

PA

SPY

CODE

SECURITY

HACK

PHISHING

VI

Staying Safe Online as an Activist

Because if you're not safe, you can't do the work
you're called to do.

Presenter:
Natalie Berthe, MBA, MA

Freedom Advocacy Network Webinar 11/5/2025

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CYBER

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MITTY

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IVACY

SECTION

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Introduction: Natalie Berthe, MBA, MA



- Business strategist
- Cybersecurity & data protection (human behavior) expert
- Founder, Cybersecurity for Humans
- Author, Love Your LinkedIn Profile

Links

- <https://linkedin.com/in/nberthe>
(look for link-in-bio for links to resources)
- <https://linktr.ee/cybersec4humans>
- <https://cybersec4humans.com/resources>
- Email: staysafe@cybersec4humans.com

Secure Your Sh*t

A practical guide to staying safe online
without being paranoid, using security
tools to be smart about your privacy, and how to
stay safe when you're an activist.

by Natalie Berthe
author of Love Your LinkedIn Profile

CYBERSECURITY
for humans

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What I Learned (& want you to know)

- Cybersec is a people problem, NOT an IT problem
- It's not IF, it's WHEN
- Hackers won't spend more than 5-10 min on a hack
(this may not apply to you b/c activism)
- Good cyber hygiene is easier than you think

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Goals of this Presentation

Hone your investigative skills

Practical tips

Empowerment

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The Perils of Activism

- Targeted by hacktivists
- Targeted by ideologues
- Doxing
- Targeting relationships (family, jobs)
- Government surveillance

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What is cybersecurity?

Protecting your digital assets
and how you access them.

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What's included:

- Data stored on computers, on websites, & in the cloud
- Devices you use
- What you use to access the Internet
- Your environment
- Internet of Things (IoT)

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Level of Security Needed

Depends on the type of activism you do & on whose radar you exist.

- Reporter/journalist
- Group leader
- Keyboard warrior
- Street protests
- Other

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Common Cybersec Advice

Not reusing passwords

Password managers

Multi-factor authentication

Not sharing credentials

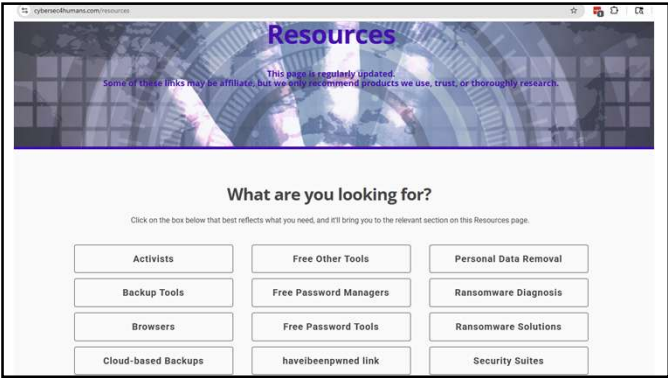
Software updates

Phishing awareness

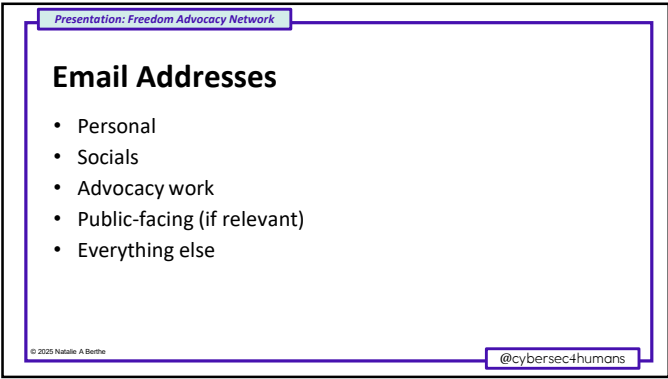
Ransomware protection

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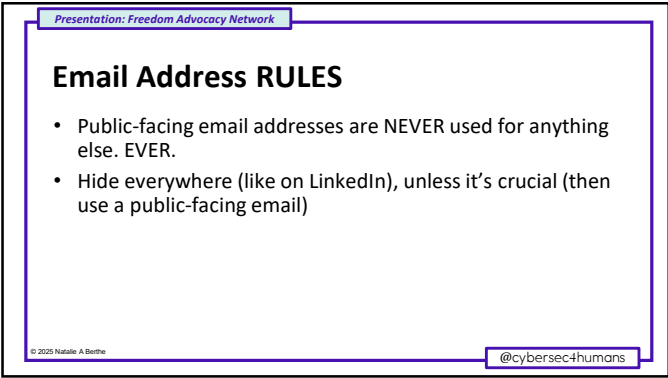
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Limit notifications on your phones

- Signal & WhatsApp: NO banner notifications (badges are okay)
- Notifications break the encryption

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Shut down AI training on every app

- All socials
- Computer OS
- Any apps or websites

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Close accts you don't use

- Don't disengage. DELETE DATA
- If you can't delete data, look in privacy policy how to do this (often sending an email)
- Track this

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Safe Words Aren't Just for Sex Anymore

- Always require validation using safe words
- Safe words can be word, phrase, or Q&A
- Safe words should not be obvious, simple, or reused
- Do not share through text or email
- Store securely, like on third-party password manager

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Resources

Cybersec resources:
<https://cybersec4humans.com/resources>

To reach Natalie:
staysafe@cybersec4humans.com

All the links:
<https://linktr.ee/cybersec4humans>

Coupon code for Secure Your Sh*t (\$100 off):
FAN100 <expires 11/30/25>
<https://cybersec4humans.com/sys>

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Questions

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