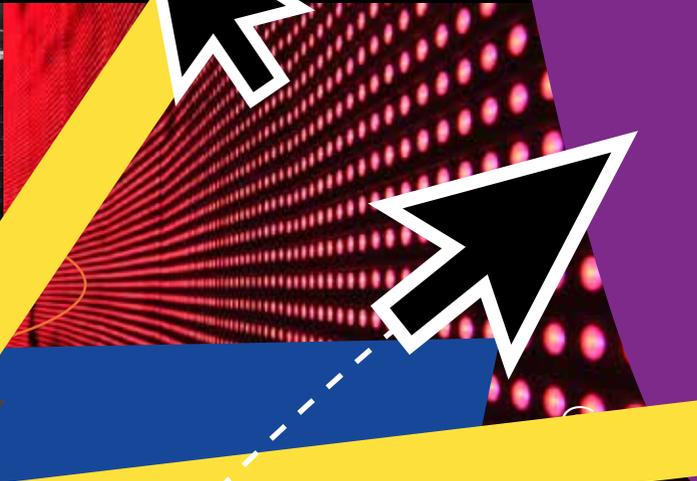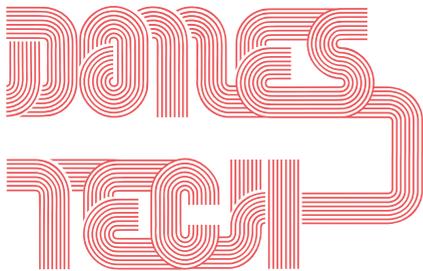# KIT Against online gender-based violence

KIT Against online gender-based violence

A kit to become aware of, protect us from and alteract upon online gender-based violence

DONES TECH

With the support of:

Ajuntament de Barcelona

UNIVERSITAT DE BARCELONA

alia
Associació de Dones per la Recerca i Acció

Donestech wants to offer you this KIT to get to know online gender-based violence and take the necessary steps towards free and safe digital interactions for every women. From a critical and feminist position, we introduce the topic of online gender-based violence and, above all, we put at your disposal a series of proposals, resources and initiatives to take care of and defend ourselves, and counteract and alteract against this type of violence. This KIT will be very useful for women and LGTBIQ* individuals, especially for those women who have been battered, but also for feminists and sex and gender dissenters who are increasingly affected by this type of online violence. We encourage you to use this KIT, both preventively and reactively, and we hope that it will be useful to you.

1.   ICT ARE ALSO GENDERIZED

Information and communication technologies, especially the Internet and social networks, are crucial to understand the development of current societies. They have to do with how we communicate with, take care of, organize, work with ourselves... with friends, family, comrades in arms, co-workers and hobby companions... Likewise, current society is not yet free from gender inequalities or from one of its most severe expressions, gender-based violence. Thus, the Internet and social media are also affected and are therefore not neutral. Consequently, in an unequal society in terms of gender, we still find a strong digital gender legacy, especially in relation with the chances to participate and lead the current and future technological development. Control of digital communication channels is still in the hands of white, Western and heterosexual men... Therefore, we have a highly masculinized digital society where, if nothing is done, male chauvinists and neo-chauvinists have a greater power to impose their speech and ways of doing. As a more serious expression of male chauvinism and gender inequalities, our societies are not free from gender-based violence, nor from online gender-based violence.
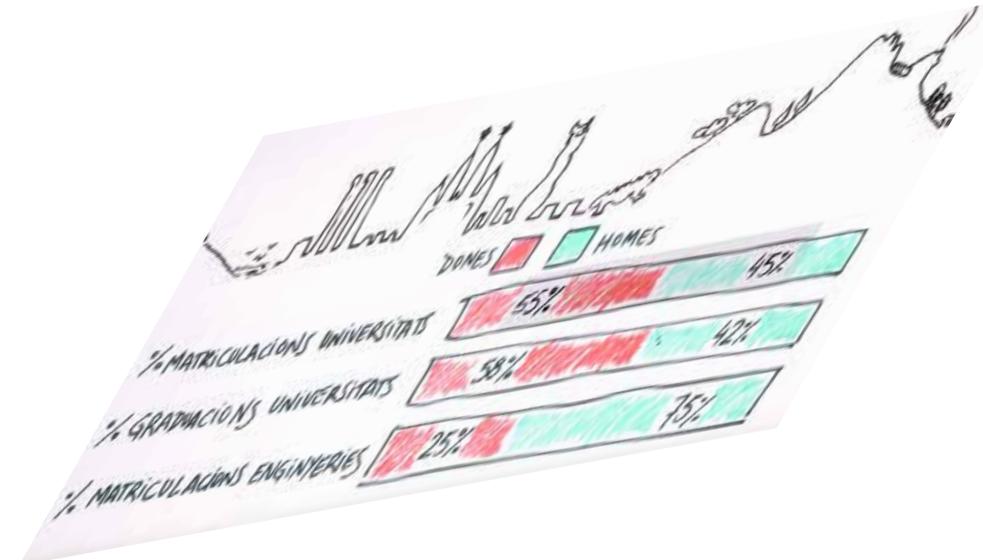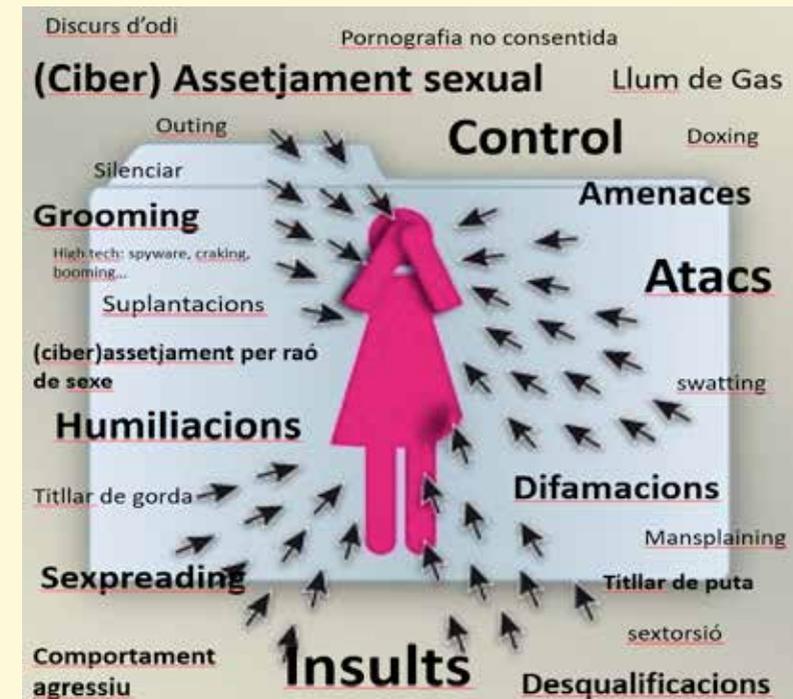
2. GENDER-BASED VIOLENCE: WHAT ARE WE TALKING ABOUT?

In Europe, one out of three women is sexually and/or physically assaulted for being a woman and, in Catalonia, more than half of the women has suffered some form of gender-based violence in their lives. This is also related to ICT. Gender-based violence are more easily enabled through the Internet and social media. In addition, new types of violence appear. Gender-based violence has serious consequences for victims. Impacts are serious for physical and psychological health, at social and cultural levels, in terms of educational and work opportunities, of power and political participation, of freedom of expression and movement, as well as of ability to create friendly narratives and spaces for people, also online.

Act 5/2008, of 24 of April. on the right of women to eradicate gender-based violence This law uses the expression "gender-based violence" because it is the concept that broadly encompasses behaviours of dominance, control and abuse of power of men over women and that, at the same time, has imposed an idea of masculinity that is still seen as superior by part of the society. Violence against women is the most serious and devastating expression of this culture, which not only destroys lives, but also hampers the development of women's rights, equal opportunities and freedom.

Widespread violence against women in EU:
At home, work, in public, online

33% of women have experienced physical and/or sexual violence

67% of women didn't report the most serious incident of partner violence to the police or any other organisation.

3. ON-LINE GENDER-BASED VIOLENCE: WHAT FORMS CAN THEY TAKE?

Some forms of online gender-based violence are about insulting, embarrassing and/or undermining women's self-esteem, such as cyberbullying due to sex reasons or slut-shaming in online comments. Other forms of violence have to do with content and revenge of a sexual nature, such as sexual cyberbullying or non-consensual pornography. Finally, there are new kinds of attacks, as well as a strong technological component, such as attacks on feminist websites or cracking accounts.

Discurs d'odi
Pornografia no consentida
(Ciber) Assetjament sexual
Llum de Gas
Outing
Control
Doxing
Silenciar
Grooming
Amenaces
High tech: spyware, craking, booming...
Suplantacions
Atacs
(ciber)assetjament per raó de sexe
Humiliacions
swatting
Titllar de gorda
Difamacions
Mansplaining
Sexpreading
Titllar de puta
Insults
sextorsió
Comportament agressiu
Desqualificacions

4. ON-LINE GENDER-BASED VIOLENCE: WHO IS WHO? AGGRESSOR AND VICTIM

All cases of gender-based violence of this type have in common that the majority of assailants are men. They act individually or in groups against women, LGTBIQ individuals* and even children. They mainly address their attack toward their couples or former couples, but also towards sexual and gender dissenters. Above all, they attack people who stand out for their ability to generate changes in this regard, including female feminists, politicians, technologists, artists and popular athletes, among others.

Toni Cantó
@Tonicanto1

La mayor parte de las denuncias por violencia de género son falsas. Y los fiscales no las persiguen. Las estadísticas son sesgadas.

Responder · Retwittear · Favorito · Más

¡Mentira! Según fiscalía 0.01%

5. WHAT CAN WE DO? LET'S TAKE CARE OF OURSELVES!

Women need to continue increasing their participation in ICT. That's why it is important that we take care of ourselves and minimize risks in our online practices. Therefore, from the different forms of feminism, we are suggested a variety of actions and measures to take care of ourselves, from mitigation strategies and analysis of digital risk to the destruction of sensitive material or the use of safe browsing.

- **Take care of (us):** personal care (sleep, order...), including our space, as well as the computer...

- **Assess risks:** uses, contexts, schedules, spaces, privacy standards, digital footprint...

- **Mitigation strategies:** masks, collective identities, camouflage, fragmentation, fortification, blocking, reduction...

- **Destruction of sensitive material:** photographs, videos, others...

- **Prioritize safe and free tools:** non-corporate email, platforms, messaging, safe software and... free software

- **High security:** Safe-anonymous browsing (TOR), safe network at home, standalone servers, encryption/authentication...

BUSCA

EVITA

#SAFENUDES
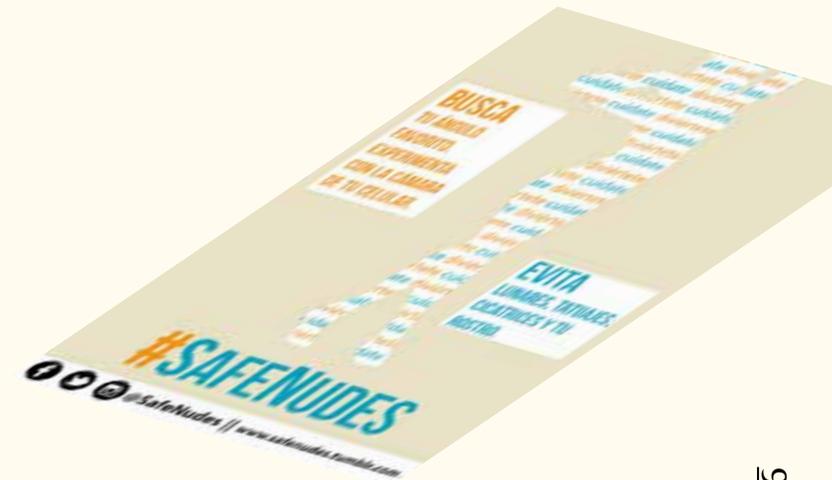
EXERCISE PROPOSAL: ANALYSIS OF DIGITAL RISK FROM A GENDER-BASED PERSPECTIVE

A good way to take care of ourselves is to analyse which risks we may have online, their incidence and impacts, and what we could do. We also need to think about our strengths and interests in order to find out the best way to act in this line. Each person or project can have different goals, encounter different risks, as well as a different ability to take more or less risks and their impacts, or even to deal with them differently. That is why it is important that we stop and think from a gender-based perspective. We suggest a useful exercise in this regard.

Potential gender-based digital risks

Digital Risk	Probability 1 = very low 5= very high	Impact 1= Muy baja 5= Muy alta	What shall we do?
Example of gender-based comment on my Twitter account	4	3	

6.   WHAT SHALL WE DO? LET'S ALTERACT!

Simple taking care of ourselves is not enough. We have to act and reverse the current situation, too. The solution can only consist of facing aggressors and eradicating this type of violence, thus also enabling safe and digital relationships free of gender-based violence for all people. For this reason, feminisms also propose initiatives and actions, such as alerts of so-called "machitrolls" or the creation of safe alternative spaces, discourses and imaginaries, free from gender-based violence. Shall we continue to move together towards safe digital relationships free of gender-based violence?

- Record cases and situations, either personal or not...
- Identify assaults, defences and strategies, investigate and make them visible...
- Recover memory / break the silence and bring the infinity of stories of women back to life...
- Block or silence aggressors or groups of aggressors...
- Create and share information and training for equality and gender transformations...
- Report aggressions and seek help...
- Create networks, communities and act together...
- Build friendly spaces for women and LGTBIQ* individuals...
- Demand changes: structural, to online platforms, to institutions....
- **Parody, irony, humour and joy!**

7. MORE ACTIONS, RESOURCES AND INITIATIVES TO CARE FOR US, COUNTERACT AND ALTERACT TOWARDS ONLINE GENDER-BASED VIOLENCE

>>> *FEMINIST DIGITAL SELF-DEFENCE AND DIGITAL SAFETY GUIDES AND MANUALS*

⚔ [es] Social networks with a gender perspective. A guide to get to know online gender-based violence and counteract this type of violence. (Dones-tech + amig@s):
https://www.donestech.net/files/redessociales.pdf

⚔ [es] Zen and the art of making tech work for you:

https://ttc.io/zen

⚔ [es] Fanzine My desire lacks privacy in order to become independent (Original title: "Me falta privacidad para la autonomia de mi deseo"):

http://lucysombra.org/TXT/Fanzine_necesito_privacidad.pdf

⚔ [es] GenderSec - Wiki with feminist digital safety resources:
https://gendersec.tacticaltech.org/wiki/index.php/Manuals_with_a_gender_perspective

⚔ [en] The Holistic Security Manual:
https://holistic-security.tacticaltech.org/

⚔ [es] Fanzine Safer Nudes:
https://www.codingrights.org/safernudes/

⚔ [es] Online harassment: https://acoso.online

⚔ [es] Ciberseguras: platform about comprehensive safety from a feminist perspective: http://ciberseguras.org/

⚔ [es] A guide for digital safety for self-managed feminists:
https://es.hackblossom.org/cybersecurity/

⚔ [es] Online violence against women in Mexico:

http://internetesnuestra.mx/post/167782105468/informe-la-violencia-en-l%C3%ADnea-contra-las-mujeres

⚔ [es] Feminist Principles of the Internet (APC):
https://feministinternet.org/sites/default/files/Principios_feministas_para_internetv2-0.pdf

⚔ [es] Strategies against online gender-based violence – Ciberseguras: https://socialtic.org/blog/violencia-contra-las-mujeres-y-tecnologia-estrategias-de-respuesta

⚔ [es] Online gender-based violence – contributions to UN Special Rapporteir's reports: https://www.genderit.org/es/resources/violencia-de-genero-en-linea-contribuciones-al-informe-de-la-relatora-especial-de-la-onu

⚔ [es] Into the street and fearless, 6 safety guides: https://sinmiedo.com.co/seguridad.html

⚔ [es] Data Detox Kit: https://datadetox.myshadow.org/es/detox

⚔ [es] MyShadow (My digital shadow) to read and learn about tools and methodologies to understand and alter your digital shadow: https://myshadow.org/es

⚔ [es] Security in a box – Digital safety toolbox available in 17 languages: https://securityinabox.org/es/

⚔ [es] Online gender-based violence (Píkara): http://lab.pikara-magazine.com/wp-content/uploads/2018/12/VIOLENCIAS.pdf

⚔ [es] Digital surveillance self-defence: Advice, tools and guides for safer communication: https://ssd.eff.org/es

⚔ [es] Pocket privacy for smartphones (My Shadow): https://myshadow.org/ckeditor_assets/attachments/229/mobile_es_complete.pdf

⚔ [es] Pocket privacy for browsers (My Shadow): https://myshadow.org/ckeditor_assets/attachments/228/browser_es_complete.pdf

⚔ [es] Resistance strategies (My Shadow): https://myshadow.org/ckeditor_assets/attachments/243/estrategias.pdf

⚔ [es] Keys to improve data protection: https://privacyinternational.org/es/data-protection-guide

⚔ [es] Identity on the Internet: let's talk about anonymity: https://www.genderit.org/es/feminist-talk/identidad-en-internet-hablemos-de-anonimato

⚔ [es] DatNav: A guide to surf digital data for the research on human rights: https://es.witness.org/portfolio_page/datnav-guia-para-navegar-entre-datos-digitales-para-la-investigacion-de-derechos-humanos/

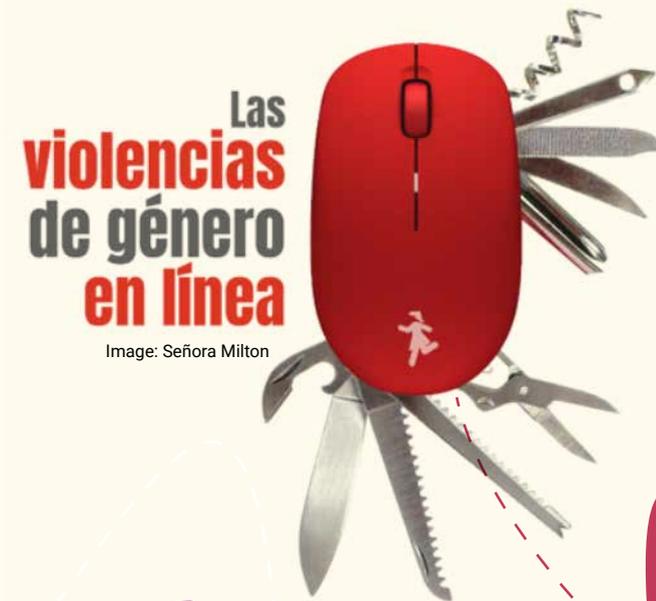## >>> SOME TOOLS TO PROTECT OUR PRIVACY AND DEFEND US FROM ATTACKS

Las violencias de género en línea

Image: Señora Milton

BROWSERS

⚔ Mozilla Firefox: https://www.mozilla.org/es-ES/firefox/new/ [GNU/Linux, Windows, Mac] | Complementos para Fireforx: https://securityinabox.org/en/guide/firefox/linux/

⚔ Navegador TOR: https://www.torproject.org/download/download-easy.html.en

Manual: https://securityinabox.org/en/guide/torbrowser/linux/ [GNU/Linux, Windows, Mac]

⚔ Firefox Focus: https://www.mozilla.org/es-ES/firefox/mobile/

[Android, iOS]

⚔ Orbot, TOR para móviles: https://guardianproject.info/appsR/orbot/

SEARCH ENGINES

⚐ **Duck Duck Go:** https://duckduckgo.com/ (alternative search engine, committed to privacy)

⚐ **Start Page**: https://www.startpage.com/ (Google search engine, including a shield to avoid profiling and data tracking)

EMAIL ENCRYPTION

⚐ Client Mozilla Thunderbird: https://www.thunderbird.net/es-ES/ + Enigmail https://addons.mozilla.org/es/thunderbird/addon/enigmail/ [GNU/Linux, Windows, Mac]

⚐ **GnuPG:** https://www.gnupg.org/download/index.html [GNU/Linux] | GPG4Win: https://www.gpg4win.org/ [Windows] | GPG Tools Suite: https://gpgtools.org/ [Mac]

⚐ **Mailvelope Firefox:** https://addons.mozilla.org/firefox/downloads/latest/mailvelope/ | Mailvelope Chrome: https://chrome.google.com/webstore/detail/kajibbejlbohfaggdiogboambcijhkke

⚐ **K-9:** https://play.google.com/store/apps/details?id=com.fsck.k9&hl=en | Open Key Chain: https://play.google.com/store/apps/details?id=org.sufficientlysecure.keychain [Android] (gestor de correo para móviles)

FILE ENCRYPTION

⚐ **VeraCrypt:** https://www.veracrypt.fr/en/Downloads.html [GNU/Linux, Windows, Mac] | Manual: https://securityinabox.org/en/guide/veracrypt/windows/

⚐ **LUKS- Disk encryption for Linux (from terminal)**

MESSAGING

⚐ **Pidgin:** https://pidgin.im/download/ + Plugin OTR: https://otr.cypherpunks.ca/

PASSWORD MANAGEMENT

⚐ **KeepasXC:** https://keepassxc.org/ [GNU/Linux, Windows, Mac]

⚐ **Keepass2Android:** https://play.google.com/store/apps/details?id=keepass2android.keepass2android&hl=en_US [Android]

⚐ **MiniKeePass:** https://itunes.apple.com/us/app/minikeepass/id451661808 [iOS]

TOOLS TO COMBAT TROLLS

⚐ **Block together [Twitter]:** https://blocktogether.org/

⚐ **Machitrolls alert generator:** https://actua.karisma.org.co/alerta-machitroll/alerta.php

TOOLS TO SAFELY ERASE CONTENT

⚐ **Bleach bit:** https://www.bleachbit.org/

DOXING TOOLS

⚐ **Duck Duck Go:** https://duckduckgo.com/

⚐ **Namechk:** https://namechk.com/

⚐ **Social Mention:** http://socialmention.com/

⚐ **whois:** https://www.whois.net/ | https://whois-search.com

⚐ **Reverse Image Search:** https://www.tineye.com/ | https://images.google.com/

MOBILE APPS

⚐ **Obscuracam:** https://guardianproject.info/apps/obscuracam/ [Android]

⚐ **CameraV (verifiable photos and videos):** https://guardianproject.info/apps/camerav/ [Android]

⚐ **Pixelknot (hide messages in photos):** https://guardianproject.info/apps/pixelknot/ [Android]

⚐ **Background Video Recorder (tap video with locked mobile screen):** https://play.google.com/store/apps/details?id=com.kimcy929.secretvideorecorder&hl=en [Android]

DISPOSABLE EMAILS

⚐ **Malinator:** https://www.mailinator.com/

⚐ **Temp-mail:** https://temp-mail.org/es/

⚐ **Temporary email:** https://10minutemail.com/10MinuteMail/index.html?dswid=-2536

BROWSER EXTENSIONS

⚐ **Privacy Badger:** https://www.eff.org/privacybadger

⚐ **Https Everywhere:** https://www.eff.org/https-everywhere

⚐ **Adnauseam:** https://adnauseam.io/

⚐ **To find out what Google knows about us:** https://www.google.com/myactivity

⚐ **NoScript:** https://noscript.net/

>>> ALTERNATIVE SERVICES TO MOVE TOWARDS TECHNOLOGY AUTONOMY ALTERNATIVE DIRECTORIES

DIRECTORIOS DE ALTERNATIVAS ☓

⚐ **Directory of alternative applications and private/corporate services:** https://prism-break.org/en/all/

⚐ **Directory of free alternatives:** https://alternativeto.net/

⚐ **Servers for free applications or services, other than Google, etc.:** https://framasoft.org/?m=lite

⚐ **Directory of free applications for Android:** https://fossdroid.com/

⚐ **F-droid, app store of free software for Android:** https://fossdroid.com/a/fdroid.html

SAFE MAILS ☓

⚐ **Riseup:** https://riseup.net/es | Requires invitation or request of an account.

⚐ **Tutanota:** https://tutanota.com/es/ (you have to pay to use it with some email clients, such as Thunderbird)

⚐ **ProtonMail:** https://protonmail.com/ (you have to pay to use it with some email clients, such as Thunderbird)

⚐ **Disroot:** https://user.disroot.org/ | Includes Nextcloud

⚐ **Austiciti:** https://www.autistici.org/

⚐ **Nodo50 [es]:** https://info.nodo50.org/

⚐ **Sindominio (esp):** https://wp.sindominio.net/

⚐ **List of alternatives provided by Riseup:** https://riseup.net/en/security/resources/radical-servers

⚐ **Pangea, ethical and charity Internet:** https://pangea.org/

⚐ **Your cloud in your hands:** https://maadix.net/ca

INSTANT MESSAGING USING END-TO-END ENCRYPTION ✕

⚐ **Wire:** https://wire.com/en/

⚐ **Riot:** https://riot.im

⚐ **Telegram:** https://telegram.org/ (secret chats only)

⚐ **Signal:** https://www.signal.org

ENCRYPTED VIDEOCONFERENCES ✕

⚐ **Jitsi Meet:** https://meet.jit.si/ | no login required

SOCIAL NETWORKS ✕

⚐ **GNU Social:** https://gnu.io/

⚐ **Diáspora:** https://www.joindiaspora.com/

⚐ **Mastodon:** https://mastodon.social/about

⚐ **Friendica:** https://dir.friendica.social

OFFICE AUTOMATION ✕

⚐ **Etherpad - Pads of collaborative texts on feminist server:**
https://antonieta.vedetas.org | https://pad.kefir.red

⚐ **Ethercalc – preadsheet on feminist server:**
https://eveliyn.vedetas.org/

⚐ **Nextcloud: cloud storage, calendar, etc.
Proveedor@s de Nextcloud:** https://nextcloud.com/providers/

⚐ **Framasoft (pad, calculator, agenda, forms, etc.):**
https://framasoft.org/?l=en

CMS ✕

⚐ **Jekyll (static without databases):** https://jekyllrb.com/

⚐ **Hugo (static without databases):** http://gohugo.io/

⚐ **Drupal:** https://www.drupal.org/

BLOGS ✕

⚐ **Noblogs:** https://noblogs.org/

SHARE DOCUMENTS ✕

⚐ https://send.firefox.com

⚐ https://share.riseup.net

MAPS ✕

⚐ **Open Street Maps:** https://www.openstreetmap.org/way/48761444#map=17/40.40609/-3.69988

⚐ **Apps mòbil. OsmAnd:** https://fossdroid.com/a/osmand~.html i
Maps.me: https://maps.me/apk/

ALTERNATIVES TO GOOGLE | ✕

⚐ **Google > Duck Duck Go**

⚐ **Chrome > Mozilla Firefox**

⚐ **Gmail > Riseup**

⚐ **Google Maps > Open Street Map**

⚐ **Drive > NetxCloud (e.g., on** Disroot.org**)**

⚐ **Google Forms > FramaForms**

⚐ **Google Docs Documents > Etherpad (**pad.kefir.red**,** antonieta. vedetas.org**, etc.)**

⚐ **Google Docs Càlcul > Ethercalc (**evelyn.vedetas.org**)**

⚐ **Google Calendar > Framagenda**

⚐ **Android > Lineage**

⚐ **Youtube > Peertube**

⚐ **Blogger > no-blogs.org o blackgblog.org**

FEMINIST SERVERS | ✕

⚐ **Anarcha server:** http://anarchaserver.org/

⚐ **Clandestina:** www.clandestina.io

⚐ **Kefir:** www.kefir.red - Té Loomio

⚐ **Vedetas:** www.vedetas.org
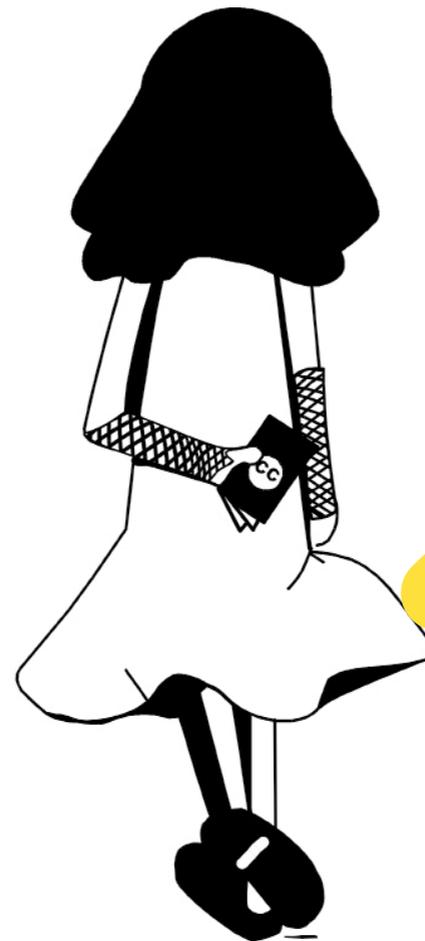
Kit developed by: Núria Vergés Bosch   2018