

CYBERWOMEN

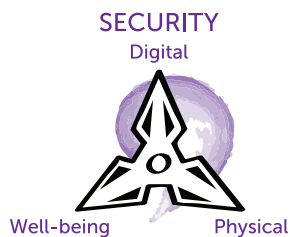
Tips for training women in digital security

Are you preparing a digital security training with women human rights defenders or women's collectives?



We want to share some recommendations that you might find useful!

1. Include a holistic approach to security.



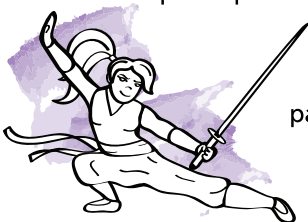
2. Remember that, beyond insisting that participants use new tools, it is important that they understand how they are vulnerable and why they need to protect themselves. Thus, they can take decisions about their own digital security.

3. Check the cases and examples you use; do they include women? It is important that participants can relate to the issue.

4. Remember that women human rights defenders can face different threats online, frequently sexualized. Include a space to talk about privacy, and tactics against harassment, doxing (researching and broadcasting private or identifiable information about an individual).

5. If you work with mixed groups, it has been demonstrated that men tend to dominate dialogue/presentations (mansplaining can occur!).

Include and create dynamics to detonate the participation of women; create an environment where they feel comfortable asking questions and participating.



6. Sometimes it will be necessary to **offer** closed, women-only spaces so that women are able to participate freely and share experiences of online violence.

7. Combine theory with practice!

8. To **learn** and **adopt** new digital security measures can take time. Don't pressure yourself or your trainees.

9. To train others how to protect themselves, **protect** yourself first. Take care of YOU, of your health and mind!



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