience Managing Trauma in Journalism.pdf](#)

GISF: [Crisis Management.pdf](#)

HPN: [Security Review \\_ Reporting Practices.pdf](#)

IFJ: [Survival Guide.pdf](#)

IJNET: [Digital security do's and don'ts for journalists](#)

Internews: [Managers Engagement Playbook.pdf](#) (News Leadership)

IOSH: [Managing Health and Safety of Mobile Workers.pdf](#)

JMR: [Participatory Playbook: Field Guide to Listening & Reporting with Communities](#)

Megan Nobert: [Safeguarding Aid Workers.pptx](#)

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DART: [TRAUMA & JOURNALISM Handbook](#) (Mental Health)

Github: [Big-Ass-Data-Broker-Opt-Out-List](#) (Digital Security)

Rape Crisis Network Europe: [Find help in your country](#) (Gendered Violence)

RTDNA: [Journalist SAFE Training Part 1 - Situational Awareness.pdf](#)

RTDNA: [Journalist SAFE Training Part 2 - Civil Unrest.pdf](#)

RTDNA: [Journalist SAFE Training Part 3 - Verbal DeEscalation.pdf](#)

UNESCO: [Guide to Covering Protests.pdf](#) (Civil Unrest)

NFPA: [A Reporter's Guide to Fire and the NFPA](#) (Environmental Hazards)

Twitter: [Twitter safety tips for journalists](#)

RTDNA: [SAFE Journalist Training and Resources](#)

RTDNA: [SAFE Training Part 1: Situational Awareness](#)

RTDNA: [SAFE Training Part 2: Civil Unrest and High-Risk Events](#)

RTDNA: [SAFE Training Part 3: Verbal De-Escalation](#)

IRES: [SAFE - Securing Access to Free Expression](#)

Global Interagency Security Forum: [RESPECT – A Resilience Toolkit for Humanitarians](#) (Psychological First Aid)

Reporters without Borders [Safety Guide for Journalists](#)

SafetyCulture: [General PPE Fit and Specifications](#) (Gear)

Dart Center: Reporting on Sexual Violence in Conflict

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## Dart Center: How Can Indigenous Reporters Care for Themselves While Covering Trauma

Online Course: Responsible Reporting on Suicide for Journalists: A free online course offered by Johns Hopkins University to teach reporters how to safely cover the topic of suicide. Over 100 studies have found that certain types of news stories on suicide can contribute to more suicide deaths, while others can encourage people to seek help. This course, which can be started and completed at any time, explains this research and gives journalist concrete tools to cover suicide, including simulated interviews with a parent who lost a child to suicide and assignments to pick B-roll for video stories on the subject.

## IRE 22 Tipsheet: Coping with Trauma as a Journalist

International Association of Chiefs of Police: Tips for Interviewing Trauma Victims (Written from police POV but has some great ideas on how to phrase questions.)

## Reporters Committee for Freedom of the Press Resources Archive

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### VIDEO TUTORIALS

[How to Apply a Tourniquet](#)

[Combat Tourniquet Application](#)

[Five Basic First Aid Skills | British Red Cross](#)

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### RISK ASSESSMENTS

[CPJ: Risk Assessment Template](#)

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[Rory Peck Trust: Risk Assessment Template](#)

ACOS + Aegis Alliance: [Assignment Safety Checklist](#)

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### **CURRICULUMS (Students + Educators/Trainers)**

Freedom of the Press Foundation: [U.S. Journalism School Digital Security Curriculum](#)

ACOS Alliance: [Industry Standards for Safety Trainings](#)

ACOS + WAN IFRA + Aegis Alliance: [Editor Safety Hub](#): *A course for editors on how to build a culture of safety in the newsroom and best practices for preparing and supporting journalists working in difficult or risky reporting environments.*

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