

Secrets Worth Sharing: Podcast Information

Sheet Introduction to Sophia and Secrets Worth Sharing

I'm a freelance trauma-informed design researcher and child sexual abuse survivor with 10+ years experience of topics people find hard to talk about. Currently, I run a platform called '[Secrets Worth Sharing](#)', on having more approachable conversations on childhood sexual abuse.

In March 2023, I released a [Webisode](#) and [Podcast](#) series on having more approachable conversations about child sexual abuse. Each episode focused on some sort of intersection with child sexual abuse in a 'seriously joyful' way. Those episodes were Disclosing, Queerness, Institutions, Deafness, Vietnamese Language, Cultural Sensitivity (with Tamil) and Dating. We then expanded to topics like Safe Sex Work, Christianity, Black Men, Repeated Behaviours and Humour.

I am looking for co-hosts to work on Season 4 with me. After popular demand from our Secrets Worth Sharing community, I'm particularly interested in the following intersections with childhood sexual abuse:

- Fatness
- The Idea of an 'imperfect survivor'
- Parenting
- Online sexual harm
- Marginalised religions in the UK

If you have a story to share that suits these themes, and you agree with our [Mission and Values](#), I'd love to chat with you and build a seriously joyful experience together.

A note on money

On average, it costs £500 to edit an episode with a professional editor and a majority of the money will go towards that, which includes filming equipment and a small payment for me for marketing, editing and adding the information on the website. **I can't offer much, but a humble fee of £100 for taking part.** I'm very sorry I can't offer more - it's taken me a year to secure some funds to get to this point. I would like to stress that **the survivor is paid the most in the process per time commitment**. For all the organisation work, I also earn £100 per episode. Though we know this is a humble fee for telling such a personal story, I hope that it serves as some token of thanks for the time involved. If you choose to decline the fee, then the money is used to produce more events and podcasts, but this option is entirely yours and there is no pressure. We cannot stress, as the survivor telling your story, you earn the most per hour for your time and labour as a recognition of the emotional labour and expertise which often goes overlooked in survivor activism work.

Timelines

After recording, it usually takes me about a month to make the edit. Episodes will be released once a month and we will work on a release schedule date with you.

What it looks like to participate 🙌

You would need to be able to commit to:

- **A 30-45 minute call** with me to discuss themes you might like to talk about in the episode ● **2 hours** of your time to record the podcast - this is usually done in two parts - “your story” and “things you should and shouldn’t say to someone who experienced X” You will email me your end of the recording after we finish as a back-up . We can take as many breaks as you need.
- **2 hours for recording** the episode, likely at a venue in Brighton. If you cannot travel down to Brighton for the recording it will be **done virtually, with your camera on**. You must be comfortable with your face being recorded and audio being recorded for the podcast, which will be available online and on Youtube, social media and spotify. You are more than welcome to use a fake name if you wish, and we can discuss this in our introduction call. We can take as many breaks as you need.
- **30-60 minutes** to review the final episode and give your comments
- Please note: We aim to be as flexible as we can with deadlines as we know it can take time to tell your story and process things. To account for this we often film 6+ months in advance before the episode goes public. However, if you can no longer take part in the project, or need a pause, we would need you to communicate that in writing via email so we can adjust our timings for other episodes (we can give email templates for this if needed).

Support for you throughout the process ❤️

As a trained mental health first aider and fellow survivor, I do not want you to feel as though you are creating ‘trauma porn’, or that you are needlessly sharing parts of your story that you don’t want to. That is not part of the serious joy platform that I try to foster with this series. **The aim of this webisode is to make child abuse more approachable to talk about, and so your comfort and joy is of utmost importance.**

- **Before recording**, I will check in with you about no-go topics
- **During recording**, you are welcome to stop at any time you like, or ask for certain elements to be taken out. Even if you decide to drop out of the project, that is okay (you will be compensated a part of the payment regardless). We will also do some grounding exercises at the end of the recording to make sure you are comfortable.
- **After recording**, I will send you the first draft for your comments. We will keep working on the episode until you are happy for it to be aired. I will also let you know of the publishing date. I will also pay you at this point for your half of your fee.
- **After publishing**, If you would like some updates on how people are responding to the podcast, I’m excited to share states. I will then pay you the other half of your fee. If you decide you would like to pull the podcast for whatever reason, it will be taken down. Please note, if you choose to do this we cannot control who will be