

1. Speak to the [editor/news director/web manager](#) of the media outlet against which you have a complaint. In doing so, you might be able to resolve your complaint quite swiftly without having to involve the Media Council
2. Contact our [Executive Officer](#)
3. Fill out a [Complaint Form](#)
4. If the complaint has merit, our Executive Officer will attempt to conciliate and if that fails, refer it to the [Media Council](#)
5. For a full explanation of the complaints procedure, [click here](#)