### Guidelines for Contacting the Media

*This can be helpful to share with enthusiastic members who are interested in going off on their own to spread the word about S-ANON.*

Are you excited about your S-Anon recovery and eager to spread the word by writing an article in your local newspaper, participating in a panel discussion on a local TV show, being profiled on an Internet site or appearing on a talk show on your local TV station?

Your enthusiasm is understandable. Many of us have found in S-Anon a recovery, joy and peace that once seemed unattainable.

In order to protect your own recovery and preserve the integrity of our fellowship, we ask that you contact your local PI committee before initiating any contact with the media. This includes:

* Contacting a newspaper to write an article about S-ANON
* Contacting a radio or TV station to do a story about S-ANON or interview members, etc.
* Giving an interview or information about S-ANON to the press

Your local PI committee can arm you with the information and insight you need to carry the message of hope we offer without inadvertently stepping on any of our cherished traditions, specifically:

Tradition 5 states: “Each group has but one primary purpose - to carry its message to the compulsive eater who still suffers.”

Tradition 11 states: “Our public information policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.”

Tradition 12 states: “Anonymity is the spiritual foundation of all our Traditions…”

Thank you for your willingness to carry the message to those who still suffer!