

Say It Out Loud's Guidelines

At Say It Out Loud, we follow a set of principles, and we are looking for stories that are aligned with these principles.

PRINCIPLES (External)

- Intimate partner and sexual violence are widespread human rights abuses that affect all communities.
- Commitment to work toward cultural change and equality to prevent gender-based violence and the understanding that everyone has a role to play in positive cultural change.
- We acknowledge that everyone can perpetrate or experience violence, but that sexual, domestic, family and violence (SDFV) is a gendered experience. This means that overwhelmingly SDFV is perpetrated by (cisgender) men against women. SDFV experienced by LGBTQ+ people is also gendered, driven by rigid gender norms.
- Take an intersectional feminist approach and recognise that different systems of discrimination intersect to impact people differently.
- Recognise that patriarchal values and the dominance of unhealthy historic, economic, socio-cultural norms regarding femininity and masculinity, cisgenderism and heterosexism lead to stigma and discrimination and drive structural and interpersonal violence against all people, regardless of gender and sexuality.
- Acknowledge the ongoing impacts of colonisation on violence against Aboriginal and Torres Strait Islander people and communities.
- We reflect on individual and organisational positions of power and how it may impact our work.

Final decisions and authorisations regarding project-related matters are the responsibility of ACON.

Helpful things to reflect on while writing blogs

1. What is the Purpose

Think about the purpose of writing your blog post, and what you want the reader to understand. For example, if you're writing something about lived experience, you might want people to understand the need for improved responses, or you may want to share your experience of healing.

2. Honouring Privacy and Confidentiality

When sharing any kind of lived experience, it is essential to prioritise the privacy and confidentiality of the individuals involved. Avoid using any identifying details such as names, locations, or specific dates that could potentially expose the identities of the people involved. This is to protect authors from any safety issues including potential legal risks that may occur from naming a person or organisation.

3. Sensitivity in Describing Traumatic Events

While stories are powerful tools and an important part of the healing journey, it is vital to exercise caution when discussing traumatic events. Avoid providing explicit or graphic descriptions of traumatic events. This is for the safety of the authors (to avoid re-traumatising) as well as the safety of readers (to avoid vicarious trauma or triggering readers).

4. Trauma-Informed Language

It is crucial to use trauma-informed language in any blog post. Avoid using triggering or stigmatising terminology that may retraumatise anyone, and to avoid perpetuating negative stereotypes. Instead, choose words and phrases that promote empathy, understanding, and respect.

5. Content Warnings

It is essential to include content warnings at the beginning of a blog if you are discussing anything potential harmful to the wellbeing of readers. These warnings should provide a brief overview of the story's content without revealing explicit details. This allows individuals to make an informed choice about whether they feel ready or comfortable reading the story at that specific time. For instance, a content warning might look like: "This blog post includes mentions of triggering themes such as blood, and details of a domestic violence experience" or "This blog post contains mentions of substance abuse, but not explicit details".