Podcast Contributor Guidelines & Instructions

Thank you so much for your willingness to share your story for **Known and Trusted**. Your voice, and your hindsight, has the power to help parents, caregivers, and communities recognize grooming before harm occurs.

To make the process as smooth, safe, and impactful as possible, here are the key details and next steps:

**1. Anonymity & Privacy**

* **No names, locations, or identifying details** will be shared on the podcast.
* I may slightly adjust small details to ensure complete privacy while preserving the truth of your experience.
* You are welcome to review any edits before your episode airs.

**2. Format Options**

You can choose whichever feels most comfortable:

* **Written Submission:** Share your story in writing; we’ll read it aloud on the episode with care and respect.
* **Audio Recording:** Send in your recorded story. You can use your first name or remain fully anonymous if you wish.

**3. Length & Structure**

* Episodes typically run **20–30 minutes**.
* For written stories, aim for **1,000–1,200 words** (but it’s okay if it’s shorter or longer-your story comes first).
* For voice notes, focus on telling your story naturally.

**4. Focus of the Story**

While every story is unique, here’s what helps listeners most:

* **Before:** What life was like before the grooming began.
* **During:** How the grooming unfolded-what it looked like, what was said or done, how trust was built.
* **After:** What helped you or others recognize what was happening, and what you wish someone had known sooner.
* **Hindsight:** Key red flags or lessons you hope parents, kids, or communities take away.

You don’t have to share anything you’re not comfortable sharing.

**5. Next Steps**

* If you’re submitting in writing, please send your story to contact@annasonoda.com.
* If you’d like to tape your response, email a voice message to the above email to have your story included.

I’m so grateful you’re part of this movement. *Known and Trusted* exists because of brave people like you who believe that sharing hindsight can prevent harm.

Warmly,

Anna Sonoda, LCSW  
Host, *Known and Trusted*

**Disclaimer**  
By contributing your story, you grant Known and Trusted permission to use your submission in podcast episodes and related educational materials. All identifying information, including names, locations, and personal details, will be removed or altered to protect your privacy. Participation is voluntary, and you may withdraw your consent at any time prior to publication. This podcast is intended for awareness and prevention; it does not provide therapy, counseling, or legal services.