**Guidelines for Groups:**

**Involvement of Journalists at OA Meetings**

If you or your group has been approached by a Journalist wishing to attend a meeting then below are some points you may want to consider. We encourage you to ensure that the principles of the traditions are maintained as we carry the Overeaters Anonymous message.

* If a journalist asks to attend a meeting it is recommended that you hold a group conscience. The meeting can then discuss any issues and members can have the opportunity to attend or not attend.
* Tradition 11 embodies the principle of anonymity at the level of press, radio, films, television etc. In order to adopt this principle it is suggested that you be mindful that there is a non OA member present and keep the personal information that you give out to a minimum eg. use just your first name, keep your occupation vague. In order to protect yourself and the fellowship it is recommended that you not use your real full name, you can use a pseudonym.
* Anonymity should be considered in all senses, for example if you are asked to be photographed or filmed you may say no or consider just your hands, feet, or from the back. Consider if you could be recognisable from the images taken. If you do agree to be captured from the front you could be in shadow or insist that your image be pixelated or blurred in some way.
* Do talk about your own experience and recovery in the fellowship but be mindful of tradition 10. OA has no opinion on outside issues, this can include things like food plans or beliefs in a certain concept of god etc. So try not to talk **for** the fellowship.
* Try to agree with the journalist to see the copy before it is published.
* Ask for help from others who have hosted journalists at their meetings. Contact the OAGB Public Information officer at [public.information@oagb.org.uk](mailto:public.information@oagb.org.uk).

Do not be afraid to say no and affirm your ground with any Journalist. **Their** purpose is to extract as much interesting information for their article as they can. It is important that we remember **our** primary purpose, to carry the message to the compulsive eater who still suffers. We don’t need to put ourselves or OA in any risk at the expense of a reporter.

*“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.” Tradition 12.*