

Safety for All

31st August 2021

TIPS FOR STAYING SAFE

Tips for Staying Safe

This guide is to help you to adapt to changing circumstances in Afghanistan. New times bring new cultural and legal frameworks, which call for new ways of doing things, and new ways of staying safe in what can be a dangerous world. Here are some tools and tips to help you to adapt to the new situation as it emerges.

The first thing to say is that there is no such thing as perfect security. So try to stay calm and balance the inevitable risks. Try not to let your anxieties get in the way of your ability to assess risks, gather information & make decisions. There are two things in life: those you can control, and those you can't. Focus on the things you can control. Take deeper breaths. Listen to your instincts. Read this guide and absorb any useful tips it has for you.

And use these tools.

STAY SAFE ONLINE - AFGHANISTAN

Someone may get access to your phone, for example if it's lost or stolen, or if you are arrested. Protect your information:

- ✓ Signal and WhatsApp encrypts all calls and messages, supports groups, and can delete messages after a set period of time.
- ✓ Secret Conversations in Facebook Messenger (on mobile) is also encrypted.
- ✓ Before sharing personal information on social media and in private messages, consider if you're revealing names, addresses, locations.
- ✓ Restrict who can see your social media posts, stories, and friends.
- ✓ Have a VPN ready in case sites and apps are blocked.
- ✓ Delete social media posts, photos, and private messages that can be used against you.

TIPS FOR HOW TO SHARE INFORMATION SAFELY

ALWAYS TAKE THE TIME TO CHECK WHO YOU ARE COMMUNICATING WITH IS THE PERSON THEY SAY THEY ARE. IT IS ALWAYS NECESSARY TO CHECK.

People who are trying to trick you or cheat you or identify you will pretend to be other people. Here are some tips for trying to make sure people are for real.

TIPS

When anybody asks you to send information, make sure you confirm who you are writing to or speaking with.

Do they have an OFFICIAL EMAIL ADDRESS?

If they are asking you to submit via a form, check it is part of their website.

Don't be afraid to ask for verification of identity. Real people will understand your need to check and will cooperate. If they don't, be suspicious, or at least careful.

Do not send anything to anyone until you are satisfied of their identity.

When others share information, check how it is shared:

Is it an official weblink?

Is there a reputable media report? Is the information a hyper link? Is it an external site? Could it be a link with a virus? Examine it, check it. Put the email address into google. Put the person's name into Google. Do a little digging around.

Mobile Phones

Social Media

Cloud Storage

Resources

If you are in touch with someone and you want to help them to help you, you can send them this link and information:

<https://www.ictworks.org/information-security-practices-afghanistan/>

The following pages have links in English, Dari and Pashto with detailed tips on various aspects of your digital security. All of these come from this site:

<https://www.humanrightsfirst.org/resource/steps-protect-your-online-identity-taliban-digital-history-and-evading-biometrics-abuses>

Evading the Misuses of Biometric Data

Evading the Misuse of Biometric Data

ENGLISH

<https://www.humanrightsfirst.org/sites/default/files/Evading%20the%20misuse%20of%20biometric%20data.pdf>

PASHTO:

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<https://www.humanrightsfirst.org/sites/default/files/Evading%20Biometric%20Pashto.pdf>

DARI: جلوگیری از سوء استفاده از معلومات های بیومتریک

<https://www.humanrightsfirst.org/sites/default/files/Evading%20Biometric%20Dari.pdf>

Internet Shutdowns and Blockages

Internet Shutdowns and Blockages:

<https://www.humanrightsfirst.org/sites/default/files/ENGLISH%20Internet%20Shutdowns%20-%20Digital%20Security%20Resources%20for%20Afghanistan.pdf>

انقطاع و مسدود شدن انترنت

Pashto

https://www.humanrightsfirst.org/sites/default/files/_%D8%A7%D9%86%D9%82%D8%B7%D8%A7%D8%B9%20%D9%88%20%D9%85%D8%B3%D8%AF%D9%88%D8%AF%20%D8%B4%D8%AF%D9%86%20%D8%A7%D9%86%D8%AA%D8%B1%D9%86%D8%AA%20%20-%20PUBLIC%20Dari%20-%20Internet%20Shutdowns.pdf

How to Thwart Digital Surveillance

How to Thwart Digital Surveillance

<https://www.humanrightsfirst.org/sites/default/files/How%20to%20Thwart%20Digital%20Surveillance%20-%208.21.pdf>

DARI:

<https://www.humanrightsfirst.org/sites/default/files/Dari%20Version%20Safety.pdf>

How to Delete Your Digital History

HOW TO DELETE YOUR DIGITAL HISTORY

<https://www.humanrightsfirst.org/sites/default/files/How%20to%20Delete%20Your%20Digital%20History%20-%20Updated%208.20.21.pdf>

PASHTO:

<https://www.humanrightsfirst.org/sites/default/files/How%20to%20delete%20your%20history%20in%20Pashto.pdf>

DARI:

<https://www.humanrightsfirst.org/sites/default/files/%DA%86%DA%AF%D9%88%D9%86%D9%87%20%D8%AA%D8%A7%D8%B1%DB%8C%D8%AE%DA%86%DB%95%D9%94%20%D8%AF%DB%8C%D8%AC%DB%8C%D8%AA%D8%A7%D9%84%20%D8%AE%D9%88%D8%AF%20%D8%B1%D8%A7%20%D8%AD%D8%B0%D9%81%20%DA%A9%D9%86%DB%8C%D9%85.pdf>

FAQs: Protection from Digital Identification Methods by the Taliban

https://www.humanrightsfirst.org/sites/default/files/FAQs_%20%20Protection%20from%20Digital%20Identification%20Methods%20by%20the%20Taliban.pdf

Detailed Guides

UN SECURITY POLICY MANUAL

https://www.un.org/en/pdfs/undss-unsms_policy_ebook.pdf

Physical Safety, Digital Security, and Emergency Preparedness Guides for Afghanistan 2021

<https://docs.google.com/document/d/1ykIXLQCPctmM3iu01eP6qrAvNiuYDFo-/edit?usp=sharing&oid=111791265176499513794&rtpof=true&sd=true>