

Reporting Can Be Dangerous For Your Health

How to Prepare for Unprovoked Attacks

By

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[This is a special update to previous articles about the dangers inherent in reporting news.]



Mark McGee, 1983

Reporters spend a lot of time moving from one location to another as part of gathering information for news stories. Live reporters often stand for hours in public places with members of the public standing or moving nearby. The potential for being attacked while covering the news is growing. The murder of Orlando television reporter Dylan Lyons and the critical wounding of photojournalist Jesse Walden earlier this year are recent examples. They were covering the murder of a woman in the Orlando area when they were shot.

I think back to my years of being a 'street' reporter and remember the dangers that come with the job. I was fortunate to have trained in martial arts for many years, and so I was able to deal with people who tried to stop me from doing my job. However, I knew that what I couldn't see was always 'out there,' especially when shooting stand-ups or live shots. It helps to have a partner in the field (e.g. videographer, field producer, other reporters, etc.) who can look around when you're engaged in an interview or live shot. However, many journalists cover stories alone. With their attention on the equipment for recording interviews and shooting video for a story, reporters could easily miss someone attacking them

from behind or from another blind spot (e.g. behind a door or wall, down an alley, etc).



Women's Self Defense

Many of my friends in journalism have moved on to what would seem to be less dangerous jobs (e.g. communications, marketing, public relations, media, etc.), but the potential for being attacked is still there. That's why I'm adding a special section to my Substack called Women's Self Defense. This material is from the self-defense clinics I have held for women for many years, but these principles and techniques are just as applicable for men and children. I plan to send a newsletter

to subscribers each month that will eventually cover most of this material.

I'll publish the first article in a couple of weeks. If you have friends you believe would benefit from online lessons in self defense, please let them know about *Women's Self Defense*. They can subscribe and receive the newsletters to their inbox. They can also [visit my website](#) and click on **Women's Self Defense** to see what articles are available to read. I'll share videos where appropriate, respond to comments, and answer questions.

Here's to everyone staying safe!



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