

Digital Security Toolkit for Human Rights Defenders



Protect and Secure Your Accounts



1

Use a Strong Password

A long combination of letters, numbers, and symbols, or preferably, a **passphrase** in which an entire sentence is used as a password.



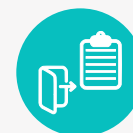
Check your password strength on:
www.security.org/how-secure-is-my-password/



5

Activate **2FA** through “settings and privacy”.

Use a security key or a trusted OTP (One-Time Password) app.



6

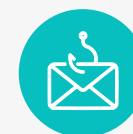
Check **Login activity**

Log out from unrecognized devices.



2

Use a **Password Manager App**.



7

Avoid clicking on **unknown links and files**, and verify their source.



3

Update your **Email Address and Mobile Phone Number** in your apps.



Check URLs/files here:
<https://www.virustotal.com>



4

Activate **Login Alerts**.



8

Keep your **device and applications up-to-date**.


Protect Online Privacy



1

Control what personal information is visible to others.

- **Customizing location services** to “Never” on all apps, or “While using the app only”.
- Complete **Safety Checks** regularly.

 **IPHONE** Go to settings, search for **safety check** and click Manage Sharing & Access.



3

Detect suspicious activity with App Privacy Report.

(Only available on iPhone)



2

Manage public access to your profiles on content, tags and comments.



 **FACEBOOK**

Explore "Locked Profile", if available.

<https://www.facebook.com/help/196419427651178>



4

Activate Lockdown Mode

Available on iPhone and Android.

For extreme protection against rare and highly sophisticated cyber-attacks.


Communicate Safely




1

Use **End-to-end encrypted (E2EE)** messages.

Enable E2EE manually:

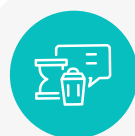
 **MESSENGER** Encrypt messages by selecting ‘Go to secret conversation’ in the info menu on the top right of the chat.

 **INSTAGRAM** Toggle the lock icon on the top right of the message page for Instagram



3

Use **Disappearing Messages**.




2


Regularly **Delete Chat History**.




4

Use Chat lock on **WhatsApp**.

 **WHATSAPP** “Storage and Data in your WhatsApp settings” or in a specific chat using “Chat Info”.

 **MESSENGER** Inside a chat from the “Privacy and support”.

 **INSTAGRAM** Swipe the chat up on Instagram to activate Vanish Mode.

Reporting Account Issues

Disabled Accounts

Notifications or warnings about your Meta account are most likely due to a breach of Meta's Community Standards. Submit an appeal to recover it.



 FACEBOOK

<https://www.facebook.com/help>



 INSTAGRAM

<https://help.instagram.com/>

Hacked Accounts

You can report a compromised account on these links:



 FACEBOOK

<https://www.facebook.com/hacked>



 INSTAGRAM

<http://www.instagram.com/hacked>

 WHATSAPP

- Sign into WhatsApp with your phone number
- Verify your number by entering the 6-digit code you receive via SMS, and the individual using your account is automatically logged out.
- Enter a two-step verification code.

Reporting Privacy Violations

You can report a privacy violation on these links:



 FACEBOOK

<https://bit.ly/fb-privacyreport>



 INSTAGRAM

<https://bit.ly/ig-privacyreport>

Six Rules of Thumbs

If you find yourself in a situation where someone is bullying or harassing you, threatening you, sharing images without your consent, being violent towards you, remember the six rules of thumb:

- 1 Don't Retaliate**
Attackers tend to look for a reaction from their victims.
- 2 Record**
Take and save screenshots of attacks for investigation.
- 3 Report**
Report the person's account and report offensive posts and comments.
- 4 Remove**
Unfriend, or unfollow, the person.
- 5 Restrain**
Block the person's account, so they can't interact with yours.
- 6 Reach out**
If the threat persists, make sure to tell someone you trust. If it's serious, inform local police right away.

Internet Shutdown or Censorship



Use a safe **virtual private network (VPN)** to access censored websites and applications.



Use a safe, secure, and private **web browser**.



Visit AmanRaqami for recommendations
<https://amanraqami.org>

Secure Your Device in a Protest



Use **E2EE**, avoid SMS and phone calls.



Upload sensitive videos and photos to a secure, encrypted space



Put your mobile on **Airplane Mode** to stop data or geolocation sharing.



Use a **strong device lock passcode** with at least 6 digits to instead of a face-fingerprint which could be used to forcefully unlock your device.

Protect Yourself in Crises

Additional Help?

Staying Safe on Meta Platforms

Register for Meta's free Digital Security Course in English, Arabic or French by scanning this QR Code.



Use code 909215

Digital Security Helplines in MENA

Get help and report digital violations.



Jordan Open Source Association
<https://er.josa.ngo>



7amleh
<https://7or.7amleh.org>



SMEX
<https://smex.org/helpdesk>



Front Line Defenders
<http://frontlinedefenders.org/emergency-contact>



Access Now
<https://www.accessnow.org/help-ar/>