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Telling Our Story To The Media

by James

How to tell your story to the media.

Let simplicity be your guide.

Firstly, why are you telling your story?

Many survivors want to take our power back from our abusers which can be an important part of the healing process as well as helping other people to tell their story.

Five simple questions are all you need to discuss in order to successfully communicate your truth to the media.

1. Who?

Who was involved? Perpetrators, enablers, facilitators, financiers, one person or group alone.

Other children or victims.

2. What?

What sort of abuse took place?

Remembering to treat yourself and your suffering with dignity and respect, you are invited to say what you're comfortable saying.

Different types of abuse can be ritualistic, group, parental, sibling or in schools as well as other environments. Can include videoing devices.

As a positive bi-product of you giving your testimony, it can give voice to others who also experienced similar trauma.

3. Why?

Being abused was not your fault and you do not have to account for the behaviour of criminals.

However, curious listeners may be interested to learn that some theories as to why abusers abuse are:

Psychiatric illness, survivors of abuse themselves, born that way, putting their shame on children.

Understandable questions to ask are also:

Why it was allowed continue?

Why it wasn't stopped?

Why didn't people speak up?

Why didn't people report it?

Why wasn't it detected?

4. When?

When did this take place. Again, you can give as much or little detail as you're comfortable with. Maybe it took place over a short period of time or an entire childhood. This is your truth.

5. Where?

Abuse can take place anywhere. Different parts of the home, school, country or different parts of the world. Again, this is your story and only say what you're comfortable saying.

Hope.

Surviving the impossible is an amazing message of hope to other survivors who are suffering.

Just knowing that it's possible to get through can be the difference between life or death to many survivors.

Your story, by simply telling it opens doors to listeners who went through similar that were previously closed.