

WELCOME!

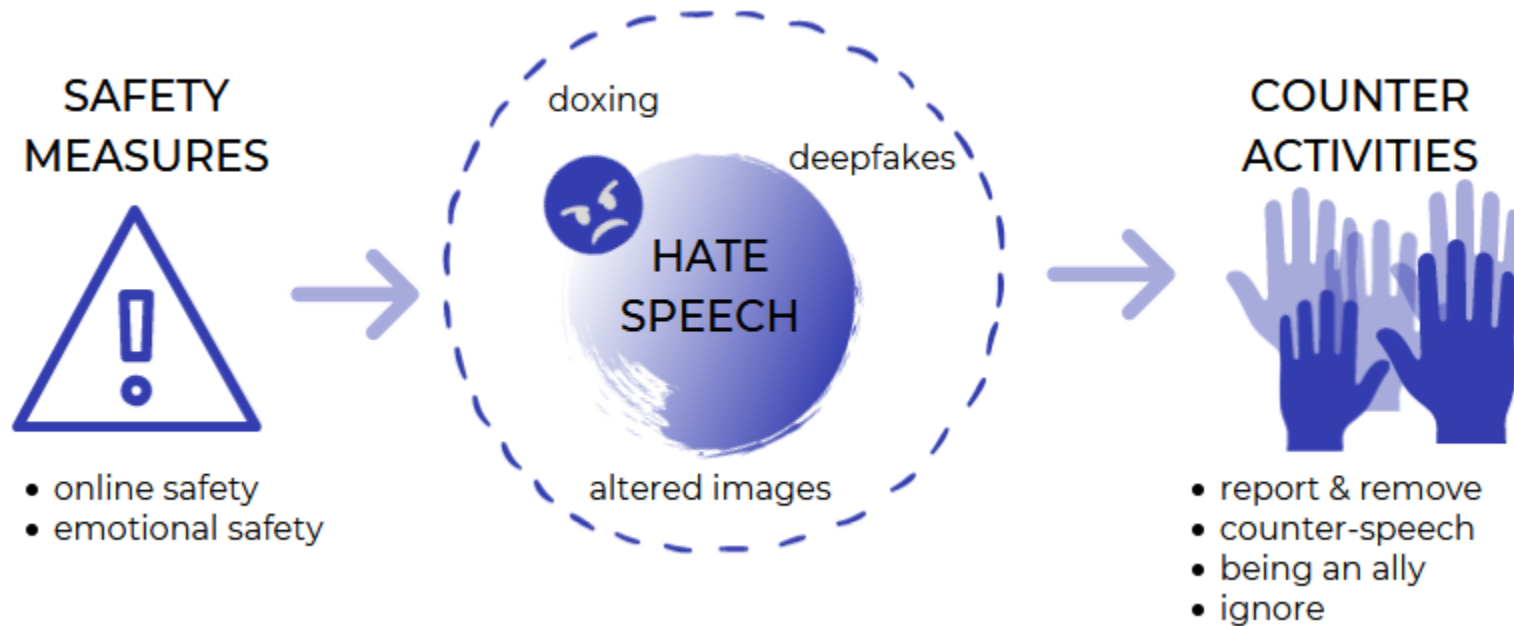
Online course on hate speech for journalists

MODULE 2: Safety

In this module...

1. Privacy and online safety
2. Emotional wellbeing
3. Safety checklist

Safety for journalists



PRIVACY AND ONLINE SAFETY

Privacy and online safety

- Passwords
- Social media accounts
- Clearing up your digital data
- Safe browsing

Passwords

- Use different ones on each platform
- Diceware method
- Password manager
- Enable two-step authentication

| Sample passphrase | Number of combinations | Time to crack |
|--------------------------------------|------------------------|-------------------|
| Purple | 9,000 | Immediate |
| PurpleCarpet | 79 Million | Less than one day |
| PurpleCarpetJump | 699 Billion | Less than one day |
| PurpleCarpetJumpGarage | 6,000 Trillion | Four days |
| PurpleCarpetJumpGaragePaint | 55 Million Trillion | About one century |
| PurpleCarpetJumpGaragePaintStrangely | 488 Billion Trillion | 7,695 centuries |

Image: <https://securityinabox.org/en/guide/passwords/>

Tip: Passfault



Check the strength of your password on www.passfault.com!

Social media accounts

- Separate professional and private accounts, if possible
- Turn off geolocations
- If not possible, learn to hide, ban and block people

Clearing up your data

- Me and my shadow by Tactical Tech
- Privacy badger

Safe browsing

- Use a VPN
- Tor browser

EMOTIONAL SAFETY

What can you do?

- Minimize your exposure
- Have breaks and disconnect
- Schedule work for daytime
- Work in groups
- Separate places if possible
- Find a hobby that allows you to disconnect

Personal triggers

- How to recognize them?
- Triggers are not your enemies
- Turning vulnerability into motivation

SAFETY CHECKLIST

Safety checklist

- Manage your time
- Know your limits
- Disconnect
- Have a circle of support
- Check your privacy
- Be there for others
- Report to police if needed