

Safety of Journalists Country Report

Nepal

Generated on June 18, 2026

While Nepal appears to rank high in terms of physical safety according to the survey results, this may not have accurately reflected the realities on the ground. Journalists who have experienced physical intimidation or assault may have resorted to self-censorship, potentially affecting the accuracy and completeness of the data collected and some might be true for the journalists facing sexual harassment too. For example, two journalists who have faced physical attacks declined to participate in the survey. We were aware about these two cases as it was also out in the news stories but the number of such incidents could have been higher. Although there may not have been killings or physical attacks during the data collection period, the threat to physical safety remains significant. Moreover, the climate of fear and control—especially under a government that has become increasingly strict in recent years—is often more clearly reflected in psychological indicators. This gap suggests the need for a more nuanced understanding of safety, beyond what the numerical rankings alone can convey.

Safety Index Scores

Overall Safety Score

84.74

Safety Dimensions

Physical Safety

94.92

Psychological Safety

77.59

Digital Safety

82.57

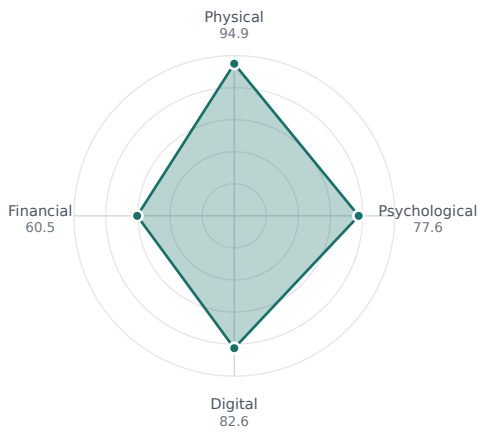
Financial Safety

60.54

Overview

The Safety of Journalists Index provides a comprehensive measurement of journalist safety across four dimensions. The charts below show how Nepal performs across each dimension and highlight any gender-based disparities.

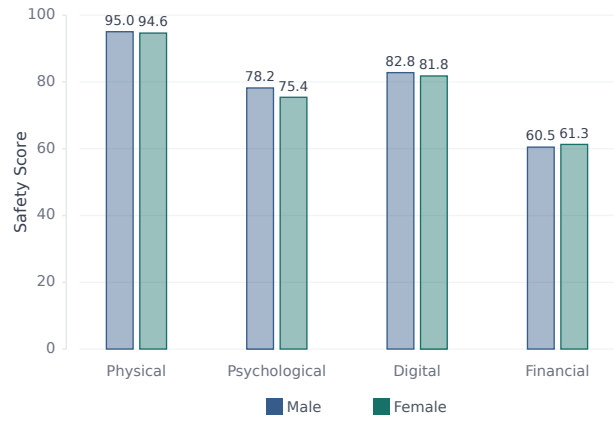
Safety Dimensions Overview



Safety Dimensions

This radar chart displays how the country performs across all four safety dimensions, revealing areas of strength and concern.

Gender Safety Gap by Dimension



Gender Safety Gap

This comparison highlights differences in safety experiences between male and female journalists, revealing potential gender-based disparities.

Physical Safety

The physical dimension carries **50% weight in the safety index**.

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Journalist Killings

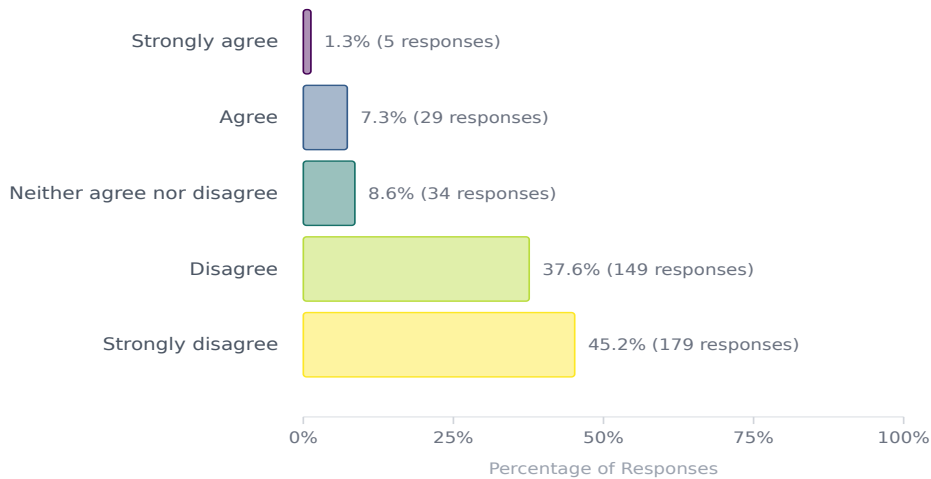
2016-2024

No journalist killings have been recorded in Nepal between 2016 and 2024.

Note: This indicator carries 35% of the weight within the physical dimension of the Safety Index, making it the most significant factor in this category.

Data sourced from UNESCO Observatory of Killed Journalists.

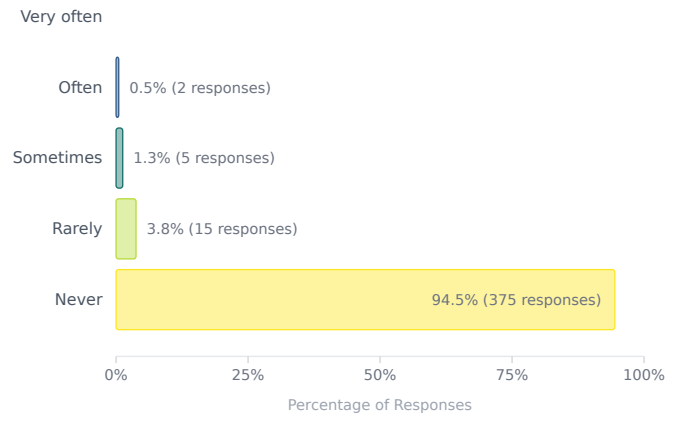
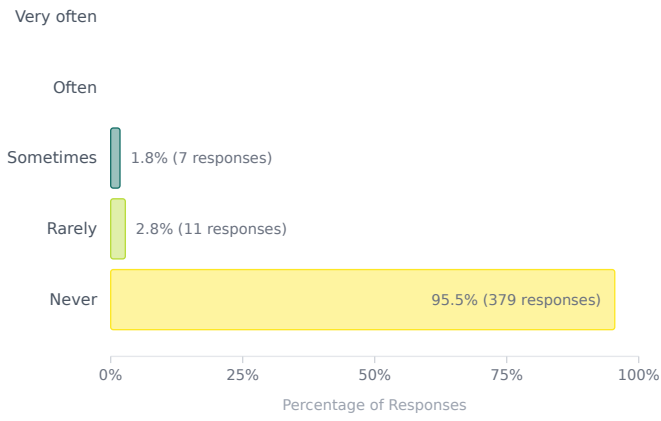
Responses to: "I am concerned about my physical wellbeing" (20% weight in physical dimension)



Responses to: "In the last five years, how often have you experienced any of the following actions related to your work as a journalist?"

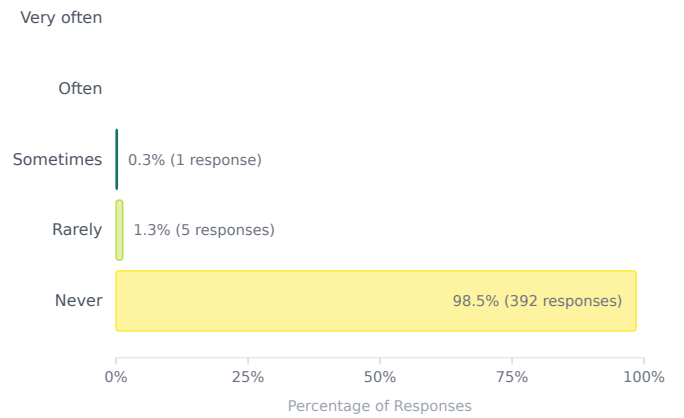
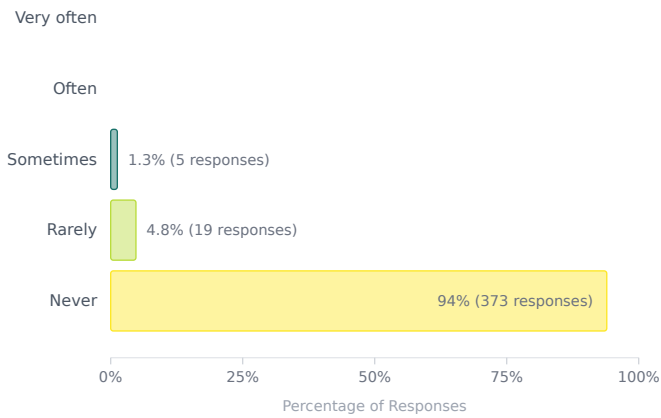
Arrests, detentions or imprisonment (15% weight in physical dimension)

Sexual assault or sexual harassment (15% weight in physical dimension)



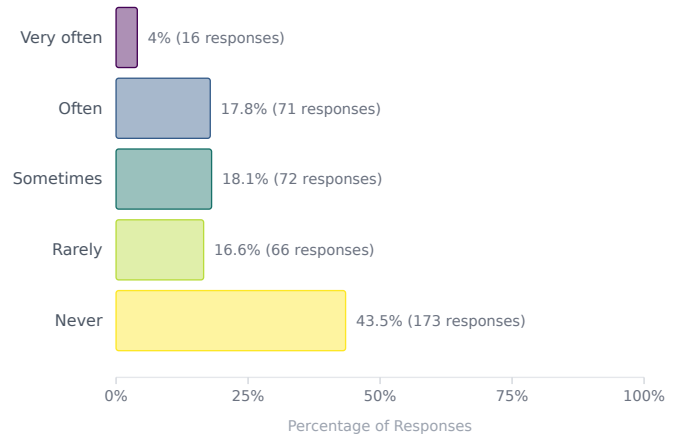
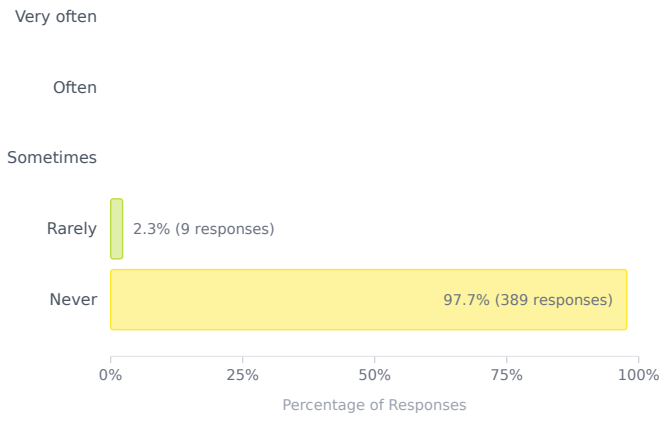
Other physical attacks (15% weight in physical dimension)

Abductions (did not contribute to calculation)



Office raids or seizures or damage of equipment (did not contribute to calculation)

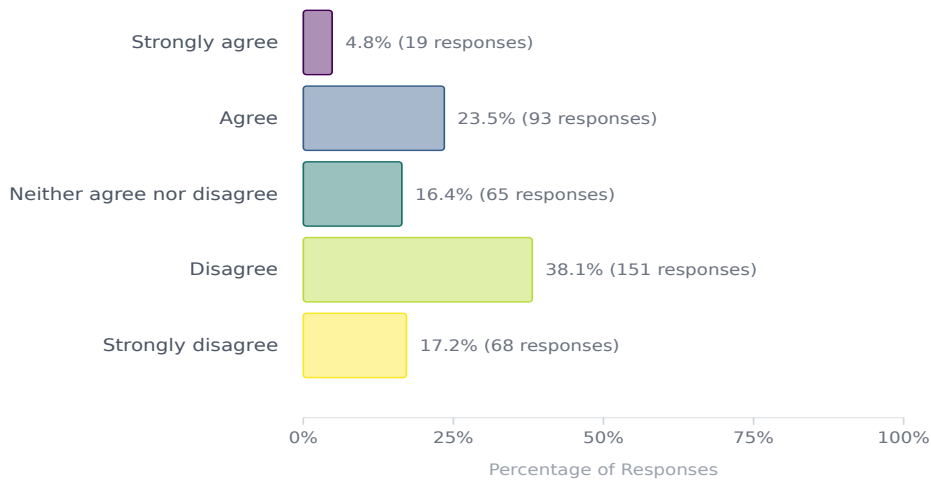
Being required to work in an environment where COVID-19 had easily spread (did not contribute to calculation)



Psychological Safety

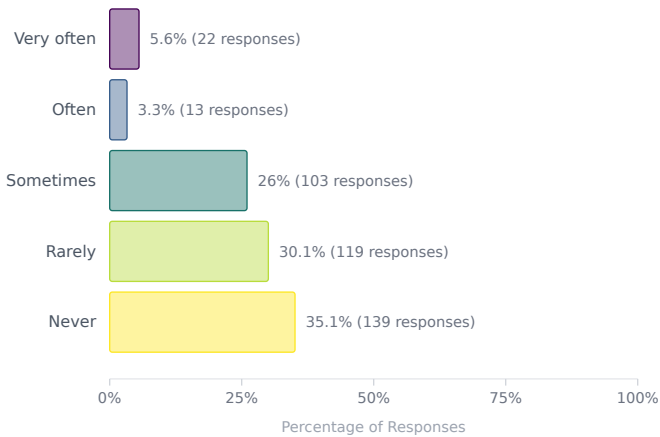
The psychological dimension carries **25% weight in the safety index**.

Responses to: "I am concerned about my emotional wellbeing" (20% weight in psychological dimension)

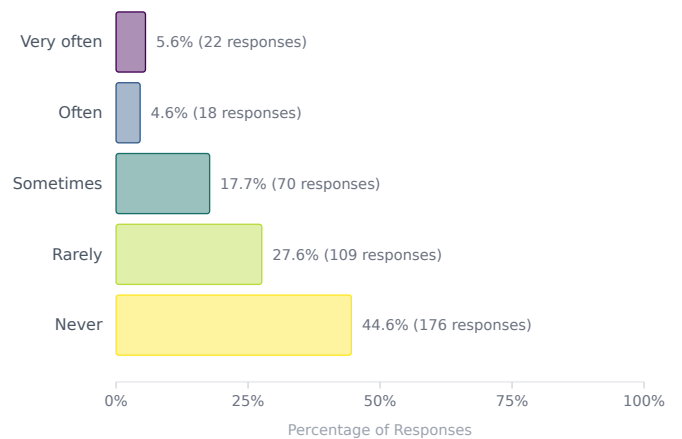


Responses to: "In the last five years, how often have you experienced any of the following actions related to your work as a journalist?"

Demeaning or hateful speech directed at you (16% weight in psychological dimension)



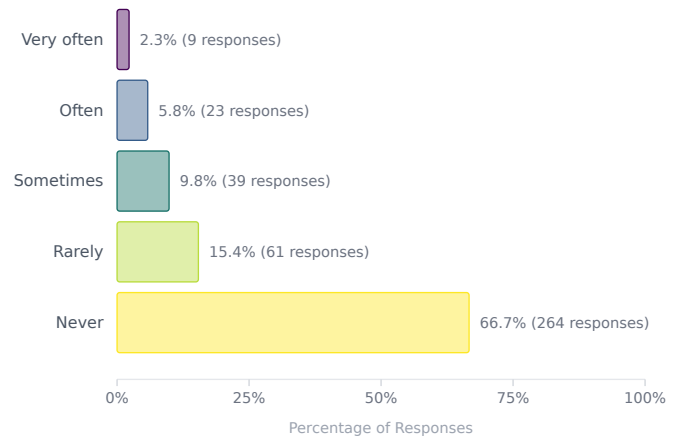
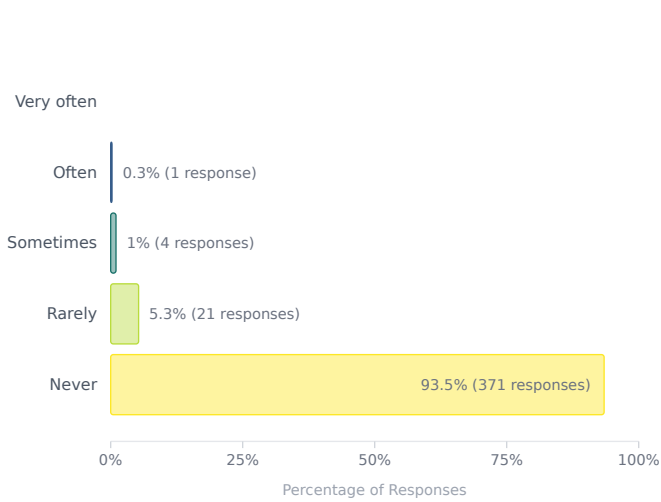
Public discrediting of your work (16% weight in psychological dimension)



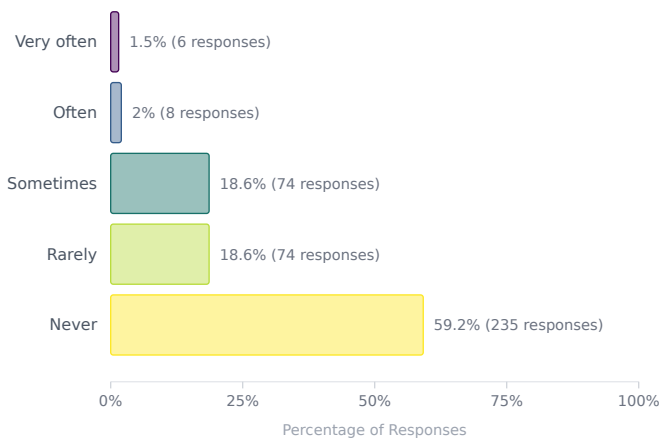
Legal actions against you because of your work (16% weight in psychological dimension)

Stalking (16% weight in psychological dimension)

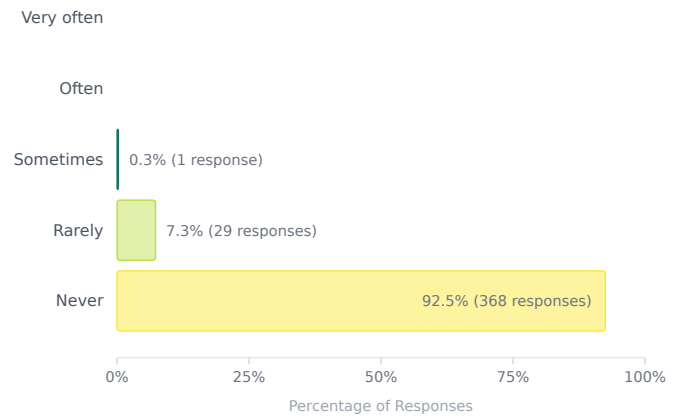
dimension)



Other threats or intimidation directed at you (16% weight in psychological dimension)

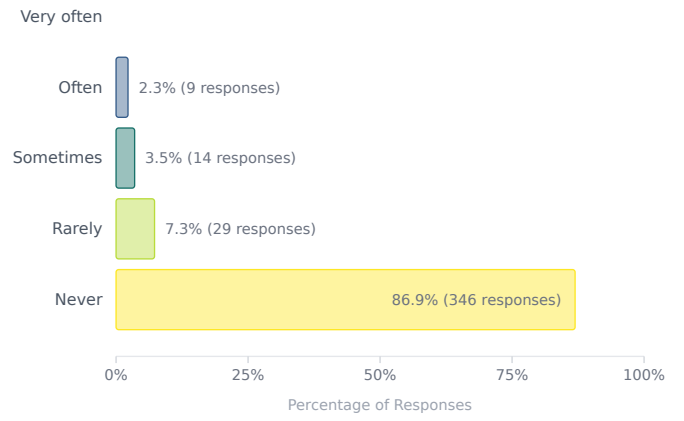
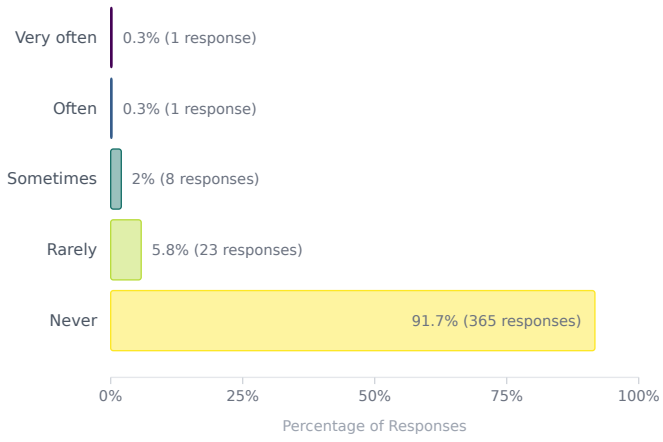


Coercion (did not contribute to calculation)

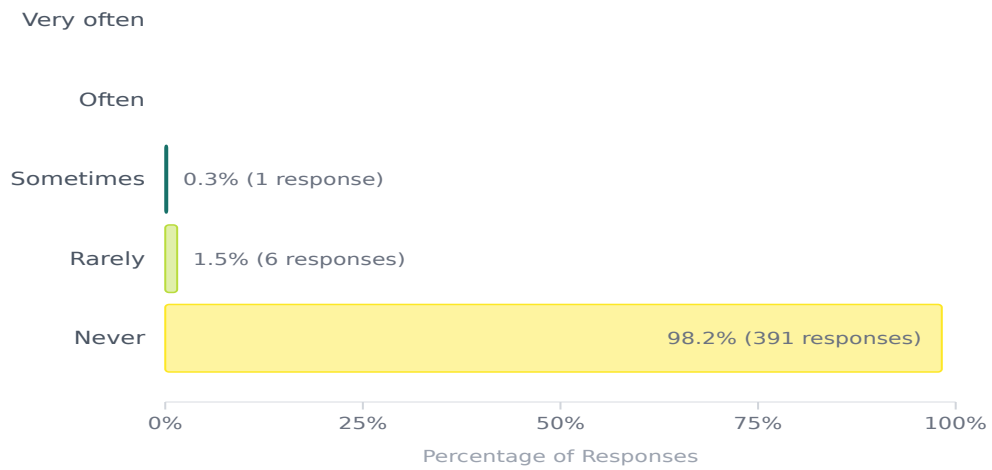


Questioning of your personal morality (did not contribute to calculation)

Workplace bullying (did not contribute to calculation)



Intimidation that targets your family or close associates (did not contribute to calculation)

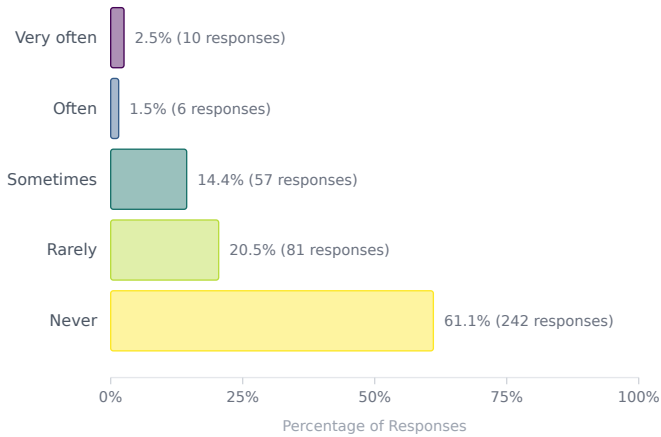


Digital Safety

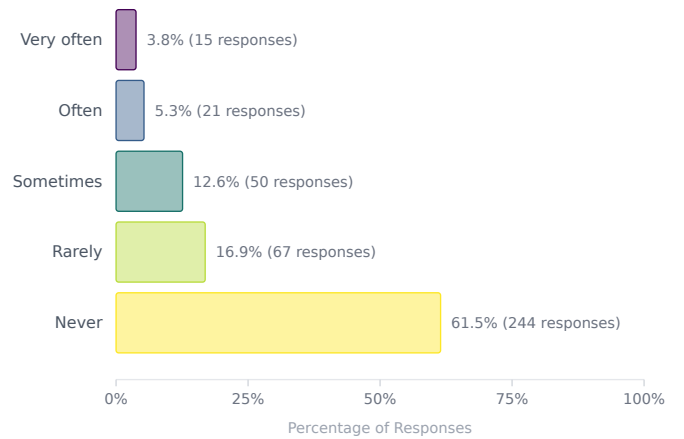
The digital dimension carries **12.5% weight in the safety index.**

Responses to: "In the last five years, how often have you experienced any of the following actions related to your work as a journalist?"

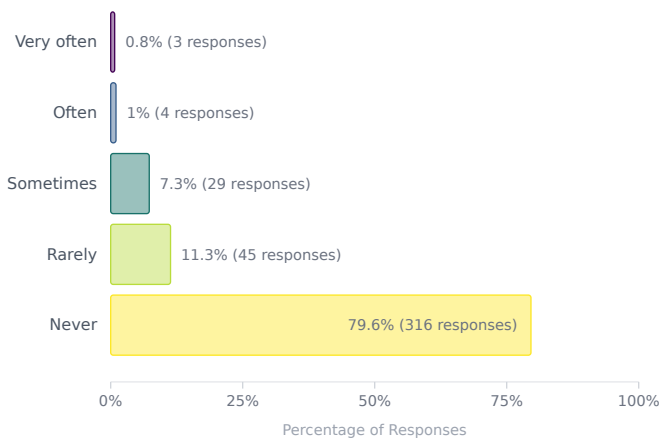
Surveillance (50% weight in digital dimension)



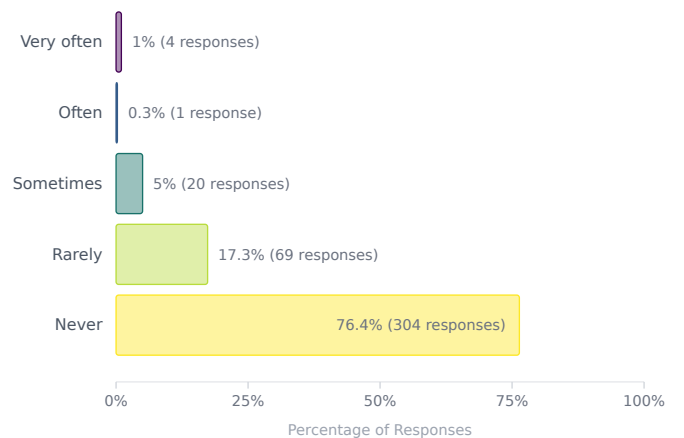
Hacking or blocking of social media accounts or websites (50% weight in digital dimension)



Others using your byline for fabricated or manipulated stories (did not contribute to calculation)



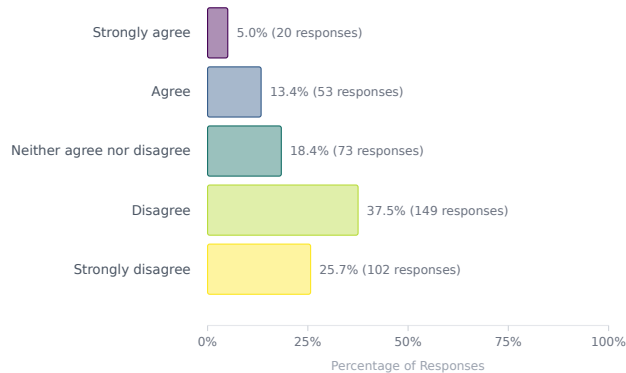
Others disseminating your personal information (did not contribute to calculation)



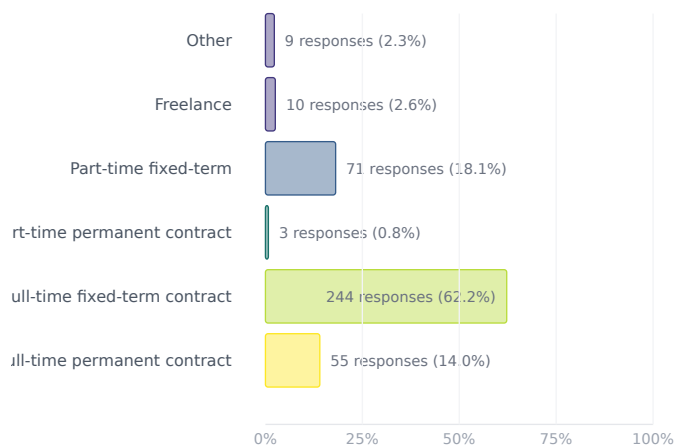
Financial Safety

The financial dimension carries **12.5% weight in the safety index.**

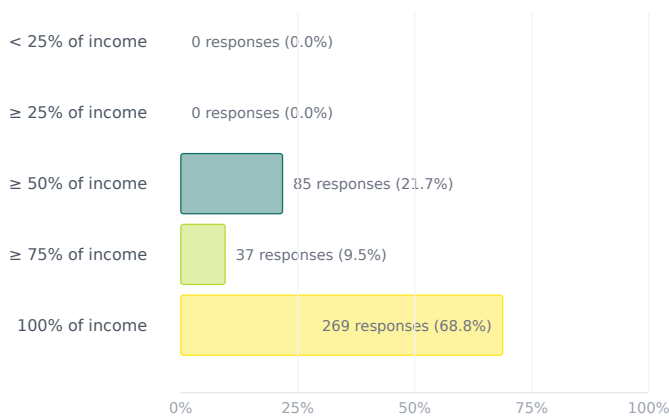
Responses to: "I am worried about losing my job in journalism within the next 12 months" (20% weight in financial dimension)



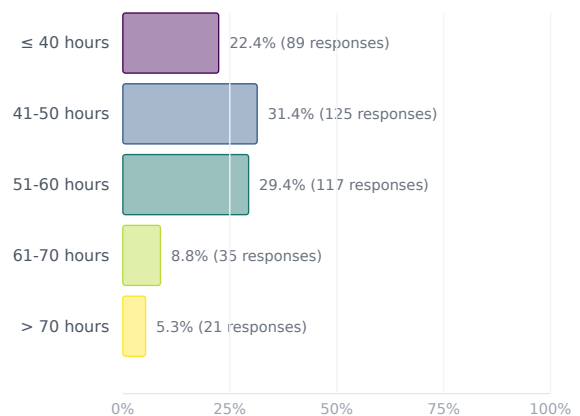
Responses to: "Which of the following categories best describes your current working situation as a journalist?" (20% weight in financial dimension)



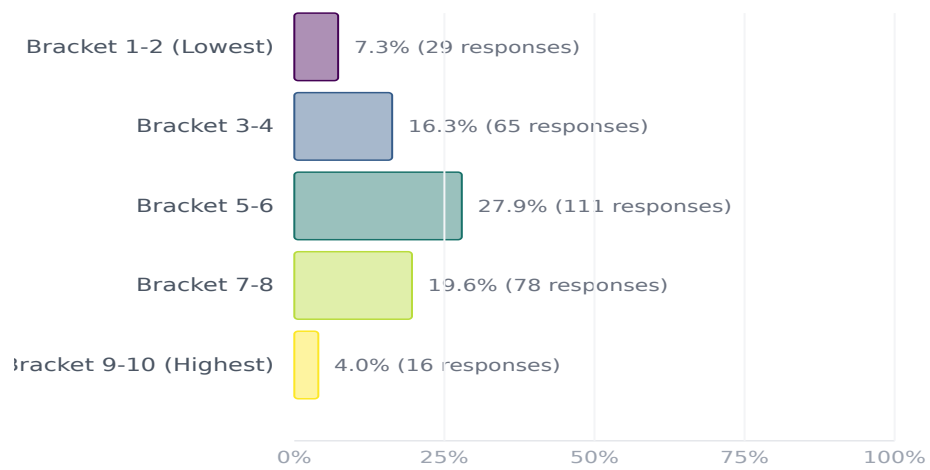
Responses to "Approximately what percentage of your overall work-related income comes from your work as a journalist?" (20% weight in financial dimension)



Responses to: "How many hours a week on average do you work as a journalist?" (20% weight in financial dimension)



Responses to: "In which of the following categories does your salary as a journalist fall?" (20% weight in financial dimension)



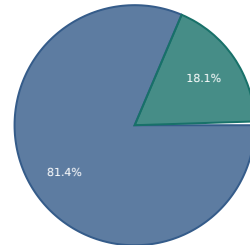
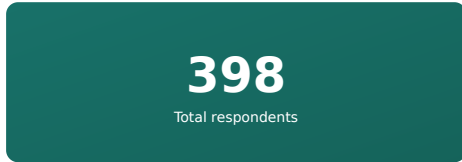
Options are given on a 10-point scale specific to each country.

Demographics

This section contains demographic information about survey respondents from Nepal.

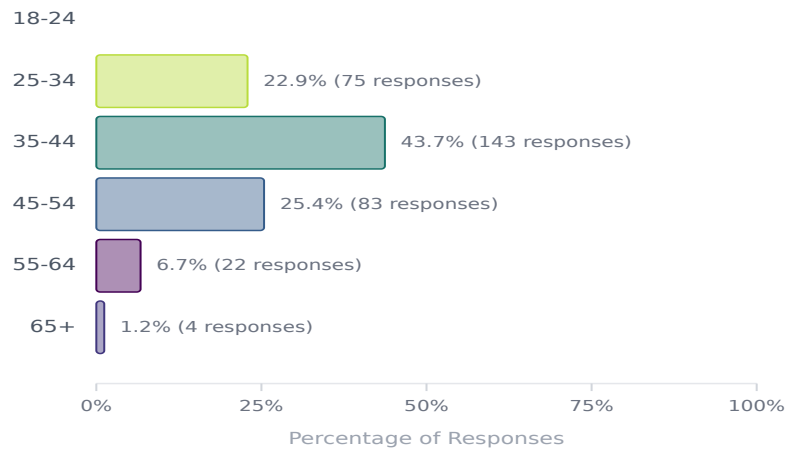
Gender Breakdown of Respondents

Survey Participation

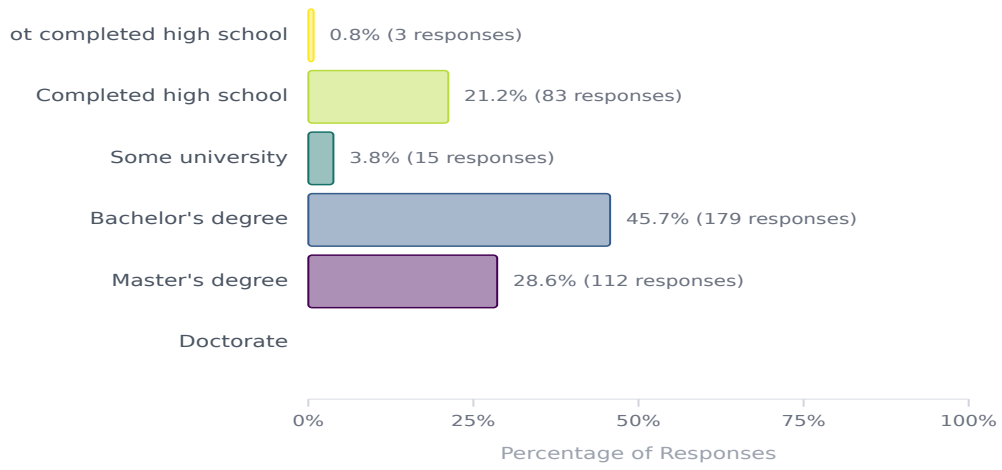


Male (324, 81.4%) Female (72, 18.1%) Other (0, 0.0%)

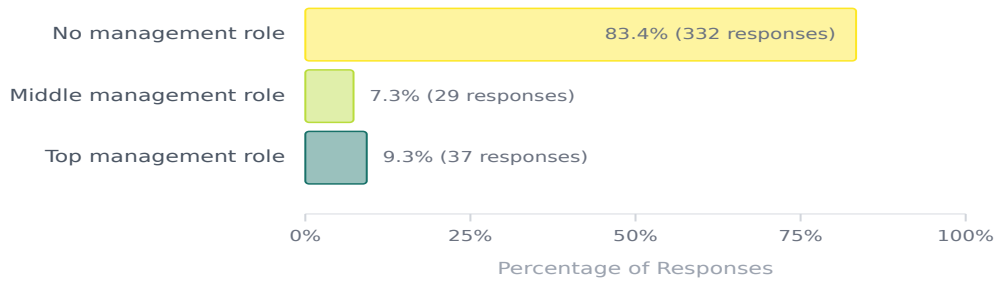
Age Distribution of Respondents



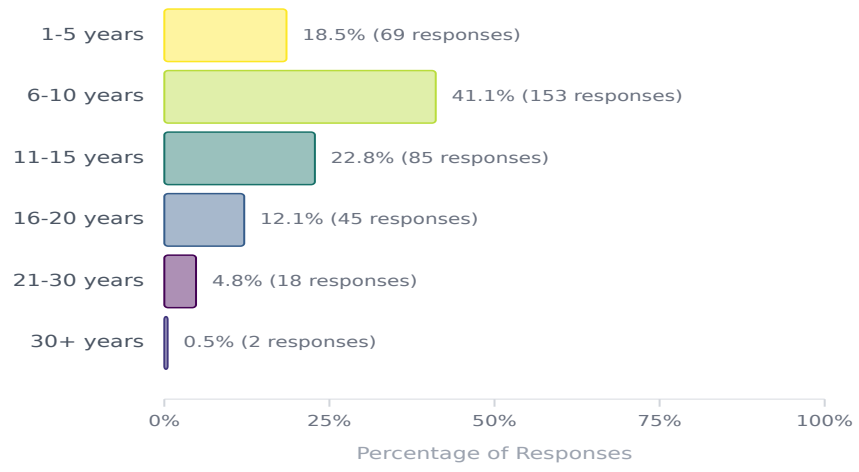
Education Level of Respondents



Workplace Position of Respondents



Years of Experience as Journalist



For more detailed information about the methodology and complete findings, please visit the full country page at: <https://safetyofjournalists.org/index/country/nepal>

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For more information, visit safetyofjournalists.org

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