Encrypt a PDF using 128-Bit Strength (the Default) and Withhold All Permissions (the Default)

\$ pdftk [mydoc].pdf output [mydoc.128].pdf owner pw [foopass]

Same as Above, Except a Password is Required to Open the PDF

\$ pdftk [mydoc].pdf output [mydoc.128].pdf owner pw [foo] user pw [baz]

Same as Above, Except Printing is Allowed (after the PDF is Open)

\$ pdftk [mydoc].pdf output [mydoc.128].pdf owner_pw [foo] user_pw [baz]
allow printing

pdftk has a lot of other uses as well and is worth installing if one works extensively with PDF files. To quote from the write-up in Synaptic:

If PDF is electronic paper, then pdftk is an electronic stapler-remover, hole-punch, binder, secret-decoder-ring, and X-Ray-glasses. Pdftk is a simple tool for doing everyday things with PDF documents. Keep one in the top drawer of your desktop and use it to:

Merge PDF documents
Split PDF pages into a new document
Decrypt input as necessary (password required)
Encrypt output as desired
Fill PDF Forms with FDF Data and/or Flatten Forms
Apply a Background Watermark
Report PDF on metrics, including metadata and bookmarks
Update PDF Metadata
Attach Files to PDF Pages or the PDF Document
Unpack PDF Attachments
Burst a PDF document into single pages
Uncompress and re-compress page streams
Repair corrupted PDF (where possible)