

# 2

## Safe Digital Spaces

### SAFE SISTERS ONLINE

#### Options to increase security on social media:

- Untag yourself from embarrassing posts or photos.
- Leave groups, limit access to only your friends.

#### How are women & girls portrayed online?

- Think before you post and share statements, comments, or jokes with others!
- Consider the impact your words might have and if it's offensive.
- Ask: "How would I feel if I was one of the group being insulted?"

#### Make better passwords

- Make it fun! Creating a strong passphrase from favorite song lyrics.
- Use special characters, numbers and capital letters!
- Don't use the same password for multiple accounts

### Think before you click

- Don't click on suspicious looking links and attachments.
- Be skeptical of strange emails from people you don't know.
- Pay attention to the sender's info and the contents of the email.

### Always log off

- Review security settings on your phone and computer
- Add a password to get into your devices
- Always sign out when you leave a shared computer or phone.

### Be careful with what you post online

- It's almost impossible to remove an image or text after you post it online! Think about what you share before you post online.
- Review your privacy settings on the social media apps and sites. Limit permissions (location, microphone, contacts) and who sees your stuff.

### Be your sisters' keeper

- Photos leaked online bring suffering to a lot of women. Look out for sisters! Don't forward inappropriate content on the internet.
- Delete and report people who use their accounts as a platform for online bullying and violence against women.

### SAFE SISTERS

<https://safesisters.net/>



Credit:  
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