

LIVED EXPERIENCE SAFEGUARD SCALE

Individuals and organizations incorporating personal narratives of addiction and recovery can use the Lived Experience Safeguard Scale (LESS) for self-evaluation. This scale allows you to assess your current prioritization of safeguard measures to mitigate potential harms inherent to public disclosure of addiction and recovery stories, and to more effectively represent and empower the individuals whose stories of lived and living experience are being shared. Proposed strategies for responsible stewardship can be mixed and matched depending on the individual nature of a project or article, and any effort made toward this aim is significant.

Please place a checkmark next to each criterion you meet

Speaker Selection Criteria:

- Select a speaker with 5+ years in recovery/healing pathway
- Select a speaker with a career in public advocacy
- Select a speaker with or provide formal media training

Content Development Criteria:

- Use first name or alias only
- Masked geographical or personal identifying information
- Use affirmative imagery
- Use affirmative narrative frameworks such as Solutions Journalism or Value-centered Storytelling
- Acknowledge intragroup diversity

Process Criteria:

- Avoid criminal background checks
- Allow for pre-review of all interview questions
- Share power and decision-making responsibility
- Establish continuous feedback loops
- Set a time limit and/or offer removal options
- Turn off or routinely monitor comments sections
- Provide fair compensation
- Make predetermined support resources available

Point Tally

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Scoring:

11-16 is high prioritization of the wellbeing of the individual sharing their story.

5-10 is medium prioritization of the wellbeing of the individual sharing their story.

0-4 is low prioritization of the wellbeing of the individual sharing their story.