
TOP DIGITAL SAFETY & PRIVACY TIPS FOR ADVOCACY ORGS
PROTECT YOUR DATA. PROTECT YOUR PEOPLE.
OPEN TECHNOLOGY INSTITUTE
NIRH
National Institute for Reproductive Health

ENCRYPTION IS KEY

Encryption helps you communicate securely. It scrambles your data so only the right people can access it.

For sensitive conversations, choose end-to-end encrypted apps with added privacy, like Signal or Proton Mail, to keep your chats private.

You can even turn on disappearing messages to add another layer of protection against older data being exposed.

2:37pm ✓

Don't forget your devices!

Turn on full-disk encryption so if they're lost, stolen, or seized your data stays locked up.

REMEMBER: IF IT'S NOT ENCRYPTED, IT'S EXPOSED!

STRONG PASSWORDS AND 2FA > SINGLE-FACTOR LOGINS

Everyone knows you're *supposed* to:

- ☑ Use looooong complicated passwords
- ☑ Update passwords regularly
- ☑ Never reuse reuse passwords across accounts

No one can manage all their passwords by hand.

Let a password manager do the work — you just need to remember one strong password.

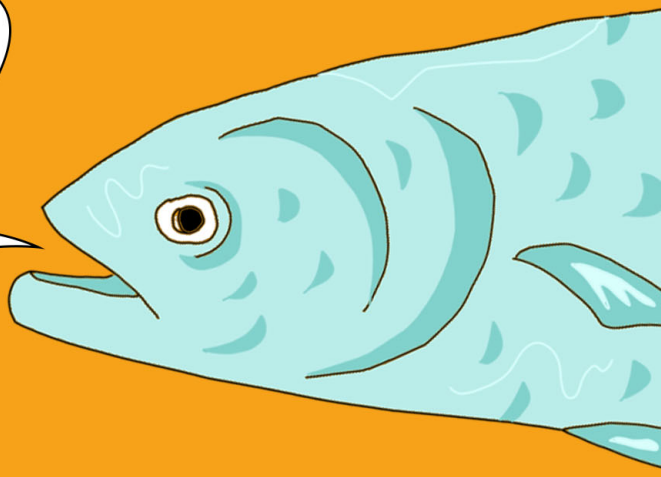
Other password helpers:

- Diceware
- Code/word generators
- Hardware tokens

Turn on two- or multi-factor authentication (2FA) wherever possible.

SURF SMART

DON'T GET PHISHED! Scammers count on urgency. Pause before you act.



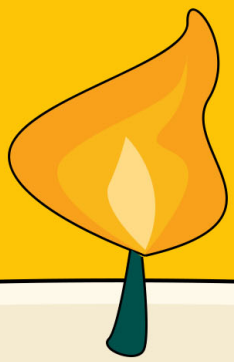
Limit online tracking with privacy-focused tools. Recommendations and tools can change, so stay updated on browsers, search engines, and VPNs.

Avoid public wifi or hotspot networks, but if you need to use them, use a VPN to keep your web activity private.

PHISHING = DIGITAL TRICKERY. DON'T BITE.

- **Don't open unknown attachments from unknown senders!**
- **Don't respond to spam or suspicious messages!**
- **Report and flag anything suspicious**

PROTECT YOUR POSTS AND YOUR PEACE!



You can't be invisible online, but you can choose to share less. Because:

- Platforms collect and share personal data
- Data brokers sell your data
- Online details can fuel harassment or doxxing

Check your profile settings:

- ☑ A screen name is better than a real name
- ☑ Hide personal info
- ☑ Set accounts to private (when possible)
- ☑ Don't reveal your location in your profile pic
- ☑ Limit old posts and tagged photos
- ☑ Speak with friends and family about what they share

FOR ORGS:

- Limit who has access to accounts and audit regularly
- Get consent before sharing photos or stories
- Think before sharing staff information on websites
- Talk openly with staff and volunteers about online safety

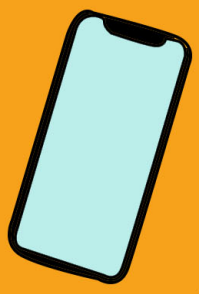
DITCH THE DEFAULT

TAKE CONTROL OF SETTINGS

Default settings are designed for data collection, so make sure to customize them with your privacy in mind.

Remember to regularly update at all levels!

DEVICES



Review app permissions to limit access to your contacts, photos, call logs, messages, camera, microphone, and location.

WEB BROWSERS/SEARCH ENGINES

Turn off or delete browsing history, reject unnecessary cookies, and limit third-party tracking and targeted ads.

APPS

Delete the clutter. If you don't need an app, delete it. Limit unnecessary permissions — your voice memo app doesn't need your location.

TAKE A COLLECTIVE APPROACH TO DIGITAL CARE

Digital safety is collective care. The way your organization handles data can protect people — or put them at risk.

Start with what you collect. Ask simple questions:

Do we actually need this?

Where is it stored?

Who can access it?

How long do we keep it?

Limit data collection to what's necessary, and always explain how it's used. Consent isn't optional.

Establish shared security practices for staff and volunteers, covering communication, accounts, devices, web use, and app choices. Make training ongoing, not one-off.

Physical access to digital spaces also matters. Screen volunteers, limit access to workspaces, and require sign-ins for visitors.

DATA THAT ISN'T COLLECTED CAN'T BE STOLEN, SOLD, OR USED TO CAUSE HARM.

YOUR DATA YOUR DECISIONS

The safest digital spaces are the ones we build together. Encrypt, limit exposure, and protect each other.

For more digital safety tips:

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