IF YOU OR A FRIEND ARE EXPERIENCING DIGITAL VIOLENCE

- Inhale and exhale. Do not despair.
- Save the evidence of what happened: screenshots, profile links, emails, phone numbers, audios.
- Block and report. Ask your friends for help to do it massively.
- Do not go through this alone: rely on your friends and community.
- Check what violence can be denounced in your country through criminal or civil proceedings.
- Ask for help from feminist organizations or collectives working on the issue.
- Stay away from the Internet temporarily. Drink tea, do yoga, reconnect with nature. And come back stronger.

OTHER GREAT ADVICES

- Create difficult passwords that are different for each platform. If it is too difficult, use a password manager such as KeePass.
- Enable two-step verification. If a stranger tries to access "the hard way" to your accounts, it will ask for a second password that comes to your phone. You can activate it on Instagram, Twitter, TikTok, Gmail, WhatsApp.
- Keep your devices with numeric passwords. And remember: it's not "love" to give them to your partner, you have a right to your privacy.
- Don't open unknown or weird links.
- Don't give permission to unknown applications to access your social networks (example: apps that reveal who unfollowed you).

AND SPEND A FEW MINUTES A WEEK GETTING TO KNOW YOUR DEVICES AND RRSS SECURITY OPTIONS BETTER.
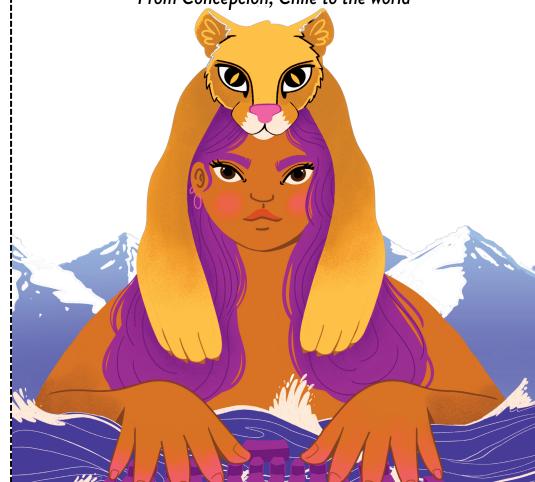
THE INTERNET IS OURS!

YOU DON'T NEED TO BE A HACKER TO RULE THE INTERNET

A ciberfeminist fanzine for everyone
From Concepción, Chile to the world

SINCE CHILDHOOD WE ARE TAUGHT THAT INTERNET AND TECHNOLOGIES ARE A MAN'S BUSINESS

But not so: women like Ada Lovelace (creator of the first machine-readable algorithm) or Hedy Lamarr (creator of the spread spectrum, which is the basis for Bluetooth and Wifi) remind us that women have always been there in technology, from the very beginning.

THEREFORE, THE INVITATION IS TO RE-APPROPRIATE THE INTERNET

FIRST: LET'S REFLECT

What is the purpose of your social networks? Will all your accounts have the same use or will they be different? Are they for personal use? Or for work or educational use? Perhaps they are for activism? This will help us make some decisions.

TIP: YOU CAN HAVE DIFFERENT ACCOUNTS AND SOCIAL NETWORKS ACCORDING TO YOUR NEEDS. SET UP YOUR SECURITY AND DIVIDE THE INFORMATION. THIS IS CALLED COMPARTMENTALIZING AND IS A CYBERSECURITY STRATEGY.

IF IT IS FOR PERSONAL USE ...

That is, there you share images and other content of your personal life, such as family, relationships, daily routines. It is recommended that:

- *Your account is private.*
- *You constantly check and clean contacts. These should be people you know.*
- *Your posts should be private.*

IF FOR ACTIVISM OR WORK...

In other words, you need to connect with many people to make your voice heard, we recommend:

- *Decide whether you will use your real name or just a pseudonym.*
- *As you may need a public account, avoid sharing content that provides sensitive information such as your real-time location, the area where you live or where you always walk, content about your family or relationships, personal phone number, etc.*