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/](http://www.security.org/how-secure-is-my-password/)

2. **Use a Password Manager App.**

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

4. **Activate Login Alerts.**

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.

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

   Check URLs/files here: [https://www.virustotal.com](https://www.virustotal.com)

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.

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

   **FACEBOOK** Explore "Locked Profile", if available.
   [https://www.facebook.com/help/196419427651178](https://www.facebook.com/help/196419427651178)

3. **Detect suspicious activity with App Privacy Report.**
   (Only available on iPhone)

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

2. **Regularly Delete Chat History.**

3. **Use Chat lock on WhatsApp**

4. **Use Disappearing Messages.**
   - **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.

https://www.facebook.com/help
https://help.instagram.com/

Hacked Accounts

You can report a compromised account on these links:

https://www.facebook.com/hacked
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

INSTAGRAM

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.

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

Visit AmanRaqami for recommendations
https://amanraqami.org

Additional Help?

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.accesnow.org/help-ar/

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