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PGP (Pretty Good Privacy) and its open source counterpart, GPG (Gnu Privacy Guard), help encrypt the content of your e-mail, thereby protecting your message from being read by your e-mail provider or any other party that may have access to the e-mail. However, the fact that you have sent a message to the recipient organization may be discoverable by governments or law enforcement agencies. To avoid this, you can create an alternate email address that is not associated with your identity.

Resources: [Access Now Helpline Community Documentation: Secure Email](https://communitydocs.accessnow.org/253-Secure\_Email\_Recommendations.html)

[Freedom of the Press Foundation: Encrypting Email with Mailvelope: A Beginner's Guide](https://freedom.press/training/encrypting-email-mailvelope-guide/)

[Privacy Tools: Private Email Providers](https://www.privacytools.io/providers/email/)