SELF DEFENSE IN TIMES OF PYRAWEBS

A guide for protection of journalists and activists against surveillance.

GOVERNMENTS AND COMPANIES WATCH OVER

They have very sophisticated technological tools to do so. Journalists and activists face risks such as:

- ⊠ Disclosure of their journalistic sources
- ⊠ Political persecution
- ⊠ Threats
- ⊠ Harassment
- ⊠ Extorsion
- ⊠ Leaks regarding research and delicate information
- ⊠ Censorship

BE SUSPICIOUS

- ➤ Use screen filters on your computer
- ➤ Cover your webcam with a sticker when you are not using it
- ➤ Do not download documents nor click on links from unknown sources

STRENGTHEN YOUR PASSWORDS

- ➲ Use a passphrase of many words instead of just one word. It's better to put upper and lower case letters that you can remember with ease than a phrase that you can remember than using a phrase with numbers and special characters.
- ➲ Use a different password for every online service. Keep them safe on KeepassXC.
- ➲ Use two-factor authentication
- ➲ Do not use the same email account for all of your online activities. You should have a personal and professional email, another for your Internet purchases, etc.

PASS

PROTECT YOURSELF AGAINST CYBER ATTACKS

- ☛ Secure the privacy of your social media accounts. Be mindful of the information you share, such as personal photos, places you visit, etc.
- ☛ Activate your firewall.
- ☛ Use free software if possible.
- ☛ Install antiviruses in your devices and keep them updated.
- ☛ Do not click on messages from an unknown source. Some surveillance systems activate in your devices that way.

MAKE YOURSELFE INVISIBLE

- ⇨ SIf you use a public computer, use a private browser.
- ⇨ Erase your search history.
- ⇨ Always log out.
- ⇨ Deactivate the mode that reveals your location when you post on social media.
- ⇨ Never keep a password on the browser of a public computer.
- ⇨ Install the Tor browser to navigate anonymously
- ⇨ Install VPN to encrypt your connections.

ENCRYPT

- ↪ Change from WhatsApp to Signal for instant communication.
- ↪ If you need to make online calls, use Jitsi Meet instead of Skype.

SOURCES
Seven digital security habits that journalists should adopt https://rsf.org/
en/news/seven-digital-security-habits-journalists-should-ado

The cyborgfeminist toolkit is an initiative of Cyborgfeministas, a tool to explore gender and ICTs. Learn more at cyborgfeminista.tedic.org

Cyborgfeministas is a program of TEDIC, an organization that develops civic technology and defends digital rights for a free culture on the Internet.

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