Digital Harm Reduction Resources

Editor's note: most resources online end up being outdated. Some older resources have been included below if the information they contain is still relevant, but you should verify facts and learn updated info and techniques by cross-referencing information with official knowledge bases or support sites.

Collections

Current Digital Security Resources
https://mshelton.medium.com/current-digital-security-resources-5c88ba40ce5c

Surveillance Self-Defense // Tips, Tools and How-tos for Safer Online Communications
https://ssd.eff.org/

Net Alert: https://netalert.me/
^ No longer updated but has information relevant to Canadians, e.g. the "Know Your Rights" article on stalkerware

The Digital First Aid Kit: https://digitalfirstaid.org/
^ Valuable tool for generating individualized action plans for responding to specific events

Data Detox - Explore guides about Artificial Intelligence, digital privacy, security, wellbeing, misinformation, health data, and tech and the environment
https://datadetoxkit.org/en/home

Women's Safety and Privacy Toolkit: https://techsafety.org.au/resources/resources-women/

Generic Guides

The Motherboard Guide to Not Getting Hacked
https://www.vice.com/en/article/motherboard-guide-to-not-getting-hacked-online-safety-guide/

Securing Your Digital Life Like a Normal Person

https://mshelton.medium.com/securing-your-digital-life-like-a-normal-person-a-hasty-andincomplete-guide-56437f127425

Precisely Private: Good Privacy Practices
https://preciselyprivate.wordpress.com/
^ Has a massive list of topics, and recently updated to boot

What Should I Know About Encryption?
https://ssd.eff.org/module/what-should-i-know-about-encryption

Seven Steps To Digital Security: https://ssd.eff.org/module/seven-steps-digital-security

Threat modeling

https://www.accessnow.org/first-look-at-digital-security/

https://www.accessnow.org/wp-content/uploads/2020/10/A-first-look-at-digital-securityOCT2020.pdf
^ Printable worksheet

CR Security Planner (Now Consumer Reports, originally by CitizenLab)
https://securityplanner.consumerreports.org/
^ Interactive tool: answer questions, and it generates a report/plan for you.

Your Security Plan: https://ssd.eff.org/module/your-security-plan

Digital Hygiene

Passwords & Managers

Creating Strong Passwords
https://ssd.eff.org/module/creating-strong-passwords

Passkeys: Passwordless logins for beginners
https://freedom.press/training/passkeys-beginners/

Passkeys: https://passkey.org/

KeePassXC for Beginners https://mshelton.medium.com/keypass-for-beginners-dc8adfcdad54

Two-Factor Authentication for Beginners
https://mshelton.medium.com/two-factor-authentication-for-beginners-b29b0eec07d7

Physical Security

What Does Private Browsing Mode Do?
https://mshelton.medium.com/what-does-private-browsing-mode-do-adfe5a70a8b1

Keeping Your Data Safe
https://ssd.eff.org/module/keeping-your-data-safe

Bitwarden for Beginners
 https://mshelton.medium.com/bitwarden-for-beginners-74cf93679457

How to: Detect Bluetooth Trackers
 https://ssd.eff.org/module/how-to-detect-bluetooth-trackers

Keeping your home Wi-Fi router reasonably secure
 https://freedom.press/training/blog/wifi-router-security/

Phishing prevention and email hygiene
 https://freedom.press/training/email-security-tips/

Tools

 Choosing Your Tools: https://ssd.eff.org/module/choosing-your-tools

Secure Messaging Apps comparison: https://www.securemessagingapps.com/

P2P Payment Apps comparison:

https://www.consumerreports.org/money/digital-payments/peer-to-peer-payment-apps-comparisona5999129619/

Locking Down Signal: A Guide for Journalists
 https://mshelton.medium.com/locking-down-signal-d71678f653d3

 Upgrading WhatsApp Security
 https://mshelton.medium.com/upgrading-whatsapp-security-386c8ce496d3

 SSD Tool Guides:
 https://ssd.eff.org/module-categories/tool-guides
 How to: Enable Lockdown Mode on iPhone
 How to: Detect Bluetooth Trackers
 How to: Use WhatsApp
 How to: Use Tor on Android and iPhone
 How to: Use Signal
 How to: Encrypt Your iPhone
 How to: Encrypt Your Windows, Mac, or Linux Computer
 How to: Use Tor for Windows
 How to: Delete your Data Securely on Linux
 How to: Delete Your Data Securely on Windows
 How to: Delete Your Data Securely on macOS
 How to: Use Tor for macOS
 How to: Enable Two-factor Authentication

How to: Avoid Phishing Attacks
How to: Use Tor for Linux
How to: Understand and Circumvent Network Censorship

Privacy

Privacy Guide for Activists with Haters
 https://gist.github.com/bluehat/354432b82650d0a722ed

Why Communication Metadata Matters: https://ssd.eff.org/module/why-metadata-matters

Protecting Yourself on Social Networks
 https://ssd.eff.org/module/protecting-yourself-social-networks

Everyone Should Implement Digital Compartmentalization

https://medium.com/codex/everyone-should-implement-digital-compartmentalization-e1cc45395
db2

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

Reverse Image Search: Google Lens (click "search by image" on Google Images) or TinEye
https://tineye.com/

Border Crossing

Digital Privacy at the U.S. Border: Protecting the Data On Your Devices
 https://www.eff.org/wp/digital-privacy-us-border-2017

Harassment
Preparing for online harassment
 https://freedom.press/training/preparing-for-online-harassment/

PEN America Online Harassment Field Manual: https://onlineharassmentfieldmanual.pen.org/

Right to Be's Resource Page: https://righttobe.org/resources/
^ Has some specific platform guides inc policy summaries [youtube, insta, etc]

Zen and the art of making tech work for you
 https://gendersec.tacticaltech.org/wiki/index.php/Complete_manual
^ Old but good guide, discusses self-doxxing for women and trans* activists

NCII

What to do if you or someone you know is targeted with deepfake porn or AI nudes
https://phys.org/news/2024-06-deepfake-porn-ai-nudes.html

Documentation Tips for Survivors of Technology Abuse and Stalking
https://techsafety.org.au/resources/resources-women/documentation-tips/

StopNCII - submits hashes to facebook, tiktok etc (see
https://stopncii.org/partners/industrypartners/): https://stopncii.org/

CCRI Safety Center: https://cybercivilrights.org/ccri-safety-center/

IPV Spyware Discovery (ISDi) Tool - Checks Android or iOS devices for apps used to surveil or track victims ("stalkerware", "spouseware", "spyware")
https://github.com/stopipv/isdi
^ Good for documenting, but get a very tech-savvy friend to help you

Emergency VPN: https://www.civilsphereproject.org/emergency-vpn
^ Monitors your device for 3 days free, then generates a report on potential spyware for you