🌐Digital Safety Guide for Political & LGBTQ+ Advocacy

This guide provides **step-by-step instructions** to help you stay safe online, reduce harassment risk, and protect your mental health while engaging in political or LGBTQ+ advocacy.

📵1. Secure Your Digital Identity

Passwords & Accounts

- Use a **password manager** (e.g., Bitwarden, 1Password, LastPass).
- Generate **unique, strong passwords** for each account (12+ characters, mix of letters, numbers, symbols).
- Enable **two-factor authentication (2FA)** on:
- Email (Gmail, Outlook, ProtonMail)
- Social media (Facebook, Twitter/X, Instagram, TikTok)
- Banking/financial apps

Privacy Check

- On **Facebook**: Settings → Privacy → Limit past posts → set to *Friends Only*.
- On **Twitter/X**: Settings → Privacy & Safety → Turn on *Protect your Tweets*.
- On **Instagram**: Settings → Privacy → Switch account to *Private*.

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2. Manage Social Media Exposure

Separate Accounts

- Create a **personal account** (family, friends) and a **public/advocacy account**.
- Use **different emails and usernames** for each.

Reduce Harassment Risk

- Turn off **geotagging** on photos/posts.
- Disable "who can find me by phone/email" in settings.
- Review your **followers**—remove unknown accounts.

Blocking & Reporting

- Use **block, mute, and filter** functions.
- Report hate speech or threats to the platform immediately.
- Do **not engage trolls**—they seek attention.

⚠️3. Prevent Doxxing & Tracking

- Never post **home address, workplace, or daily routines**.
- Use a **PO box or virtual mailbox** for mail instead of home address.
- Run a **self-check**:
- Google your name → note what personal info appears.

- Remove phone/address from people-search sites (e.g., Whitepages, Spokeo).

- Consider a **VPN** (ProtonVPN, NordVPN) to hide your location.

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4. Protect Your Mental Health

- Curate your feed: unfollow toxic accounts, join moderated support groups.
- Limit exposure: schedule **offline breaks** (no doomscrolling before bed).
- Have **support systems**: LGBTQ+ groups, progressive circles, therapy, trusted friends.
- Remember: **You don't owe responses to haters**.

♏5. Engage Safely in Advocacy

- Share news from **verified sources** only (AP, Reuters, BBC, etc.).
- When debating, stick to **moderated spaces** (forums, private groups).
- If harassment escalates:
- Take **screenshots** (include usernames, timestamps).
- Report to platform.
- If threats are credible → report to local law enforcement.

✅Quick Safety Checklist

- [ ] Turn on **2FA** everywhere.
- [ ] Use a **password manager**.
- [ ] Separate **personal vs. advocacy accounts**.
- [ ] Disable geotagging.
- [ ] Run a **Google self-check**.
- [ ] Use a **VPN** when posting about sensitive issues.
- [ ] Curate feeds—block/mute/report.
- [ ] Document harassment incidents.

☸️ Key Takeaway

Your voice matters. By combining **technical security (passwords, VPNs, privacy settings)** with **emotional safety (boundaries, curated spaces, support networks)**, you can engage in political and LGBTQ+ advocacy without sacrificing your safety.

🔒 *Stay safe. Stay resilient. Stay empowered.*