

On-the-Go Checklist

Practical Reporting Tips

Here's how to include voices safely, with compassion and sensitivity.

Extending Manaakitanga to Interviewees

To include voices of those with lived experience safely, with compassion and sensitivity:

- ☐ **Use Self-Described Language:** Let people describe their own diagnosis, behaviour, or experience
- ☐ **Discuss Consequences:** Talk through potential impacts of sharing their story
- ☐ **Be Clear About Use:** Ensure they know how and where their story will be used
- ☐ **Check Wellbeing:** Make sure interviewees are currently well
- ☐ **Offer Support:** Check they have support (if they wish) during and after the interview
- ☐ **Be Present:** Let them know you'll be there for support during and after

Social Media and Online

- ☐ **Be Transparent About Online Sharing:** Let interviewees know if their story will be shared online
- ☐ **Support Wellbeing:** Recommend avoiding social media if they can
- ☐ **Moderate Where Needed:** Consider moderating comments on stories involving lived experience
- ☐ **Use Content Warnings:** For violent or graphic content, consider adding a "content warning" with specific info
- ☐ **Review Before Sharing:** If reposting a story or link, review the full content to assess for safety

International Stories

When sharing international content:

- ☐ **Review the Story:** Check against local recommendations
- ☐ **Check Language:** Remove discriminatory or sensational terms
- ☐ **Update Imagery:** Avoid dark or distressing visuals
- ☐ **Add Local Helplines:** Include NZ support services

Uphold Human Rights of Tāngata Whaiora with Complex Experiences

- 91% of people in prisons experience mental distress of addiction
- 30-70% of people receiving financial support from Work and Income are experiencing mental distress
- Around 40% of people experiencing homelessness report experiencing mental distress

When covering these topics:

- ☐ **Acknowledge Mental Distress:** Recognise that people in these settings may be experiencing mental distress
- ☐ **Include Lived Experience:** Centre lived experience perspectives
- ☐ **Highlight Human Rights:** Uphold and draw attention to human rights

