

## Training "Resilience to impacts and security of journalists: how to work in the era of information disorder"

### L2D/SAFE for Journalists

#### Day 1

Duration	Thematic blocks
1 hour 30 minutes	<b>Session 1: Introduction</b> <ul style="list-style-type: none"><li>• Project presentation</li><li>• M&amp;E pre-training questionnaire</li><li>• Introductory exercise</li><li>• Brave Space exercise</li><li>• Case studies about the impact of the media on society</li></ul>
2 hours	<b>Session 2: Facts/judgments, sources of information</b> <ul style="list-style-type: none"><li>• Identification of facts and judgments in texts, discussion of which genres of journalism judgments may be used and in which they may not</li><li>• Analysis of text that misinterprets data from a statistical report</li><li>• "Jinsa" (hidden ad): analysis of a case when a hidden ad went viral</li><li>• Group work: developing recommendations for young journalists on the specifics of working with different sources: social networks, official sources, opinion leaders, and anonymous sources</li></ul>
1 hour 45 minutes	<b>Session 3: Introduction to physical safety. Part 1</b> <ul style="list-style-type: none"><li>• Basic concepts and rules of physical safety, methodology of risk assessment and planning</li><li>• Documents for risk planning: the risk assessment and planning form, proof of life (a document about physical/medical data of a person and sensitive questions), and communication form</li></ul>
1 hour 40 minutes	<b>Session 4: Introduction to physical safety. Part 2</b> <ul style="list-style-type: none"><li>• Group work "Preparing for the editorial task," during which journalists should assess risks and consider measures to minimize and prevent them. After that, participants present their results and receive feedback from trainers.</li></ul>

## Day 2

Duration	Thematic blocks
1 hour 30 minutes	<b>Session 5: Cognitive biases</b> <ul style="list-style-type: none"><li>• How confirmation bias can influence the work of journalists (work in groups)</li><li>• Examples of other biases and how they affect the perception of information</li><li>• Exercise "Wheel of Emotions" using fake news, illustrating the impact of emotions and values on the perception of information</li></ul>
2 hours	<b>Session 6: Stereotypes. Propaganda</b> <ul style="list-style-type: none"><li>• Discussion on stereotypes about journalists, the sources of stereotypes, and the threat they pose to journalists</li><li>• Group work on developing the skill to identify and prevent hate speech</li><li>• Propaganda during the wartime. Group work on identification of the target audiences of the aggressor's propaganda and the messages/narratives that the aggressor broadcasts to these audiences</li><li>• Discussion on ways to counter propaganda.</li></ul>
1 hour 45 minutes	<b>Session 7: Psychosocial security. Part 1.</b> <ul style="list-style-type: none"><li>• Discussion on psychosocial threats journalists encounter at work</li><li>• Markers of stress and professional burnout</li><li>• Exercise on identifying internal resources to overcome stress based on the BASICPH model of coping and resiliency: Belief, Affects, Sociality, Imagination, Cognitive, Physical</li></ul>
1 hour 40 minutes	<b>Session 8: Psychosocial security of journalists. Part 2.</b> <ul style="list-style-type: none"><li>• Methods of improving stress resistance: breathing exercises and/or exercises for muscles relaxation</li><li>• Developing behavioural strategies to overcome stress on personal and professional levels (from caring for their own health to mutual support of from)</li><li>• M&amp;E post-training questionnaire</li><li>• Final remarks and certificates</li></ul>