Bolster Your Digital Safety: An Anti-Hacking, Anti-Doxing Workshop

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Conversation agreement

- Space for learning and sharing: confidential and respectful.
- Recognize our own and each other’s experiences.
- Take space, give space.
- Open and in good faith.
- Self-care: take care to yourselves however you need to.

Our Goal

To empower you with strategies and resources to protect yourself from hacking, doxing, impersonation, & other abusive tactics.

Our Roadmap

1

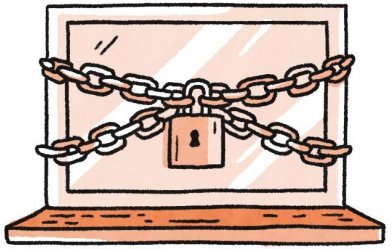
What is Online Abuse?
- Terminology
- Tactics
- Impact

2

Three vectors of personal information
- Social media
- Public information
- Data brokers

3

Response tips
- Mute, block, report
- Where to go for help



Online abuse, defined

(aka: cyber harassment, cyber abuse, and online harassment)

The repeated or severe targeting of an individual or group in an online setting through harmful behaviors

Online abuse

Tactics

Hateful Speech

Speech (slurs, insults, images, etc.) that targets identity: race, ethnicity, gender, religion, sexual orientation, disability.

Threats

Threats of physical and/or sexual violence intended to instill fear and intimidate target.

Cybermobs

Coordinated attack by group of abusers intended to overwhelm through a barrage of threats, slurs, insults, and other tactics.

Non-consensual intimate images

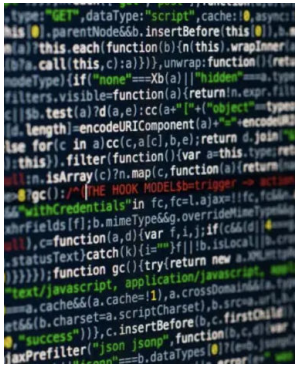
Distribution of private or manufactured sexually explicit images or videos of target without consent

Online abuse

Tactics

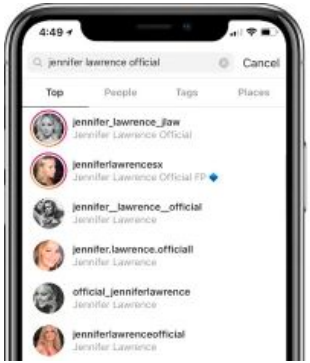
Hacking

The unauthorized intrusion into a device or network, often to steal/leak data, surveil, violate privacy, impersonate, or infect devices with viruses.



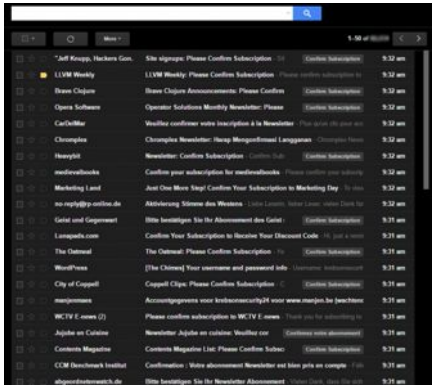
Impersonation

Creation of hoax accounts, usually to post offensive and/or inflammatory statements in target's name to discredit or defame



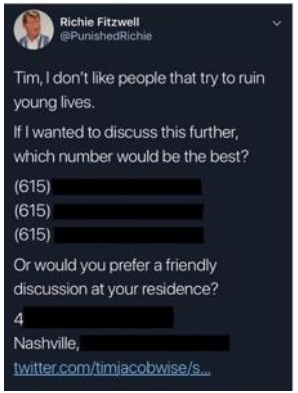
Message Bombing

Flooding target's phone or email accounts with messages meant to disrupt use or block access



Doxing

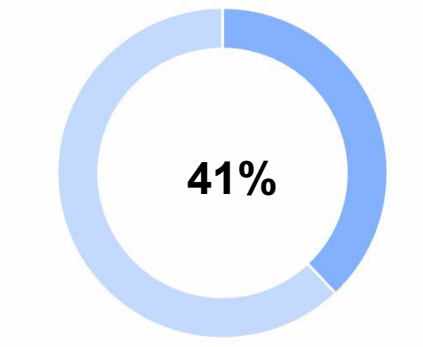
Publishing sensitive personal information online to instigate abuse, intimidate, extort, stalk, or steal identity.



Online abuse

Pew Research Center

Scope: Demographics of abuse



41% of U.S. adults have experienced online harassment

Black, Hispanic targets of online harassment more likely than their White counterparts to say they've been harassed online because of their race, ethnicity

Among the 41% of U.S. adults who have personally experienced online harassment, % who say they think their online harassment was a result of their ...

	Political views	Gender	Race/ethnicity	Religion	Sexual orientation
Men	57	18	33	21	14
Women	42	47	24	16	17
White	56	33	17	18	15
Black	38	37	54	16	20
Hispanic	38	33	47	21	20
Straight	51	31	29	19	12
LGB	41	54	26	13	50
Rep/Lean Rep	54	30	25	22	13
Dem/Lean Dem	47	36	32	16	19

Among White adults who have been harassed online

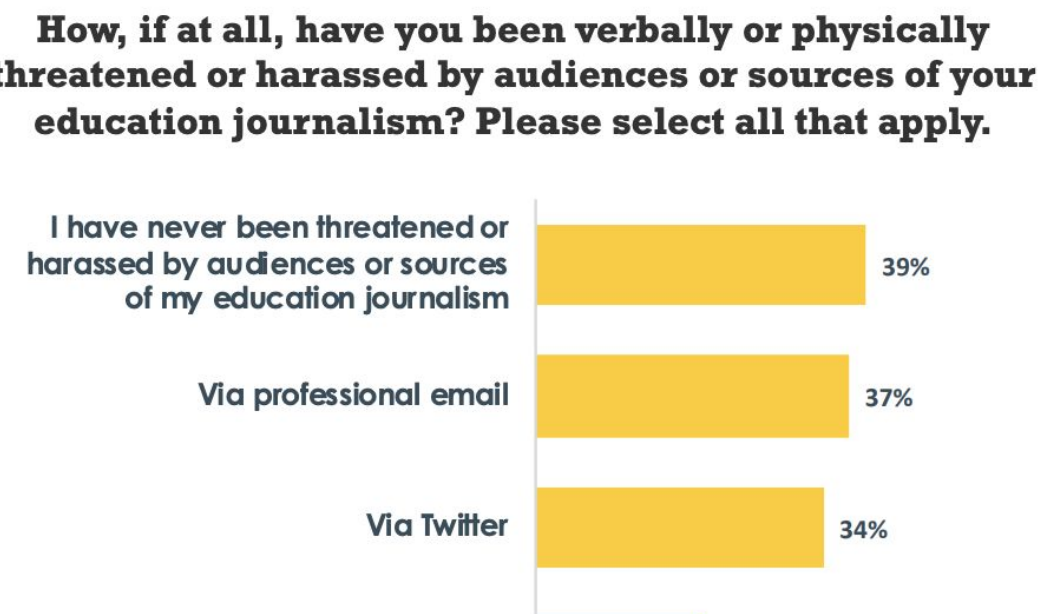
Rep/Lean Rep	57	30	20	21	12
Dem/Lean Dem	55	36	11	14	17

Online abuse

Scope: Demographics of abuse

61%

61% of education reporters have been threatened or harassed by their audiences/sources



Vectors of online harassment

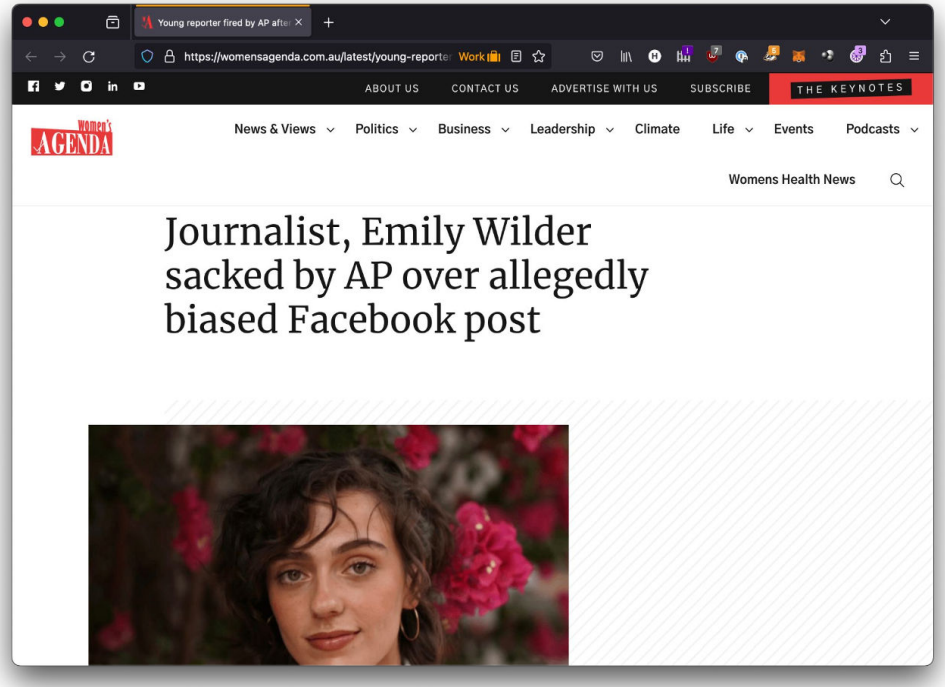
Vector 1: Social Media

Social media

What's at stake?

Your past tweets may be dug up, used as "kompromat" and cause reputational damage, or worse.

"The Stanford College Republicans shared a post Wilder made on Facebook when she was a university student where she described Israel supporter and late US billionaire Sheldon Adelson as a "naked mole rat-looking billionaire"



Social media

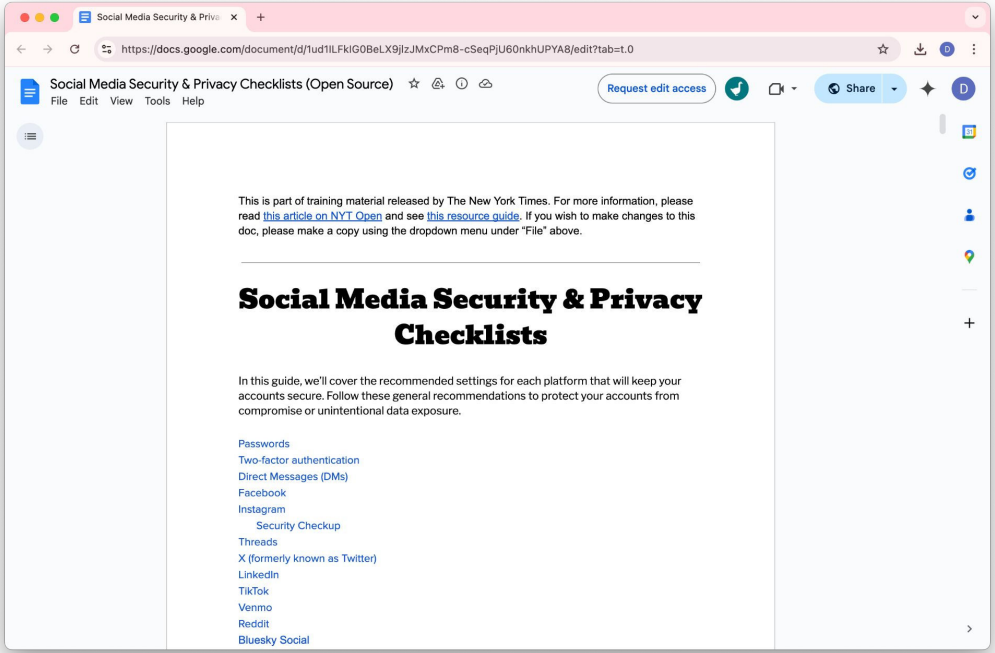
Audit your accounts

- Go through your posts, and delete any mention of personal information
- Review and adjust your account's privacy settings
- Apply advanced privacy settings around high-risk moments

Social media

Audit your accounts

NYTimes Open has a great resource with step-by-step instructions for popular social media channels



bit.ly/socialmedialockdown

What would you advise?

Raise your hand and share!

Your friend Rose posted this.
What advice would you give?

Social media

Preventing account takeovers

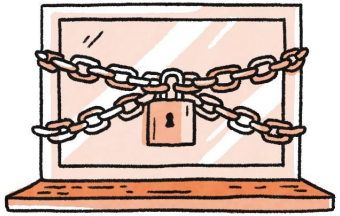
Set strong passwords
Make ‘em unique, long and hard to guess

Get a password manager
We love 1Password and Bitwarden

Set tricky security Qs
Make up answers & store them in your password mgr

Enable 2FA
Use Google authenticator & Yubico security keys

Set a PIN with your telco
Prevent SIM Jacking by adding a verification code



Separating work from personal

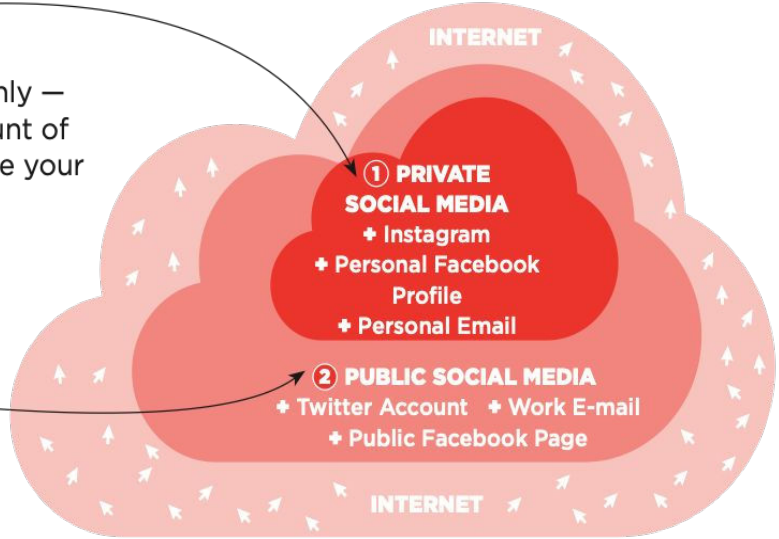
Keep separate accounts

❶ Keep your private life, private.

Make sure your personal social media profiles are for friends and family only — not the world. Lock your Instagram account. We want to reduce the amount of personal information that is publicly available. This information can include your home address, mobile number, and identities of family members.

❷ ... But keep your public life, public.

Do not lock your Twitter account or deactivate your public Facebook page (not to be confused with your personal Facebook profile!). Your public-facing social media accounts and work e-mail are there to "shield" your private social media.



Keep separate phone numbers

The more widely your phone number is known, the more risk to you

- If someone has your number, they can find you on any platform that's phone number-based or syncs contacts
- If someone has your number they can harass you either themselves or via third parties or dox you

Keep separate phone numbers

Lower risk by giving sources and commercial services a secondary phone number you can access:

- Secondary phone with a secondary number
- Secondary SIM or eSIM in your current phone
- In the U.S., Google Voice phone numbers are free

Get a Virtual Phone Number

- OPTION 1: Get Google Voice (use your personal gmail to sign up!)

OR

- OPTION 2: Call your cell phone provider & get a second phone number

OR

- OPTION 3: Get a second SIM card OR a second physical phone

Vector 2: Public Information

Sources of Public Information

Media
Newspapers, magazines, radio, and television

Internet publications
Blogs, discussion groups, user-generated content

Government records
Telephone directories, government websites

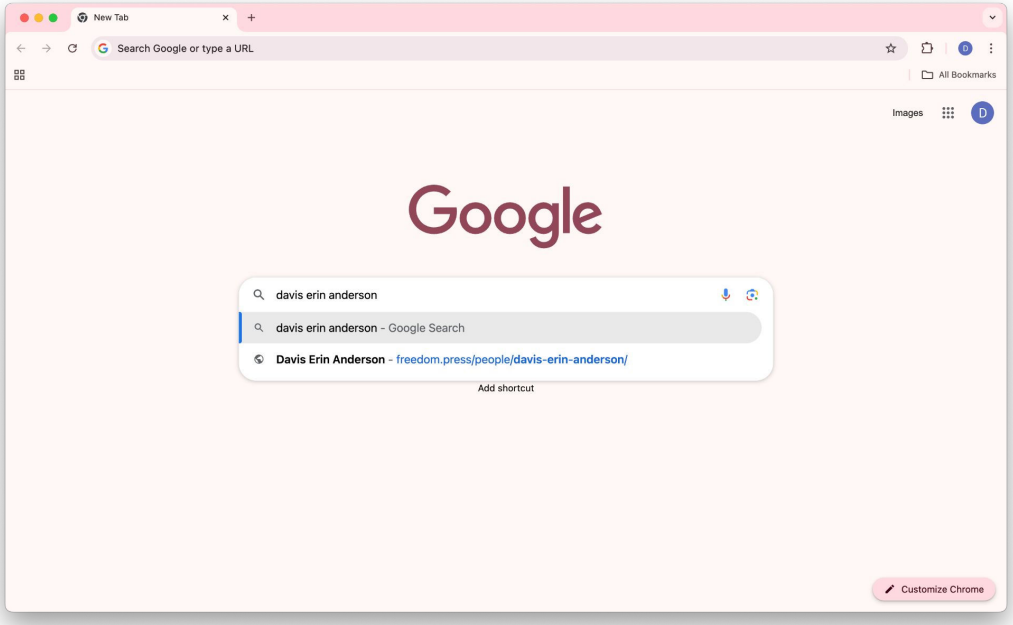
Academic publications
Journals, conferences, academic papers

Grey literature
White papers, reports, patents, et cetera

“Doxxing” Yourself

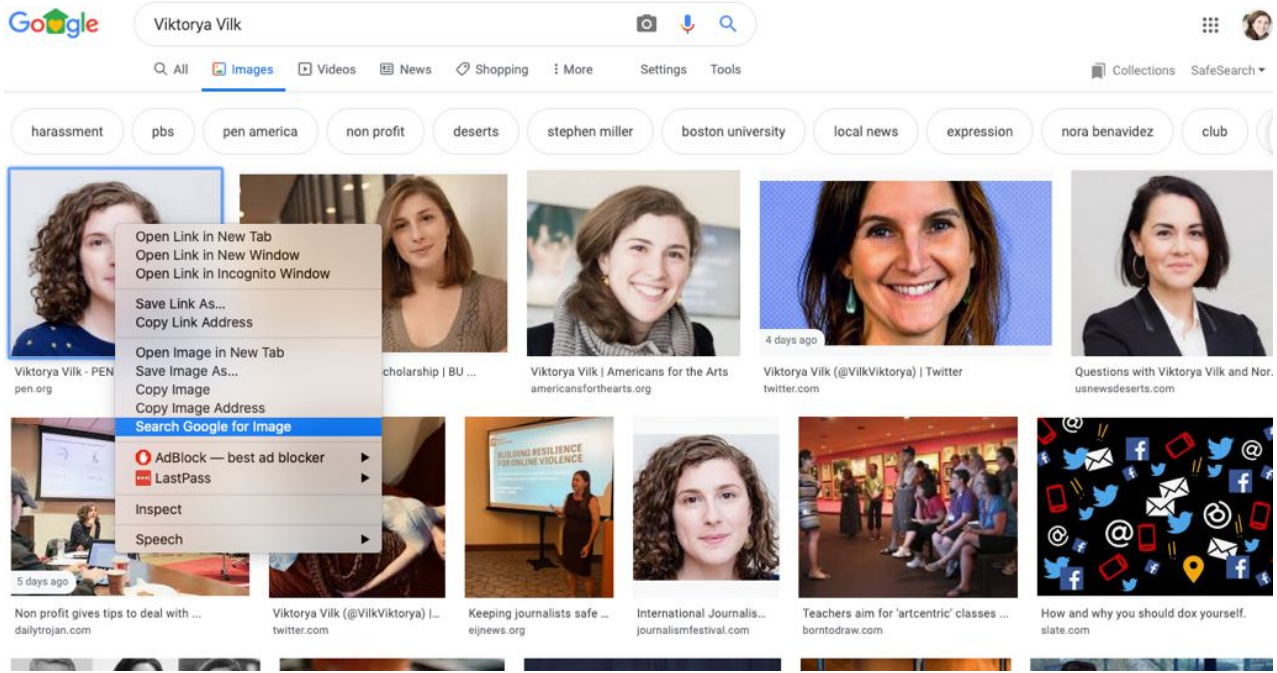
Search for yourself!

Periodically checking to see what results about you populate Google is a great idea



Search engines

Reverse image search



Search engines

Try these advanced search techniques

“Rose Duper” OR “readelev”	Use quotation marks to search for an exact word or set of words. Search different combinations of your name, frequent usernames, phone numbers, and email addresses.
“Rose * Duper”	The asterisk acts as a placeholder for any wildcard terms, for example your middle name or initial.
“Rose * Duper” -site:slate.com	This will exclude results from Slate, showing results otherwise buried in later pages.
“rosecduper@gmail.com” filetype:pdf	This will show any PDFs listing your personal email, for example CVs, alumni publications or past presentations.
Rose Duper site:reddit.com	Search specific sites to find results not indexed by search engines.

Where did all that data come from?

Vector 3: Data brokers

Data brokers

These firms monetize your personal information for sale to advertisers and other bad actors.

These days, they are a dime a dozen:

- Spokeo
- Anywho
- Nexis
- White Pages

Data brokers

Opting out

You can manually opt out of most data brokers, but it can feel like information whack-a-mole.

For help, here's a great cheatsheet by Yael Grauer called the **"Big Ass Data Broker Opt-Out List"**

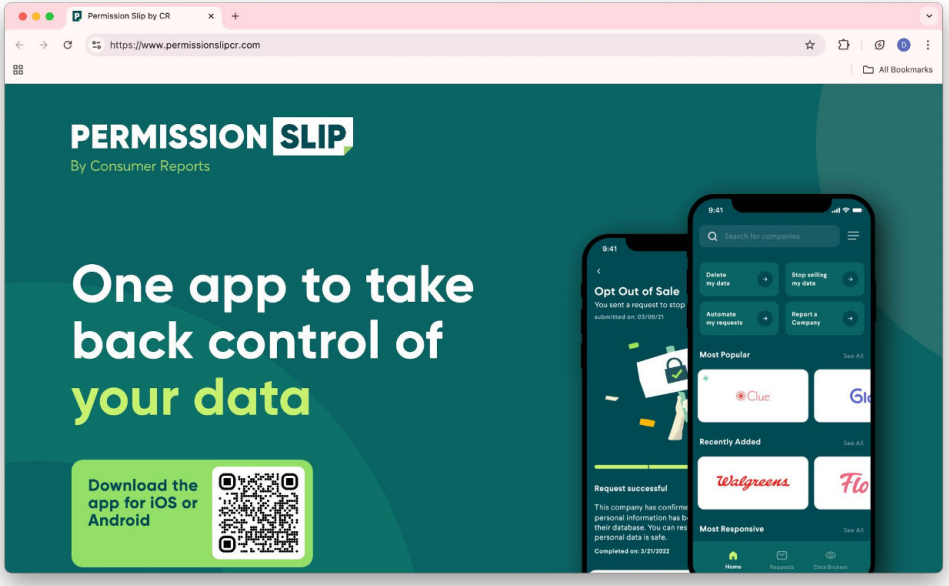
https://github.com/yaelwrites/Big-Ass-Data-Broker-Opt-Out-List

Data brokers

Opting out

As an alternative, invest in a data scrubbing service to handle the opting out for you

Consider Permission Slip from Consumer Reports



Data brokers

Opting out

As an alternative, invest in a data scrubbing service to handle the opting out for you:

DeleteMe

joindeleteme.com

Optery

optery.com/

kanary

thekanary.com/

Questions?

Responding to online abuse

Threat assessment

Ask yourself (w/ a trusted friend or colleague):

Know your harasser?

Especially if history of erratic behavior or violence

Direct, specific threats (name, time, place)?

Intent and Capability

Stalker-like "course of conduct?"

Repeated surveillance and/or threats

Indicia of irrationality?

Not trying to hide (real name, email, phone #)

Online conduct that migrates offline?

e.g. physical mail, threatening voicemails

Professional Liability?

Including non-consensual intimate images

Document the abuse

1. Save a screenshot of the attack
2. Record the following information

Date and time	**Attacker's user details** (handle/username, real name & posting location if available)	**Type of communication** (DM, comment, etc.)	**Location of incident** (URL)	**Description of the incident**

Mute, block, report

It’s a personal choice. Some things to consider:

Mute

Muting someone prevents you from seeing their posts. Someone you mute will not know that you muted them on almost all platforms.

Block

Blocking someone prevents them from being able to engage with you on that platform, however a risk is that they will see they are blocked.

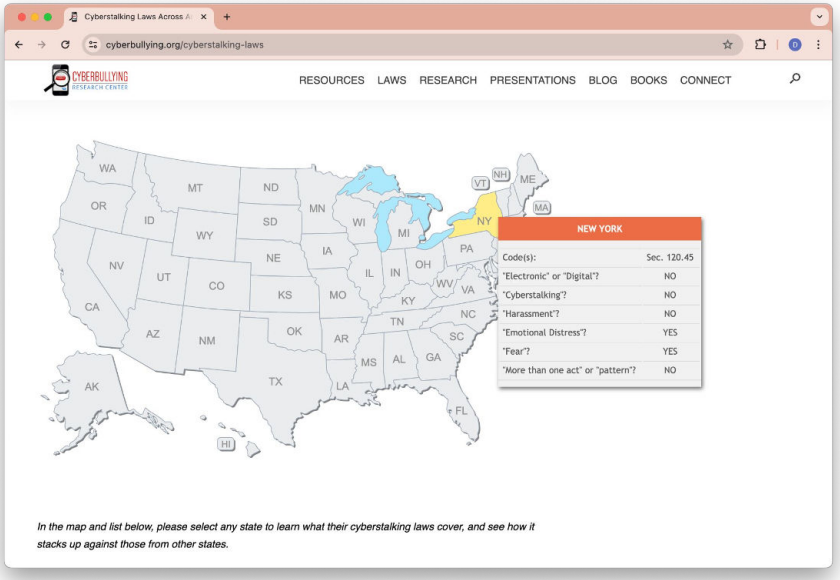
Report

Reporting abuse to the official support or content moderation team on the platform where it happened can help escalate the issue.

Reporting to law enforcement

It's a personal choice. Some things to consider:

- If you decide to contact law enforcement, consider bringing along an ally for support
- Much of the burden of proof lies with those who are suffering from online abuse; be aware of federal and state laws that apply to your situation



Source: cyberbullying.org

Seeking assistance

There are organizations who are prepared to help

Consult In-House Lawyer OR Lawyer via NGOs

International Legal Rights Guide

safetyofjournalists.trust.org/

US Legal Considerations

bit.ly/2kFpBmf

PEN AMERICA The Freedom to Write

ONLINE HARASSMENT FIELD MANUAL

PREPARE RESPOND SELF-CARE LEGAL CONSIDERATIONS SUPPORT LEARN MORE

Writers and journalists are facing unprecedented levels of online hate and harassment.

While there are no easy answers, this digital Field Manual contains effective strategies and resources that writers, journalists, their allies, and their employers can use to defend against cyber hate and fight online abuse.

I am a writer/journalist

I am a witness/ally

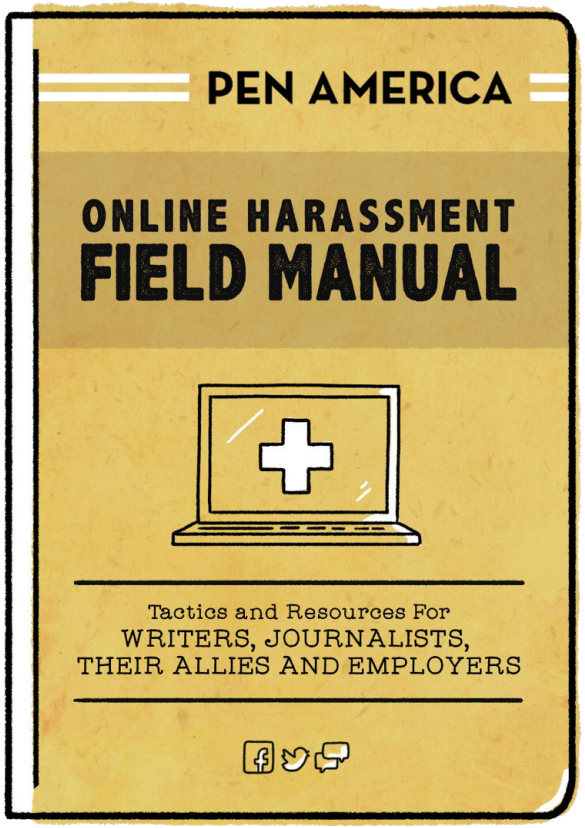
I am an employer of writers/journalists

Resources

Check out this guide for a refresher

bit.ly/socialmedialockdown

Questions?



Thank you!

PEN AMERICA

FREEDOM OF THE PRESS FOUNDATION

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