

# “PROTECTING OURSELVES ONLINE: A DIGITAL SAFETY GUIDE FOR WOMXN”

## “OUR DIGITAL RIGHTS, OUR POWER”

### Introduction

#### Why this manual matters:

The digital world is part of our daily lives but it can also be a space where violence, harassment, and intimidation occur.

Every womxn has the right to safety, privacy, and freedom of expression online.

#### Goal:

To provide easy, actionable steps womxn can use to protect themselves and their data online.



### Know Your Digital Rights

- You have the right to privacy your data, photos, and messages belong to you.
- You have the right to express yourself freely and safely online.
- You have the right to report and seek redress when harassed or violated online.
- You have the right to consent no one should share your content without your permission.

## ONLINE SAFETY BASICS



Use strong, unique passwords for every account.

- Combine letters, numbers, and symbols.



Turn on 2-step verification (2FA) on all platforms.



Avoid sharing personal information publicly, including home location or daily routines.



Be mindful of what you post. Screenshots last forever.



Update your devices regularly to patch security holes.

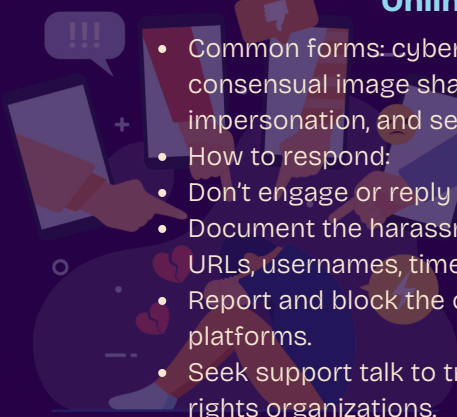
### Protect Your Privacy

- Adjust privacy settings on all social media accounts.
- Review who can tag or mention you.
- Avoid using public Wi-Fi for sensitive activities like banking.
- Use a VPN if possible to secure your browsing.
- Backup your data regularly (photos, messages, documents).



### Spotting and Avoiding Online Harassment

- Common forms: cyberstalking, non consensual image sharing, doxing, trolling, impersonation, and sexualized threats.
- How to respond:
- Don't engage or reply aggressively.
- Document the harassment (screenshots, URLs, usernames, timestamps).
- Report and block the offender on all platforms.
- Seek support talk to trusted friends or digital rights organizations.



## Protecting Your Mental Wellbeing Online

- Limit exposure to harmful spaces.
- Curate your digital environment; unfollow or block harmful Limit exposure to harmful spaces.
- Take digital breaks when overwhelmed.
- Remember: It's not your fault when someone abuses your space online.
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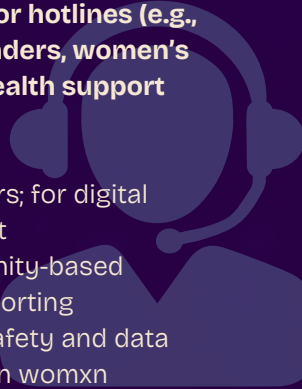


### Support and Resources

List organizations or hotlines (e.g., digital rights defenders, women's legal aid, mental health support lines).

Example:

- DefendDefenders; for digital security support
- FARUG; community-based support and reporting
- Pollicy; online safety and data rights for African womxn



### Call to Action



“Our activism doesn't end in the streets it continues online. Protect your space, your data, your voice. Because our digital rights are human rights.”

## Collective Action: Feminist Digital Security

- Watch out for each other online.
- Share resources and tools with your circles.
- Build community defense systems (e.g., reporting accounts that harass womxn collectively).
- Advocate for laws and platforms that protect digital rights for womxn and queer persons.



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