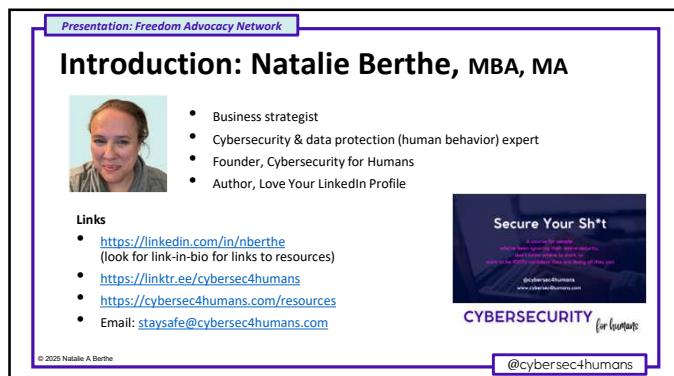


The slide features a purple header and footer. The header contains a vertical stack of icons related to cybersecurity: PAY, SPAM, CODE, SECURITY, HACKING, PHISHING, and VI. The main title 'Staying Safe Online as an Activist' is centered in a white box. Below it is a quote: 'Because if you're not safe, you can't do the work you're called to do.' The presenter's name, 'Natalie Berthe, MBA, MA', is listed with a small bio: 'Freedom Advocacy Network Webinar 11/5/2025'. The footer has a purple background with a faint map of the United States.

1



This slide includes a photo of Natalie Berthe, her title 'Introduction: Natalie Berthe, MBA, MA', and a bulleted list of her professional roles. It also lists several links and a small graphic for 'CYBERSECURITY for humans'.

Presentation: Freedom Advocacy Network

Introduction: Natalie Berthe, MBA, MA



- Business strategist
- Cybersecurity & data protection (human behavior) expert
- Founder, Cybersecurity for Humans
- Author, Love Your LinkedIn Profile

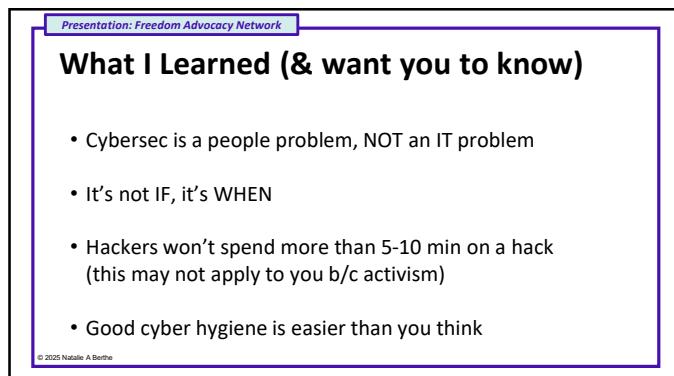
Links

- <https://linkedin.com/in/nberthe> (look for link-in-bio for links to resources)
- <https://linktr.ee/cybersec4humans>
- <https://cybersec4humans.com/resources>
- Email: staysafe@cybersec4humans.com

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CYBERSECURITY for humans

2



This slide features a title 'What I Learned (& want you to know)' and a bulleted list of key takeaways.

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What I Learned (& want you to know)

- Cybersec is a people problem, NOT an IT problem
- It's not IF, it's WHEN
- Hackers won't spend more than 5-10 min on a hack (this may not apply to you b/c activism)
- Good cyber hygiene is easier than you think

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Goals of this Presentation

- Hone your investigative skills
- Practical tips
- Empowerment

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The Perils of Activism

- Targeted by hacktivists
- Targeted by ideologues
- Doxing
- Targeting relationships (family, jobs)
- Government surveillance

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What is cybersecurity?

Protecting your digital assets and how you access them.

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What's included:

- Data stored on computers, on websites, & in the cloud
- Devices you use
- What you use to access the Internet
- Your environment
- Internet of Things (IoT)

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Level of Security Needed

Depends on the type of activism you do & on whose radar you exist.

- Reporter/journalist
- Group leader
- Keyboard warrior
- Street protests
- Other

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Common Cybersec Advice

Not reusing passwords

Password managers

Multi-factor authentication

Not sharing credentials

Software updates

Phishing awareness

Ransomware protection

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The screenshot shows a web browser window with the URL cybersec4humans.com/resources. The page has a purple header with the title "Resources". Below the header, there is a message: "This page is regularly updated. Some of these links may be affiliate, but we only recommend products we use, trust, or thoroughly research." A section titled "What are you looking for?" contains a grid of buttons for various tools and services, including Activists, Free Other Tools, Personal Data Removal, Backup Tools, Free Password Managers, Ransomware Diagnosis, Browsers, Free Password Tools, Ransomware Solutions, Cloud-based Backups, havebeenpwned link, and Security Suites.

10

The screenshot shows a slide with a purple header bar containing the text "Presentation: Freedom Advocacy Network". The main content area has a white background with a purple border. The title "Email Addresses" is at the top. Below it is a bulleted list: "• Personal", "• Socials", "• Advocacy work", "• Public-facing (if relevant)", and "• Everything else". At the bottom left is the copyright notice "© 2025 Natalie A Berthe" and at the bottom right is the handle "@cybersec4humans".

11

The screenshot shows a slide with a purple header bar containing the text "Presentation: Freedom Advocacy Network". The main content area has a white background with a purple border. The title "Email Address RULES" is at the top. Below it is a bulleted list: "• Public-facing email addresses are NEVER used for anything else. EVER." and "• Hide everywhere (like on LinkedIn), unless it's crucial (then use a public-facing email)". At the bottom left is the copyright notice "© 2025 Natalie A Berthe" and at the bottom right is the handle "@cybersec4humans".

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Limit notifications on your phones

- Signal & WhatsApp: NO banner notifications (badges are okay)
- Notifications break the encryption

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Shut down AI training on every app

- All socials
- Computer OS
- Any apps or websites

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Close accts you don't use

- Don't disengage. DELETE DATA
- If you can't delete data, look in privacy policy how to do this (often sending an email)
- Track this

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Safe Words Aren't Just for Sex Anymore

- Always require validation using safe words
- Safe words can be word, phrase, or Q&A
- Safe words should not be obvious, simple, or reused
- Do not share through text or email
- Store securely, like on third-party password manager

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Resources

Cybersec resources:
<https://cybersec4humans.com/resources>

To reach Natalie:
staysafe@cybersec4humans.com

All the links:
<https://linktree.cybersec4humans>

Coupon code for Secure Your Sh*t (\$100 off):
FAN100 <expires 11/30/25>
<https://cybersec4humans.com/sys>

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Questions

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