



# THE PRESS JUSTICE PROJECT SUPPORT PACK

The Press Justice Project (PJP) is a charity dedicated to supporting victims of press abuse. If you have been affected by intrusive, inaccurate, or discriminatory media coverage, this support pack is designed to provide you with guidance, reassurance, and resources to help you navigate the situation.

## Being Targeted by the Press? Tell us.

The first thing you can do is fill out our [webform here](#). We will write back with expert advice as soon as we can. In the meantime, this pack may be able to help.

## KNOW THE CODES

These are the most common areas in which press abuse can arise. Not every code clause applies to every publisher, and not every example of conduct listed below is necessarily unethical. But if you recognise any of these forms of press conduct, you may have been a victim of press abuse.

01

### PRIVACY INTRUDED UPON

Journalists or photographers appearing uninvited at your home or workplace and not leaving upon being asked.

Publishing private information about you or your family, such as addresses, medical records, or financial details.

Publishing photos or some forms of information without consent.

02

### INACCURATE REPORTING

False statements or misleading claims published about you or your situation.

Refusal to correct errors despite requests for clarification or retraction.

### INTRUSION INTO GRIEF

03

Approaching you or your family during times of mourning, such as following the loss of a loved one, in ways which are insensitive or persistent.

Publishing sensitive or graphic details about a tragedy involving you or someone close to you.

Harassing you for comments or interviews when you are vulnerable.

04

### DISCRIMINATION

Coverage perpetuating harmful stereotypes or using discriminatory language.

Targeted reporting based on your race, religion, gender, sexual orientation, disability, or other protected characteristics (such as irrelevant references to these characteristics).

**IMPRESS STANDARDS CODE:** <https://www.impressorg.com/standards/impress-standards-code/our-standards-code/>

**EDITORS' CODE OF PRACTICE (IPSO):** <https://www.ipso.co.uk/editors-code-of-practice/>

# HOW TO LOOK AFTER YOURSELF AFTER PRESS INTRUSION

Being targeted by the press can take a toll on your emotional and mental well-being. Prioritising self-care is crucial during this time. Here are some strategies:

01

## KNOW YOU ARE NOT ALONE

Many others have experienced press abuse and successfully navigated through it.

02

## PROTECT YOUR MENTAL HEALTH

**Reach Out for Support:** Talk to trusted friends or family members about how you're feeling. Sharing your experience can help lighten the burden.

**Consider Professional Help:** If you feel overwhelmed, seeking support from a counsellor or therapist can provide a safe space to process your emotions.

**Limit Media Exposure:** Avoid reading coverage about yourself if it's causing distress. Ask a trusted friend to monitor the situation for you instead.

04

## FOCUS ON WHAT YOU CAN CONTROL

**Engage in Activities You Enjoy:** Spend time doing things that bring you comfort and distraction, whether it's hobbies, exercise, or time with loved ones.

**Practise Mindfulness:** Techniques such as meditation or breathing exercises can help you manage stress and stay grounded.

## CREATE BOUNDARIES

03

**Control Who Has Access to You:** If journalists are contacting you directly, consider using a trusted intermediary to manage communication.

**Set Limits on Engagement:** It's okay to decline interviews or refuse to answer intrusive questions.

## THE PRESS JUSTICE PROJECT IS HERE TO HELP

You don't have to face press abuse alone. Whether you need practical advice, to talk to someone in confidence, or help pursuing accountability, the PJP is ready to assist you every step of the way. Contact us today to start reclaiming your voice and protecting your rights.

## FURTHER LINKS AND INFORMATION:

- Make sure to keep copies or screenshots of articles.
- If you believe you have a complaint for IPSO, you can contact us for advice [here](#) or submit your complaint directly [here](#). We strongly advise that you contact us before making a complaint.
- If your complaint concerns broadcast media, we're unable to assist. However, you can submit your complaint to Ofcom [here](#).
- For further advice and support, watch this video [here](#).