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

SAFETY MEASURES
- online safety
- emotional safety

HATE SPEECH
- doxing
- deepfakes
- altered images

COUNTER ACTIVITIES
- report & remove
- counter-speech
- being an ally
- ignore
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

<table>
<thead>
<tr>
<th>Sample passphrase</th>
<th>Number of combinations</th>
<th>Time to crack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple</td>
<td>9,000</td>
<td>Immediate</td>
</tr>
<tr>
<td>PurpleCarpet</td>
<td>79 Million</td>
<td>Less than one day</td>
</tr>
<tr>
<td>PurpleCarpet.Jump</td>
<td>699 Billion</td>
<td>Less than one day</td>
</tr>
<tr>
<td>PurpleCarpet.JumpGarage</td>
<td>6,000 Trillion</td>
<td>Four days</td>
</tr>
<tr>
<td>PurpleCarpet.JumpGaragePaint</td>
<td>55 Million Trillion</td>
<td>About one century</td>
</tr>
<tr>
<td>PurpleCarpet.JumpGaragePaintStrangely</td>
<td>488 Billion Trillion</td>
<td>7,695 centuries</td>
</tr>
</tbody>
</table>

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 hate 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