

Personal Devices	2
Browsers	2
Search Engines	2
VPN	2
Email	2
Group Communication	2
Instant Messaging	2
Internet Activity	3
Algorithm (2024)	3
Search Poisoning	3
Social Media	3
Instagram	3
TikTok	3
Immigration	3
Canada	3
Immigration, Refugee, and Canadian Citizenship	3
Immigration Programs	4
Europe	4
Adopting Their Language	4

Sites can be taken down and manipulated at any time. Prioritize practice over tool.

Personal Devices

action	reason	source
disable on-screen notifications	anyone with a large enough bank account can read your on-screen notifications	Reuters WIRED Malwarebytes
segmentation - create layers of separation between you and what needs to be protected	the easier you are to trace, the easier you can get arrested	

Browsers

<u>Mozilla Firefox</u>	
<u>Tor Project</u>	

Search Engines

VPN

Email

<u>Proton</u>	<ul style="list-style-type: none">- Owned by Proton AG, a non-profit company located in Switzerland- It will pressure you to sign up for a non-mandatory payment plan<ul style="list-style-type: none">• It is difficult to avoid signing up for the payment plan, but only on registration
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Group Communication

Instant Messaging

<u>Signal</u>	
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Internet Activity

Algorithm (2024)

Search Poisoning

Social Media

Instagram

activity - comments - likes	<u>Instagram - Your Activity Settings on Instagram</u> 1. Select "≡" - bottom corner on desktop - top corner of the profile screen on mobile 2. Find the "Interactions" section - "↔" on desktop - under the "Your Activity" section on mobile <u>Instagram - Remove Your Likes from Multiple Posts</u> - Unlike mass amounts of posts in batches to avoid getting flagged <ul style="list-style-type: none">< 20 works, but ~ 10 is recommendedYou cannot remove likes for a few hours when you are flagged <u>Instagram - Delete Comments You've Made</u>
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TikTok

flagged words	<ul style="list-style-type: none">- boost- [emoji/emoji name] chain- Palestine- water this plant
identified regex expressions	<ul style="list-style-type: none">- a → 4, @- b → 8- e → 3- i → 1, !- o → 0- s → 5, \$

Immigration

Canada

please note there are different laws in Quebec

Immigration, Refugee, and Canadian Citizenship

<u>Explore Immigration Programs</u>
<u>Application - Registration and Log-In</u>

Immigration Programs

name	requirements	processing time	fees
<u>Sponsor Family</u>	at least 18 legally married or proof of living together for at least 12 consecutive months	varies by country	starts from CAN 1,205 <u>applying to sponsor family members</u> <u>applying for permanent residence</u>
Applying for a Work Permit			
<u>Applying for a Study Permit</u>			

Europe

nothing yet. sorry

Adopting Their Language

	explanation	examples
prioritize self interest without consideration for the future or past	It does not matter how selfish you are, or how much empathy you lack. As long as those in power know that others endure suffering, your self interest will always be at risk. It's easy to act like these people; they're dumb. Just let selfishness and the present consume you. Pretend your rights will always be present.	"god forbid I offend someone" "that term isn't acceptable anymore" "people get upset when I say that" "It was so long ago" "I don't care he was racist. It's funny" "I don't know why you're making a big deal out this political thing"
regard transaction with high esteem, especially in your activism	This also works if you want to go down the liberal route. They are suckers for capitalism, and capitalism values transaction over need. Just view everything as a gateway to something in return. Finding pleasure in punishment _	
feed into conspiracy	Be skeptical of the government, but in a way that pushes the root problem onto marginalized people, often Jewish people.	"Barrack Obama is unfit to be President because Michelle is a transgender" "that music is the devil"
downplay marginalized peoples' concerns		"there's issues on both sides" - use this in contexts where one side is partial to human rights atrocities
value nationalism	defense. symbolism.	

	explanation	examples
when citing evidence, appeal to capitalism and numeric data before talking about the humanitarian impact	mental health is not a credible metric. suicide rates are simply points of weakness as opposed to a systemic issue. to some, the brain is recognized as an organ and worthy of health, regardless its still an irrational organ unworthy of trust.	
provide data and information that may require more-invasive collection.	staying out of business or declining to engage with them are interpreted as close mindedness. Privilege allows them to see discomfort, especially in information disclosure, as weakness as opposed to an occurrence	
avoid talking about what you don't know	letting your guard down. incompetency	
avoid labeling acts of service, both in your favor or others, as simple act of care. Call it charity, if you must discuss it		