



Inclusion Ireland

The National Association for People
with an Intellectual Disability.

Inclusion Ireland Media and Rights Working Group

Easy to Read Code of Practice for Self- Advocates and People with Intellectual Disabilities



Code of Practice for Self-advocates being interviewed

This Code of Practice is for self-advocates and people with intellectual disabilities to use when they are going to be interviewed. This will help you know what to expect and how to prepare for an interview.

General tips for becoming a spokesperson



- Remember that you are good enough. Our voices are important and we should be heard.



- We can help to raise awareness ourselves instead of waiting for someone else to do it for us.



- Try to get out into your local community and get to know more people.



- It is important to have family, friends, or people you know in your community who can get behind you and support your message.



- If you have a message you want to spread, there are different ways to be heard. You could go to advocacy meetings and events, publish a book or article, or post about it on social media.



- Not everyone can speak up for themselves so we need to speak up for everyone in our community. Nobody is left behind.



Confident

- Always believe in yourself and be confident. Nobody can tell you what you can and cannot do.



Decision

- Telling human stories can be powerful. This means talking about your own life experience.
- We need to tell positive stories that show how we can make our own decisions.

Preparing for an interview



- When you are contacted by a journalist, here are some useful questions you might ask:
 - Who is calling
 - Where they are calling from (For example, RTE News)
 - What they want to talk about and why they are calling you
 - Whether the interview is live or pre-recorded
 - Whether it is in a studio or elsewhere
 - Who will do the interview
 - Is anyone being interviewed with you
 - What is accessibility like at the venue for interview? (Source: MediaTrust)

- If a journalist contacts you to do an interview, you do not have to do it right then. Ask for their contact details and say you'll come back to them. (Source: MediaTrust)

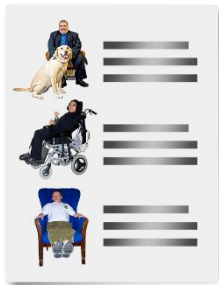
- If you will need any kind of support during the interview, make sure to let the journalists know.



- If you need support you should get it. But it should be your decision and not forced on you.



- Ask the journalist if you can meet them before the interview so you can get to know each other.



- Ask the journalist if they can tell you what questions they will ask or what topics they will ask about before the interview. This will give you a chance to prepare.



- Make sure to tell the journalist if you don't understand something. You have the right to ask for Easy-To-Read and Plain English. Or you can ask the journalist to talk you through it.



- Think about your key messages you want to get across. Try to pick 3 main points that you definitely want to say in the interview. (Source: Mediatrust)



- You could ask a someone like a friend or support worker to help you practise before the interview. They could pretend to be the interviewer and ask you questions.



- If you like, you can ask for a quiet space to go to for a few minutes before the interview begins. (source: MediaTrust)



- If you think a remote interview would be easier for you, you can ask to do the interview over the phone or on Zoom.



- Remember that most people are nervous about doing interviews and being recorded. You could talk to someone you know about this to help calm your nerves.



- If you are going to be on camera, what you wear is important. Make sure you wear something appropriate and comfortable.



- A lot of interviews happen every day and your interview might not happen if the journalist has to a different story. Don't be disappointed.

During the interview



- Make sure to introduce yourself and tell a bit about yourself.

- Remember not to speak too fast and take your time. You don't have to rush.



- Remember to breathe! The key to being confident is being relaxed.



- If you don't understand the question or don't hear what the journalist says, you can ask them to repeat the question.



- Try to sit or stand up straight. This will help you look more confident, and will make your voice sound better.



- If the interview is in person, try to have eye-contact with the journalist when you are speaking.



- If the interview is on zoom, try to look at the person on the screen when you are speaking.



- Listen carefully to what the journalist is saying before giving an answer.



- Wait for the journalist to stop speaking before you start speaking.



- Remember that you can say whatever you want. Don't say what you think someone else wants to hear.



- You can give your own opinion and say how you feel about something.



- Try not to say the word 'Sorry' during an interview. You don't have anything to apologise for.



- If you make a mistake when speaking, that's okay. Try to move on and don't worry about it.



- Remember that journalists are not out to catch you out. They know you are not a politician or celebrity and are just giving your opinion. (source: Mediatrust)



- When you are talking about rights, try to use examples about your life or someone you know with their permission.



- Remember that it is okay to take a few seconds before you answer.



After the interview

- Make sure to thank the journalist for their time and for the opportunity.



- Ask them when you will be able to see or hear the interview.



- If you made a mistake during the interview, try not to think about it. As long as you got your key messages across then you did a great job.



- Listen, watch, or read the interview after it comes out. That way you can see what you can improve on for the next one.



- When the interview comes out, you can contact the journalist to tell them what you thought about it.



- Be proud of yourself!



**Coimisiún na hÉireann
um Chearta an Duine
agus Comhionannas**

**Irish Human Rights and
Equality Commission**



Inclusion Ireland

**The National Association for People
with an Intellectual Disability.**

PHOTO  **SYMBOLS[®]**