

A zine by Her Digital Rights



Digital hygiene

A pocket guide to staying safe online



Make passwords long, not clever

1

Use a long passphrase

Four random words, like mango-river-lantern-chair, beats a short tricky password.

2

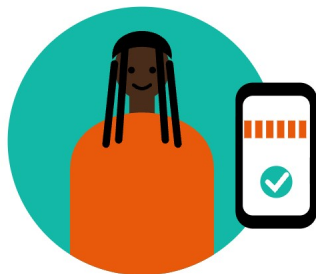
One account, one password

Never reuse. If one leaks, the rest stay safe.

3

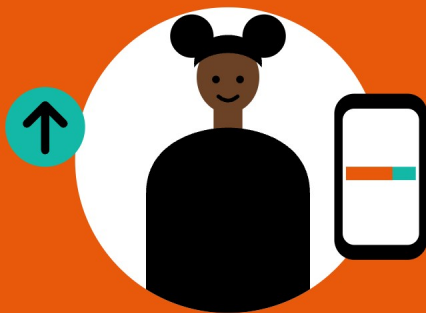
Keep them somewhere safe

Use a password manager or a notebook kept at home. Never send passwords in chat.



Turn on two-step verification

- 1 Switch it on for key accounts**
Email, WhatsApp, Facebook, Instagram and mobile money apps first.
- 2 Prefer an authenticator app**
SMS codes can be stolen if someone takes over your SIM.
- 3 Never share your codes**
No bank, network or friend needs your OTP or PIN. Ever.



Lock it and keep it updated

1

Lock your phone

Use a PIN or fingerprint. Don't leave it open on a table.

2

Install updates

They fix security holes that criminals use.

3

Be ready if it's lost

Turn on Find my device and back up your photos and contacts.



Share less, stay safer

1

Check who can see you

Set posts and profile to friends only.
Review it every few months.

2

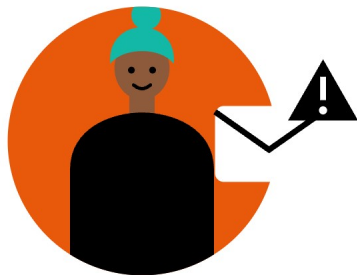
Hide your live location

Don't post where you are right now. Post
after you leave.

3

Keep IDs off your feed

No tickets, ID cards, school or home
details in photos.



Think before you click

1

Pause at urgent messages

"Account blocked, click now" is a classic trick. Slow down.

2

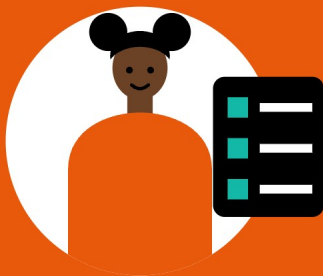
Skip unknown links

Type the official site yourself, or call the number you trust.

3

Protect your mobile money

Nobody real asks for your PIN. Check the name before you send.



Do a monthly clean-up

1

Delete apps you don't use

Check permissions for camera, microphone and location.

2

Log out and close old accounts

Sign out of old devices. Close accounts you no longer use.

3

Back up what matters

Save photos and contacts, then clear old chat groups.



If something goes wrong

- 1 Don't panic**
It is not your fault. Take a breath.
- 2 Save the evidence**
Screenshots, links, names and dates.
- 3 Block, report, change passwords**
Use the platform's report tool, then secure your accounts.
- 4 Tell someone you trust**
Ask for help. You don't have to carry it alone.

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