



# Journalists Safety Training OF TRAINERS (TOT) WORKSHOP 2024

Chief Patron: Dr Altaf Ullah Khan

Chief Editor: Dr Syed M Saqib

Editor: Rania Hashim

## Inauguration Ceremony



With the aura of anticipation and sheer commitment, the workshop was floored by esteemed speakers including, Dr. Jonathan Addleton, Rector and Dr. Altaf Ullah Khan, Dean of Humanities, Forman Christian College, University, sharing from the reservoirs of their personal journalistic experiences. Attended by a diverse cohort of trainees hailing from all over Pakistan with expertise in various fields ranging from risk management, academia, and journalism.

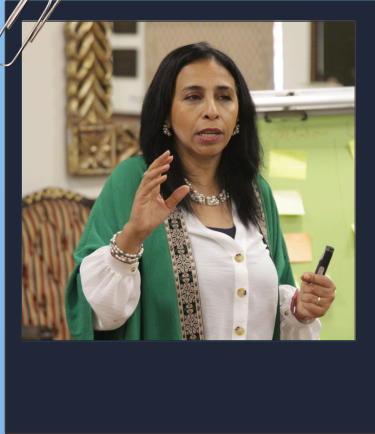
### Dean's Note

### Prof. Dr. Altaf Ullah Khan

The May 2024 Safety Workshop focused on empowerment and devolution. Since 2019, experienced professionals have addressed various safety aspects; now, a holistic approach suitable for mainstream and digital journalists is needed. This includes social media users, as "posting" makes one a "publisher." The training emphasized devolution, allowing participants to control the sessions as both trainers and trainees, thus empowering them to teach safety in their organizations and regions. We support this with certificates and in-person or online presence. The second part of the training involved a two-day safety course for FCCU students, preparing them for workplace safety. Additionally, the goal is to integrate safety into journalism and mass communication curricula at universities, benefiting journalists and citizens by enhancing their understanding of social media engagement.



# Workshop Trainers



## Abeer Saady

Trainer and Media Consultant, Journalism and Media International Centre (JMIC), Oslo Metropolitan University, Norway.

Media development consultant, researcher, Safety trainer, and former war correspondent with 30 years of experience operating in conflict and crisis zones.

## Asma Basharat

Ms. Asma brings a wealth of experience to her role, with 15 years of teaching cybersecurity at various esteemed Higher Education Institutions. Her expertise extends beyond academia, as she holds the distinction of being an HEC certified Master Trainer, with advanced training credentials from the Asian Institute of Technology, Thailand.



## Prof. Dr. Altaf Ullah Khan

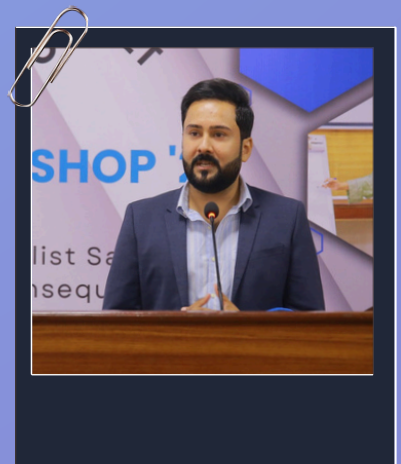
Dean of Humanities, Forman Christian College (A Chartered University). Proficient at International Journalism, his research interest spans within the realm of media studies, including media systems with a special focus on Pakistan, freedom of expression and thought, journalists' working conditions.



## Moderator

## Dr. Syed Muhammad Saqib Saleem

Assistant Professor, Forman Christian College (A Chartered University), Dr Saleem is a communication and academic professional with expertise in multimedia production, digital marketing, social media management and a niche in climate journalism. He served as a swift liaison between the trainers and the trainees ensuring successful execution of the event.



# WORKSHOP DAY 1

## Ground Rules for Workshop

- Safe environment for all
- Resect of others' opinion
- Interactive
- Freedom of expression
- Conflict management

## Objectives

- Mental Safety
- Digital Safety
- Physical Safety

## Interactive Session

- The participants were asked to share their expectations from the workshop and relevant experiences.

## Trainer Qualities

- Knowledgeable
- Motivating
- Pragmatic
- Adaptive
- Respectful
- Empathetic

“

Tell Me and I Forget; Teach Me and I May Remember; Involve Me and I Learn

”



Psychological

Safety  
Pyramid

Phsyical

Digital

## RECAP

Saady's day 1 of insightful training primarily revolved around the principles and steps for curating effective training modules. Participants were taught the tactics to deliver impactful safety training within their respective fields and regions, laying the foundation for enhanced security measures in journalism.

# WORKSHOP DAY 2

## Training Methods

- Virtual Games
- Role Plays
- Case Study
- Hosting an Expert
- Share Real Stories
- Field Visits
- Demo Training
- Videos as Illustrations
- Videos as Case Studies
- Visiting walls (Poster Presentation)



## Role Plays

The trainees were divided into groups where they picked their niche and curated a training demo training session with clear objectives, area of potential threat, activities, and safety precautions according to the requirements. The role plays were timed followed by valuable feedback by Ms. Saady





# IDENTITY CHALLENGES IN THE WORLD OF DEEPAKES AND AI



Session by MS Asma Basharat



The concept of identity and the recognition of journalists through various means such as face identity and voice recognition were explored. Through engaging audio/video clips, trainees were familiarized with the importance of identifying journalists through their voice and face.

As social media continues to evolve, the authenticity of voices and lip-syncing becomes increasingly difficult to discern. This presents a growing threat to news integrity, emphasizing the need to raise awareness about such challenges. Furthermore, the concept of humanoids and their potential impact on journalism were discussed.

## SAFETY PRECAUTION

### Personal Preparation

- Hard Drive for backup
- Passport /Visa / Documentation
- Flight Tickets / Maps / Compass
- First Aid kit
- Money
- Communication devices
- Contact numbers of locals
- Equipment/ Body Armour



### Grab bag

- Notebook
- Pens
- Camera
- Spare Batteries
- Voice Recorder
- Water
- First Aid kit
- Flashlight



### Guidebook by Saady

Safety Handbook for Women Journalists by Abeer Saady. Available in Urdu translation as well.

# Closing Ceremony



**Closing Remarks by Dr. Altaf  
Ullah Khan, Dean of Humanities**

Dr. Khan expressed the integrity of safety training particularly amidst the ever-expanding influence of social media and the numerous threats it poses to journalists' well-being. Expressing his sincere desire, Dr. Khan proposed the introduction of dedicated safety training courses for aspiring journalists at both undergraduate and graduate levels. He concluded by rallying for collective efforts to pave the way towards a safer and more secure future for journalism.

Dr. Firasat Jabeen, Head of the Department of Mass Communication at Forman Christian College University, extended her sincere appreciation to Ms. Saady for her commitment to journalist safety during the insightful session. Ms. Saady's willingness to share expertise and foster collaboration between Forman Christian College and OsloMet University was highlighted as truly commendable.



**Closing Remarks by Dr. Firasat Jabeen,  
Head of the Department of Mass  
Communication**



**Dr, Syed Muhammad Saqib  
Saleem, Assistant Professor**

Dr. Saleem formally concluded the first phase of the workshop, extending his heartfelt gratitude to the participants, workshop trainers, dean of humanities, chairperson, and student volunteers for their contributions. Following his remarks, he proceeded with the certificate distribution ceremony.

# Certificate Distribution



# Journalists Safety Workshop

## FOR STUDENTS

The second half of the esteemed workshop was dedicated for undergraduate and graduate students building on their journalistic on and off-field security knowledge. Saady served as a beacon of hope for aspiring young professionals endeavoring to dive into the daunting profession with the confidence to keep themselves safe and secure.

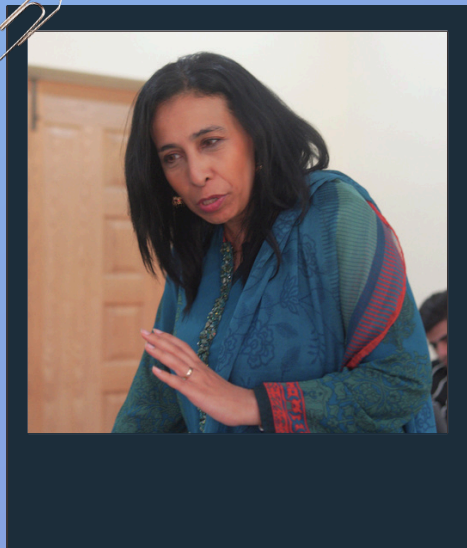
“

NEVER BE THE STORY”

”

### Tips for Digital Security

- Change passwords of accounts every 3 months
- Do not use the same password for every account
- Set a password which is easy to remember and hard to guess



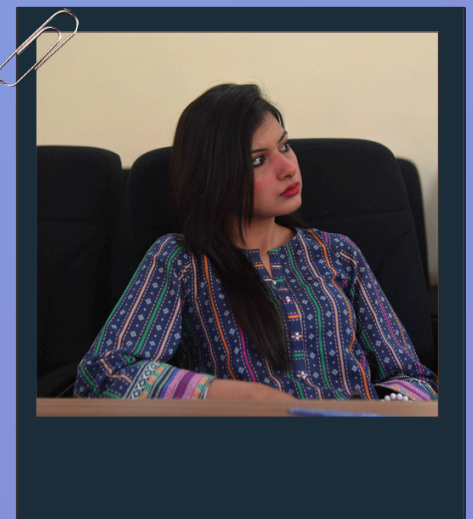
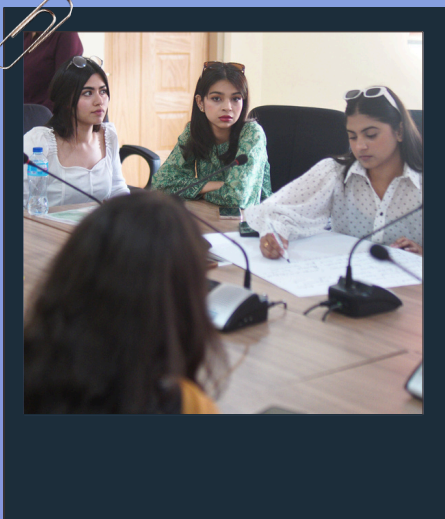
### Journalist vs. Activist

Journalists are responsible for collecting, verifying, and presenting facts to public without taking a stance.

Activists engage in promoting specific causes, advocating for change with the motive to influence public opinion.

### Risk Management

- Accept
- Avoid
- Reduce
- Transfer





“ Women must be involved in all steps of conflict resolution and peace building for peace to be sustainable ”

By The Security Council Resolution

Inherent Threats	Indirect Threats	Direct Declared Threats
<ul style="list-style-type: none"> <li>• Work &amp; Travel: Health, Safety, Accidents</li> <li>• Wrong Timing and Place: Military activities, demonstration</li> <li>• Random Weapon: Air strike, mines</li> </ul>	<ul style="list-style-type: none"> <li>• A threat to others can be a threat to you. As being near the target person or vehicle</li> </ul>	<ul style="list-style-type: none"> <li>• Crime: Robbery/Car Theft</li> <li>• Aggression: Attack/Ambush</li> <li>• Disappearance:</li> <li>• Kidnapping/ Arrest</li> <li>• Physical: Threats/Harassment</li> </ul>

**Tackling Potential Threats**

- Approach: Communication, lock doors, hands on show, observation and ID to hand
- Driver: Dip headlights, slow down, follow instructions of guards
- At checkpoint: Open half window, keep engine running,
- Be polite, smile, and comply
- Avoid offering lifts

**Role Play Exercise**

Students were divided into three groups and were asked to pick a scenario in which they planned strategies to deal with ethical dilemmas related to the safety of journalists. For example, they considered scenarios such as interviewing victims and survivors in conflict, crisis, and accident situations.



# Closing Ceremony



The workshop concluded with a special closing ceremony graced by Ellen Hofsvang, Project Leader at JMIC, OsloMet. Ellen shared insightful remarks with the students, emphasizing the critical importance of such training programs in empowering journalists to effectively report on climate change. She highlighted that comprehensive training is essential for journalists to navigate the complexities of environmental reporting and to contribute meaningfully to public discourse on climate issues.

Ellen expressed her heartfelt gratitude to Dr. Altaf Ullah Khan for his unwavering support and meticulous organization of the workshop. She acknowledged the enduring partnership between Forman Christian College University and JMIC at OsloMet, which has fostered numerous collaborative initiatives aimed at enhancing journalism education and practice.



In his closing remarks, Dean of Humanities Dr. Altaf Ullah Khan thanked Ellen for her valuable contributions and for engaging in an interactive discussion with the students. He underscored the significance of such engagements in enriching the students' learning experience and broadening their perspectives.



**The workshop was a resounding success, thanks to the enthusiastic participation of all attendees. We look forward to continuing our collaboration with JMIC, OsloMet and organizing more such impactful events in the future.**

## Newsletter Credits

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