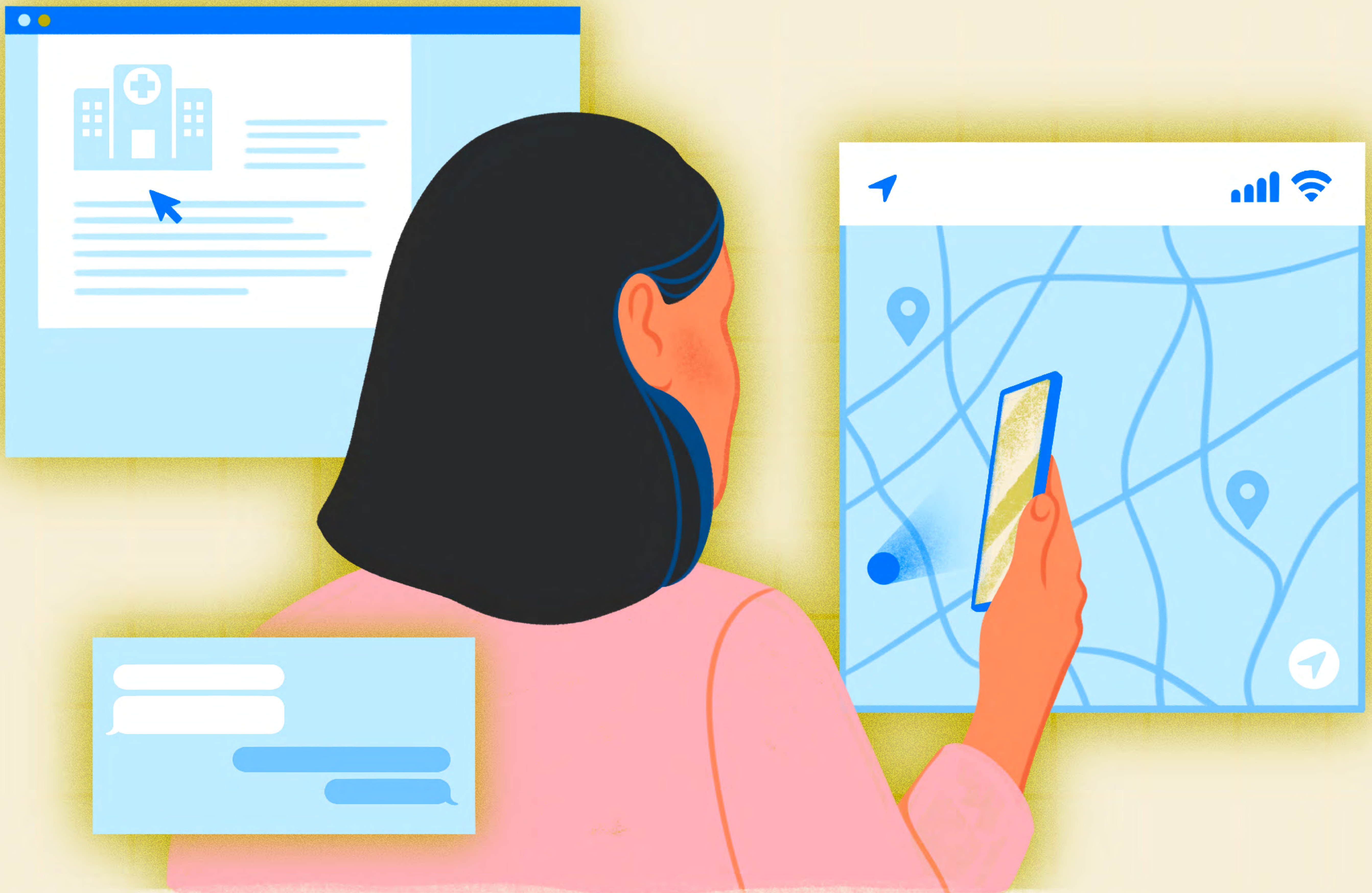




HOW TO PROTECT YOUR DIGITAL SAFETY TODAY

A [Tor](#), [Repro Uncensored](#), [Digital Defense Fund](#), [Plan C](#),
and [Accountable Tech Partnership](#)

As many U.S. states and countries around the world increasingly restrict abortion access, the urgency to ensure safe and open access to reproductive health care and abortion information online has never been greater.

Check out our guide on protecting your privacy while navigating reproductive health care and abortion access online!

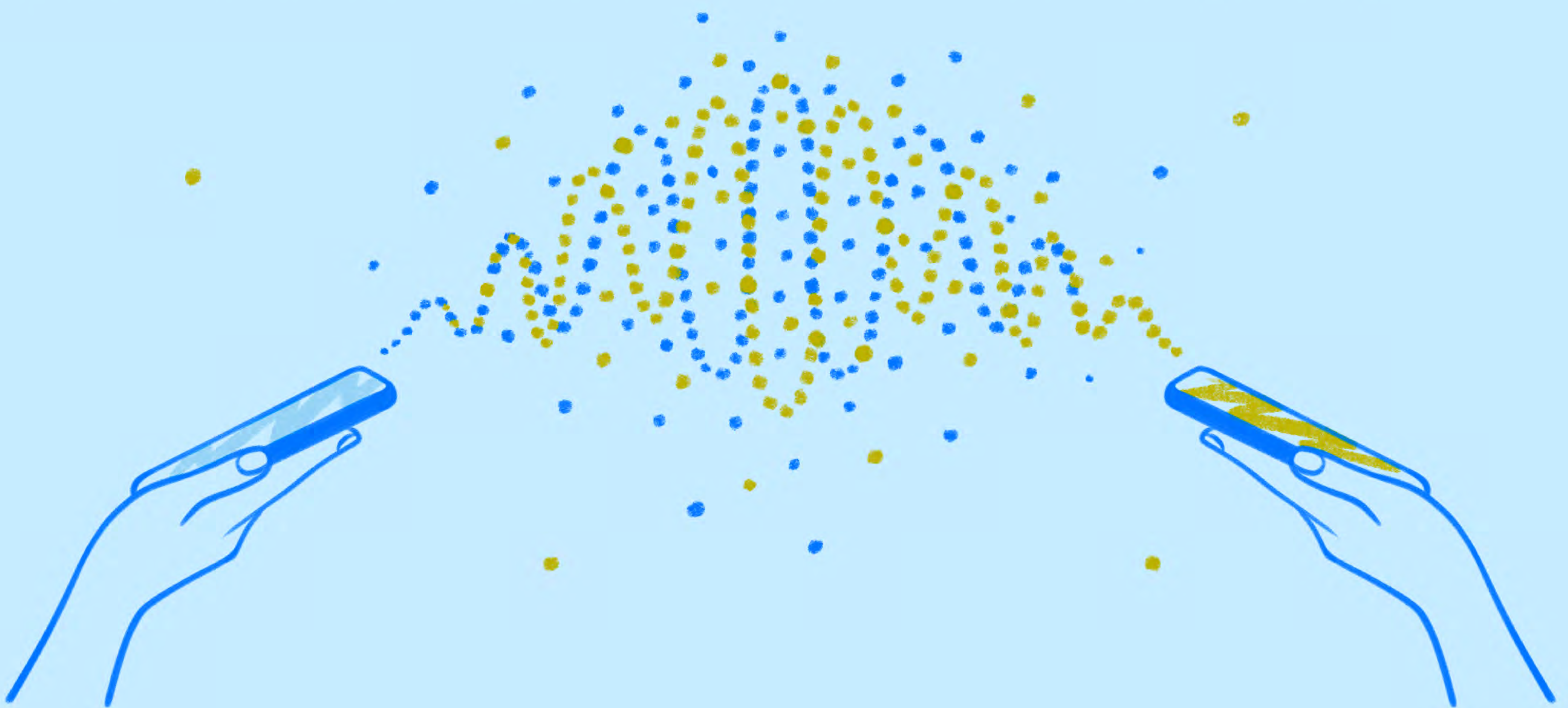
USE AN ENCRYPTED MESSAGING APP

Some messaging apps collect and store a lot of information from your private messages. If you're messaging about sensitive topics like reproductive health care, be careful about how and with whom you're sharing your information. That's why we recommend using messaging apps with end-to-end encryption instead of regular text messages or social media apps. **End-to-end encryption means your message is scrambled while it is being sent so no one else can read it.**



We recommend downloading and using the encrypted messaging application, Signal. Signal is an independent nonprofit, and the application is completely free to use.

Signal is available for all platforms. To download, visit: signal.org





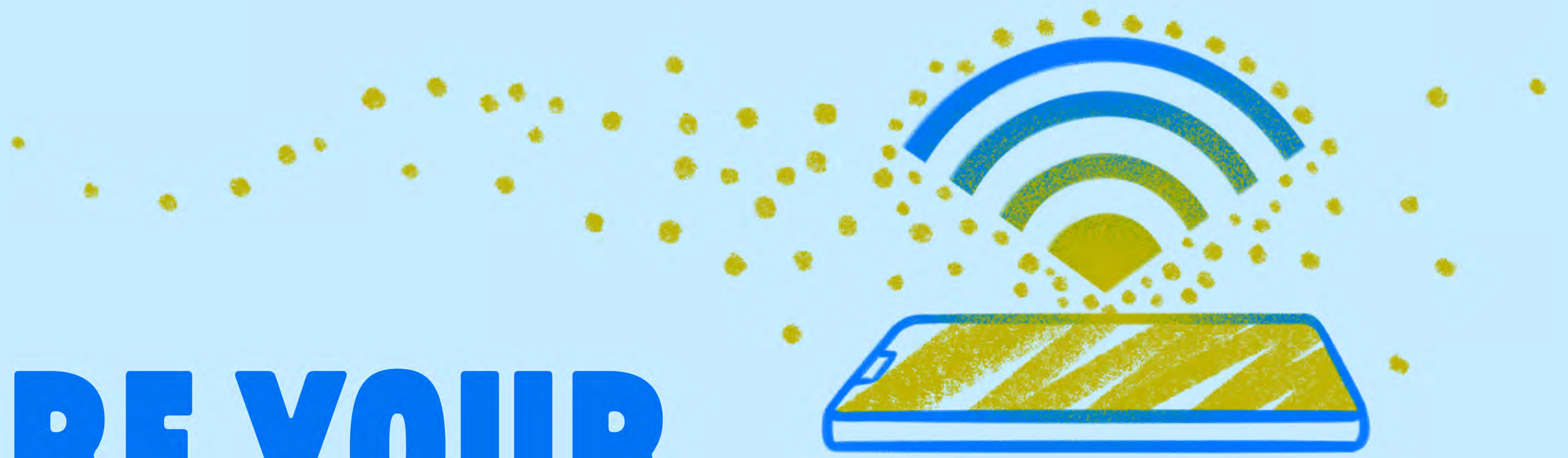
USE AN ANONYMOUS BROWSER

The Tor Browser allows people to surf the internet anonymously, helping you avoid surveillance and censorship. Tor Browser works similarly to browsers like Chrome, Firefox, and Safari, but it does not reveal who you are or what websites you visit to anyone monitoring your internet traffic.

It achieves this by routing your internet activity through three random servers and encrypting (scrambling) it multiple times.

The safest and easiest way to download Tor Browser is from the official Tor Project website. For Windows, Mac, Linux, or Android, visit: torproject.org/download

SECURE YOUR INTERNET CONNECTION



When you connect to the internet, websites and applications can identify you through details like your device type, your IP address (which reveals your location), and more. Your internet provider can also see all the websites or apps you visit, and they may even block access to certain ones.

To protect yourself, we recommend using a Virtual Private Network (VPN), which hides your online activity by routing your connection through a server operated by the VPN provider, making it much harder for bad actors or government agencies to censor or monitor what you do online.

Please note that some of these options may require a subscription: mullvad.net, protonvpn.com (free with an account), and tunnelbear.com



MULLVAD VPN



ProtonVPN



TunnelBear

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PROTECT YOUR LOCATION DATA

We carry our phones everywhere, which means our exact location is constantly tracked – either through the SIM card connecting to nearby cell towers, or through apps that record our location to deliver targeted ads. This location data can be accessed through police search warrants, which can be dangerous when we need to maintain privacy—especially for abortion access.

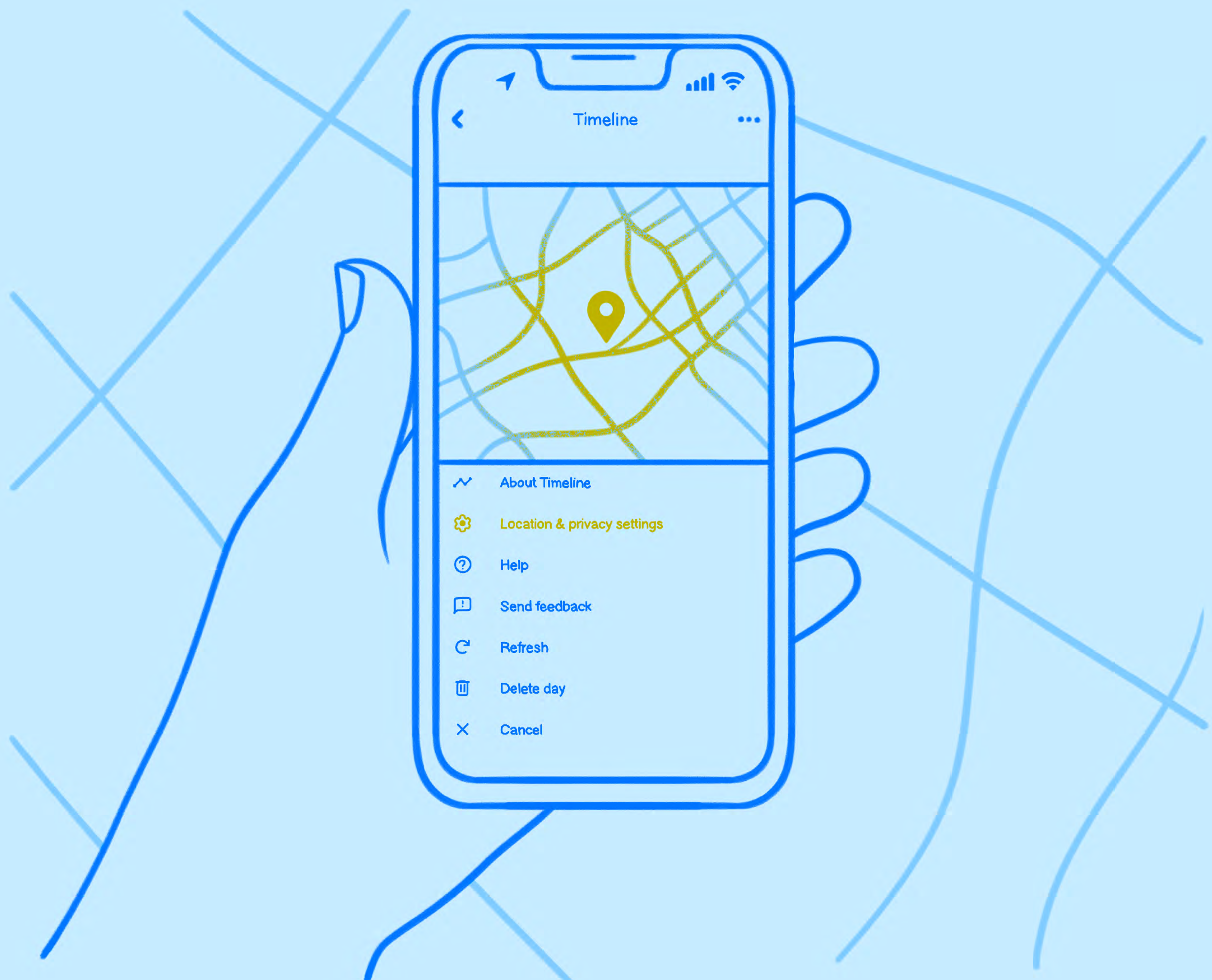
We therefore recommend turning off location permissions for apps, temporarily removing your SIM card when heading to sensitive locations like abortion clinics, and generally leaving your phone at home if you are particularly concerned about criminalization.

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TURN OFF GOOGLE MAPS' LOCATION HISTORY

Google Maps can still track and store your location whether you're using an Android, iPhone, or computer. To disable this, open the Google Maps app, tap your profile picture or initial, then go to **Your Timeline**, tap **three dots menu**, tap **Location & privacy settings**, and make sure **Location** and **Timeline** are **off**. You can also permanently delete your **Timeline data** in these settings.

**from December 2024*





TAKE ACTION AND GET SUPPORT

For general digital security support, you can contact:

Repro Legal Helpline in the US: www.reprolegalhelpline.org

Access Now's helpline: www.accessnow.org/help/

Share accurate digital safety information with your community!
Get trained by Tor and receive technical support related to Tor
by reaching out Tor Project:

Signal: [+1 778-743-1312](tel:+17787431312)

Email: training@torproject.org

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REPORT AN INCIDENT WITH REPRO UNCENSORED

Repro Uncensored is a global coalition of reproductive health organizations, internet freedom advocates, and creatives dedicated to ensuring universal access to accurate information on reproductive health and abortion.

If you or your organization have experienced suppression of content related to reproductive health and rights and/or abortion access, please report an incident: reprouncensored.org/report-incident

