

THE RIGHT TO PROTEST

RESOURCE PACKET FOR STAFF & MEMBERS

AMNESTY
INTERNATIONAL



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THE ISSUE: EVERYONE HAS A RIGHT TO PROTEST

IN STANDING ROCK, military vehicles and police in riot gear lined up to face people burning sage and playing drums, and as the group chanted, “Mni Wiconi! Water is life!” the police moved forward. In Ferguson, police launched tear gas canisters at crowds of protesters, blasted sound cannons, and fired rubber bullets. In Baltimore, helicopters circled overhead while dozens of militarized police poured out of trucks and marched through the streets.

Amnesty International documented aggressive policing of protests in each of these places, and communities from Baton Rouge to Minneapolis to Charlotte to New York and more faced militarized policing as they raised their voices in protest. Amplifying this climate of fear, we have also seen the spread and reach of mass surveillance targeting activists and religious minorities. All of this has happened under the watch of the Obama Administration.

How will a Trump Administration respond to activists and human rights defenders speaking out? Now, more than ever, we need to maintain diligence to stay safe and secure as we exercise our rights in our struggles for dignity, justice, equity, and truth.

This resource guide is for activists everywhere. Everyone has a role in creating a world in which everyone’s human rights are respected and protected. Whether you plan to bring your voice into the streets or have a different role, this guide is a beginning to educating and supporting each other to raise our voices against hate, to defend and protect human rights.



IN THIS GUIDE, YOU’LL FIND:

- Background on Amnesty International’s work for police accountability, including in facilitating peaceful protest
- Concrete tips for preparing for protest
- Tools for knowing your human rights, protecting your privacy, and for holding police accountable to the standards they need to follow

Throughout all of this work, we urge every activist and human rights defender to take care of yourself and each other. In order to stand up to hate and discrimination, to push

back against threats to your bodies and to community members that are most targeted by hate, we have to care for ourselves and each other. We hope that this guide is a step toward supporting each of you to prepare for the long-haul.

If you want to do more than protest, and are interested in getting involved in AIUSA’s grassroots advocacy and organizing, please contact us for more resources.

If you have requests about further resources, please let us know!

AMNESTY INTERNATIONAL USA'S WORK FOR POLICE ACCOUNTABILITY

AS ONE OF THE WORLD'S LARGEST GRASSROOTS ORGANIZATIONS, Amnesty International has a long history of monitoring and investigating police conduct throughout the world, including in the U.S. Amnesty has conducted research missions in the U.S. on prison abuses, immigration, violence against Native American and Alaskan women, and more. Amnesty members and staff have directly engaged in organizing and activism on a full range of issues.

The primary purpose of Amnesty's work is to protect people wherever justice, freedom, truth and dignity are at stake. We investigate and expose abuses, educate and mobilize the public, and engage in transformative action to create a safer and more just world. When the U.S. government demands that governments in other countries improve their human rights records, we must hold it accountable by asking it to be transparent about its own human rights abuses with regard to policing.

BUILDING A MOVEMENT: We're in it for the long run, and have been for decades. Right now, that looks like standing up for human rights in your community by participating in events and actions that proactively address Islamophobia, anti-refugee sentiment, to stop hate in its tracks. It also includes sharpening your skills to defend human rights, including effective advocacy. By pairing policy and legislative work with the work of community organizing, we know that a larger and transformative movement is possible.

COLLABORATION: There are amazing organizers and communities throughout the country who have been leading struggles for human rights for a long time. Amnesty International acts in solidarity with communities that have been targeted by President-elect Trump throughout his

campaign, to stop hate-fueled rhetoric from hurting people and becoming policy. It is important for Amnesty International USA to work with them side-by-side with refugee, undocumented, Muslim, LGBT, Black, and other directly impacted community leaders, to follow their lead, and to use our national and international platform to amplify the voices of human rights defenders on the forefront of struggle.

There are activists and groups everywhere - students, social justice organizers, faith communities, community groups, and other organizations - that continue to lead efforts for human rights. By connecting with other human rights and social justice organizations in your communities, having honest and transparent conversations on racial justice, refugee rights, and generating actions, we'll be a part of driving true change.

TALKING ABOUT THE RIGHT TO PROTEST

AS YOU PREPARE TO RAISE YOUR VOICE, here are some talking points to help you communicate why protest matters.

- Our right to protest peacefully should be bolstered by law enforcement, not inhibited through intimidation.
- The responsibility for keeping protests peaceful is shared - armored vehicles, tear gas and smoke bombs used large-scale against protesters in order to quell acts of violence by a minority only serves to escalate and exacerbate an already incredibly tense environment.
- Law enforcement officers have a right to defend themselves and a duty to protect the safety of the public, but this role must be carried out in a way that ensures full respect for the right to life, liberty and security of all persons, including those suspected of crime.
- Even when confronting violence, law enforcement must work within the law and in conformity with international standards governing the use of force.

LAW ENFORCEMENT REACTION TO PROTESTS

- Equipping officers in a manner more appropriate for a battlefield may put them in the mindset that confrontation and conflict is inevitable rather than possible, which only serves to intimidate and escalate tensions between protesters and police.
- Police should proactively engage with those planning or organizing protests in order to identify and mitigate potential risks of conflict or escalation prior to the events.
- If the overwhelming majority of protesters are peaceful, individuals who are peacefully protesting do not lose their rights because a small number of people are violent. Proper police procedure should deal with the minority breaking the law, and allow others to continue exercising their right to peaceful assembly.
- The type of equipment used for the purpose of dispersing an assembly must be carefully considered and used only when necessary, proportional and lawful. “Less-lethal” or so-called “non-lethal” components can in fact cause injury, and even death.

ON TEAR GAS AND OTHER POLICE TACTICS:

- Authorities should prohibit the deployment and use of toxic chemical irritants likely to increase the risk of unnecessary harm or unwarranted injury and death.
- This includes things such as firing a metal cartridge of tear gas directly at an individual, using toxic chemicals in very high concentrations, or using irritants in a manner likely to have indiscriminate effects such as when sprayed or fired over a wide area.
- Launching such chemicals at or near people who are in confined spaces where exits and ventilation points are restricted, or launching the irritants near elderly people, children or others who may have difficulty in moving away to avoid the dangerous effects of toxic chemicals should be prohibited.

PREPARING FOR PROTEST: STAYING SAFE

HUMAN RIGHTS DEFENDERS AND ACTIVISTS organize events to educate and activate the public throughout the year. When crisis happens and communities begin to rise up in protest, and when police presence increases, so too can tension rise. When planning to join or support protests that could include a heightened risk of aggressive police tactics or potential human rights abuses by police or protesters, these are some guidelines to help keep yourself and your fellow activists safe.

WHAT TO WEAR AT AN ACTION:

- Shatter resistant Swimming Goggles and a N95 Facemask
- Comfortable, protective shoes that you can run in
- Clothing covering all your skin to protect from sun and pepper spray exposure.
- Shatter-resistant eye protection (i.e. sunglasses, swim goggles, or gas mask)
- Bandana to cover nose and mouth soaked in water, lemon juice or vinegar, it can aid in breathing during chemical exposure
- Weather-related gear (i.e. rain gear, sun hat, winter clothing)
- Heavy-duty gloves if you plan to handle hot tear gas canisters
- Fresh clothes in plastic bag (in case yours get contaminated by chemical weapons)
- A hat to protect you from the sun and from chemical weapons
- Optional: Bandana soaked in lemon juice stored in a Ziploc bag

PREPARATION FOR AN ACTION:

- Plan ahead: For essential needs, care and supplies. Know what to expect. Know how to get assistance. Plan for how to re-contact your buddies if separated.
- Attitude: You are powerful. You can easily withstand most of what the police throw at you, and you are fighting for justice. Remember, pain is only temporary and we are extremely strong.
- The primary weapon of the police is fear: Once you control that, pepper spray and other police tactics are easily manageable.
- Use common sense: Keep your wits, assess what is going down and what needs to be done.
- Be calm and focused: when things get most intense, react to danger or warning signs sooner, not later. Watch for signs of physical and mental problems in yourself and others. Cool down others who exhibit panic behavior.
- Beware of rumors: They are usually false, and foster fear. Deal with the known truth.
- Document: film or write down police actions, brutality, and injuries

WHAT TO BRING:

- Lots of water in a plastic bottle with squirt top, to drink and to wash off your skin or eyes, if needed
- Energy snacks
- Identification and/or emergency contact information only if you want to be cited out of jail in the event of arrest
- Just enough money for pay-phone, food, transportation
- Watch, paper, pen for accurate documentation of events, police brutality, injuries
- Water- or alcohol-based sunscreen
- Inhaler, epipen, insulin or other meds if applicable
- Several days of prescription medication and doctor's note in case of arrest
- Menstrual pads, if needed. Avoid using tampons - if you're arrested you may not have a chance to change it (tampons

left in more than six hours increase your risk of developing toxic shock syndrome)

- Wet Wipes and tissues
- Basic First Aid Kit

WHAT NOT TO DO:

- Don't put vaseline, mineral oil, oil-based sunscreen or moisturizers on skin as they can trap chemicals.
- Don't wear contact lenses, which can trap irritating chemicals underneath.
- Don't wear things which can easily be grabbed (i.e. dangly earrings or other jewelry, ties, loose hair).
- Don't go to the demo alone, if you can help it - go with an affinity group or some friends who know you well.
- Don't forget to eat food and drink lots of water.

DEALING WITH TEARGAS & PEPPER SPRAY

BOTH TEAR GAS AND PEPPER SPRAY ARE SKIN IRRITANTS, causing burning pain and excess drainage from eyes, nose, mouth and breathing passages. Pepper spray is more popular with authorities as an agent of control because of its immediate pain-causing qualities. It is harder to remove from the skin and has the capacity to cause first degree burns. If you are exposed to either tear gas or pepper spray, you may experience:

- Stinging, burning in your eyes, nose, mouth and skin
- Excessive tearing, causing your vision to blur
- Runny nose
- Increased salivation
- Coughing and difficulty breathing
- Disorientation, confusion and sometimes panic
- Some people report feeling intense anger. This can be useful if you are prepared and able to focus it towards recovery and returning to the action.

The good news is that the effects are temporary. Discomfort from tear gas usually disappears after 5-30 minutes, while the worst pepper spray discomfort may take 20 minutes to 2 hours to subside. The effects of both diminish sooner with treatment. Because pepper spray penetrates to the nerve endings, its effects may last for hours after removal from the skin.

PROTECTING YOURSELF FROM CHEMICAL CROWD DISPERSAL TACTICS

- Avoid use of oils and lotions because they can trap the chemicals and thereby prolong exposure.
- We recommend using a water or alcohol-based sunscreen (rather than oil-based). If your choice is between oil-based or nothing, we advocate using the sunscreen. Pepper sprayed on top of sunburn is not good.
- We also recommend minimizing skin exposure by covering up as much as possible. This can also protect you from the sun. Don't forget a hat.
- Gas masks provide the best facial protection, if properly fitted and sealed. Alternatively, goggles (with shatter-proof lenses), respirators, even a wet bandana over the nose and mouth will help.

HOW TO DEAL WITH TEARGAS AND PEPPER SPRAY

- **STAY CALM.** Panicking increases the irritation. Breathe slowly and remember it is only temporary.
- If you see it coming or get a warning (e.g. police are putting gasmasks on), put on protective gear. If able, try to move away or get upwind.
- Blow your nose, rinse your mouth, cough and spit. Try not to swallow.
- If you wear contacts, you must remove the lenses or get someone to remove them for you, with **CLEAN**, uncontaminated fingers. Destroy the lenses after exposure, they are not cleanable.
- **DO NOT RUB IT IN.**

DEALING WITH TEARGAS & PEPPER SPRAY (CONT.)

REMEDIES FOR EYES, NOSE AND MOUTH

Use an eye flush using a solution of half liquid antacid and half water. This only applies to aluminum hydroxide or magnesium hydroxide based antacids such as Maalox (plain or mint). Please note that we have NOT used simethicone based antacids in the trials so far, and therefore we do not recommend them.

A bottle with a squirt cap is ideal for the eyeflush. Always irrigate from the inside corner of the eye towards the outside, with head tilted back and slightly towards the side being rinsed. It needs to get into the eye to help. You may need to help open the victims' eye for them - they most likely won't be able/ willing to open it themselves, and opening will cause a temporary increase in pain, but it does help.

This works great as a mouth rinse too, as long as the victim is alert and able to manage her/his own airway.

SECONDARY TREATMENT

Immediately after addressing immediate medical concerns you should start walking around with your arms outstretched, removing contaminated clothing, and take a cool shower.

In fact, it is essential to shower and wash your clothes as soon as you are able. This shit is toxic, and will continually contaminate you and everyone around you until you get rid of it. Until then, try not to touch your eyes or your face, or other people, furniture, carpets etc. to avoid further contamination. Shower using the coldest water you can stand (to keep your pores from opening). Wash your clothes using strong detergents.

KNOW YOUR HUMAN RIGHTS DURING A PROTEST

THROUGHOUT THE WORLD individuals face harassment and imprisonment as a result of peacefully exercising their right to freedom of expression. Everyone has the following fundamental human rights:

- **FREEDOM OF EXPRESSION AND ASSEMBLY:** Everyone has the right to carry their opinion to the streets. People have the right to organize peaceful protests and demonstrate free from intimidation, unnecessary or excessive force, and the threat of prosecution and detention.
- **PROTECTION OF THE RIGHT TO FREEDOM OF ASSEMBLY:** Law enforcement must facilitate and not restrict a peaceful public assembly. Where a minority tries to turn a peaceful assembly into a violent one, law enforcement should protect the peaceful protestors and not use the violent acts of a few as pretext to restrict or impede the exercise of fundamental rights of a majority.
- **FREEDOM FROM EXCESSIVE USE OF FORCE:** In the policing of non-violent protests, police must avoid the use of force. If it is unavoidable (for example to defend themselves or the public from an imminent risk of serious injury or death) they must use the minimum amount of force necessary.
- **RIGHT TO MEDICAL ASSISTANCE:** If you are injured you have a right to medical assistance without delay.
- **FREEDOM FROM ARBITRARY ARREST AND DETENTION:** If you are arrested you have a right to be told of the reason for your arrest, you also have the right promptly after your arrest to have access to a lawyer and to your family. No person under any form of detention may be subject to torture, or to cruel, inhuman and degrading treatment.
- **RIGHT TO COMPLAIN:** If your rights have been violated you have a right to file a complaint and to be provided information on how to do so. All violations of human rights by the police or other law enforcement personnel must be investigated fully, promptly and independently.

GOOD PRACTICE FOR LAW ENFORCEMENT OFFICIALS POLICING DEMONSTRATIONS

Governments and law enforcement authorities, in particular, must ensure that everyone within their territories can enjoy their human right to peaceful assembly, and that the rights to life and to be free from torture and other ill-treatment are respected at all times. The UN Code of Conduct for Law Enforcement Officials and the UN Basic Principles on the Use of Force and Firearms by Law Enforcement Officials must be the guiding principles underpinning all operations before, during and after demonstrations. Law enforcement officials should:

FACILITATE PEACEFUL PUBLIC ASSEMBLIES:

- It is the legitimate right of people to carry their opinion to the streets. Public assemblies should not be considered as the “enemy”. The command hierarchy must convey a clear message to law enforcement officials that their task is to facilitate and not to restrict a peaceful public assembly. This must be clearly understood by all law enforcement officials taking part in the management of the assembly.
- In the policing of assemblies that are unlawful but non-violent, law enforcement officers must avoid the use of force. If it is unavoidable, for example to secure their safety and the safety of others, they must use the minimum necessary and comply with the UN Basic Principles.

PROTECT PEACEFUL PUBLIC ASSEMBLIES, INCLUDING AGAINST VIOLENT INDIVIDUALS OR SMALLER GROUPS:

- Minor violations of the law, such as billposting, littering, minor damage to property caused by a large group of people gathering together, may lead to investigation and eventual individual liability. However, in view of the importance of the right to freedom of assembly, this should not lead to a decision to disperse an assembly.
- The decision to disperse an assembly should be taken in line with the principles of necessity and proportionality, only when there are no other means available to protect public order from an imminent risk of violence.
- Where a small minority tries to turn a peaceful assembly into a violent one, law enforcement officials should protect the peaceful protesters and not use the violent acts of a few as a pretext to restrict or impede the exercise of fundamental rights of a majority.

DE-ESCALATE TENSE OR VIOLENT SITUATIONS:

- Communication with organizers and demonstrators before and during the operation should aim to create mutual understanding and prevent violence. Where outbreaks of violence are highly probable – for instance in the context of sensitive anniversaries or linked to the public outcry against austerity measures – communication with organizers and demonstrators becomes even more important, in order to reduce tension and to avoid unnecessary confrontation. Law enforcement officials and organizers should look together for ways to prevent violence or to stop it quickly as soon as it breaks out.

GOOD PRACTICE FOR LAW ENFORCEMENT OFFICIALS (CONT.)

FACILITATE PROTEST:

- When a (lawful) decision has been taken to disperse an assembly, the order to disperse must be clearly communicated and explained, to obtain, as far as possible, the understanding and compliance of the demonstrators. Sufficient time must be given to disperse.
- USE police powers only for lawful aims.
- Force should not be used to punish the (presumed or alleged) non-compliance with an order nor simply for the participation in an assembly.
- Arrest and detention should be carried out only in accordance with procedures established by law. They should not be used as means to prevent peaceful participation in a public assembly nor as a means of punishment for participation.

MINIMIZE DAMAGE, PRESERVE AND RESPECT LIFE AND PROTECT UNINVOLVED PEOPLE.

Use force only to the extent necessary, and only when non- or less-violent means have failed or are unlikely to achieve the legitimate objective:

- Firearms or shotguns should never be used for the purpose of dispersing a crowd.
- Batons and similar impact equipment should not be used on people who are unthreatening and non-aggressive. Where baton use is unavoidable, law enforcement officers must have clear orders to avoid causing serious injury and that vital parts of the body are excluded as target zones.
- The type of equipment used to disperse an assembly must be carefully considered and used only when necessary, proportionate and lawful. Policing and security equipment – such as rubber bullets, tear gas and stun grenades, often described as “less-lethal” weapons – can result in serious injury and even death. Chemical irritants, such as tear gas, should not be used where people are confined in an area and not in a way that can cause lasting harm (such as at too close range, or directly aimed at people’s faces).
- Clear orders should be given to all law enforcement officers that medical assistance to anyone injured must be provided without delay.

BE ACCOUNTABLE TO THE PUBLIC AND TO THE JUDICIARY FOR ALL OPERATIONS:

- Any use of force during a public assembly should be subject to review, and where appropriate, investigation and disciplinary or criminal sanction.
- Complaints against police must be effectively and impartially investigated, and where appropriate, subject to disciplinary or criminal sanction.
- Law enforcement officials should be identifiable during public order operations (either through name or number tags). Enforceable orders must be given to ensure compliance with the obligation to wear such tags. Protective gear should be used for the protection of law enforcement officials and not as a means to hide their identity.

SAMPLE LETTER TO POLICE DEPARTMENTS

[DATE]

[NAME OF THE COUNTY SHERIFF OR POLICE CHIEF]

[STREET ADDRESS]

[CITY, STATE ZIP]

RE: POLICING OF DEMONSTRATIONS

DEAR SHERIFF/CHIEF [LAST NAME],

I am writing to urge you to ensure that _____'s law enforcement officials involved in the policing of protests take all measures needed to ensure that the treatment of demonstrators is in accordance with international human rights standards and the U.S. Constitution.

It is the legitimate right of people to peacefully carry their opinion to public spaces in protest. Public assemblies should not be considered as the “enemy”. The command hierarchy must convey a clear message to law enforcement officials that their task is to facilitate and not to restrict a peaceful public assembly.

The use of heavy-duty riot gear and military-grade weapons and equipment to police largely peaceful demonstrations intimidates protesters who are practicing their right to peaceful assembly and can actually lead to an escalation in violence. Equipping officers in a manner more appropriate for a battlefield may put them in the mindset that confrontation and conflict is inevitable rather than possible, escalating tensions between protesters and police. Any police presence at demonstrations needs to be proportionate to the situation. Police deployed in larger numbers than appear necessary or deployed wearing protective clothing or riot gear can be confrontational and intimidating. As seen in many countries, inappropriate or excessive police interventions can actually lead to violence and disorder rather than reducing tensions.

SAMPLE LETTER TO POLICE DEPARTMENTS (CONT.)

We would like to remind you that the decision to disperse an assembly should be taken in line with the principles of necessity and proportionality, and only when there are no other means available to protect public order from an imminent risk of violence. Where a small minority tries to turn a peaceful assembly into a violent one, law enforcement officials should protect the peaceful protesters and not use the violent acts of a few as a pretext to restrict or impede the exercise of the rights of a majority. When a lawful decision has been taken to disperse an assembly, the order to disperse must be clearly communicated and explained to obtain, as far as possible, the understanding and compliance of the demonstrators. Sufficient time must be given to disperse. Force should not be used to punish demonstrators for the (presumed or alleged) non-compliance with an order, nor simply for the participation in an assembly. The type of equipment used to disperse an assembly must be carefully considered and used only when necessary, proportional and lawful. Policing and security equipment – such as rubber bullets, tear gas and stun grenades, often described as “less-lethal” weapons – can result in serious injury and even death. Chemical irritants, such as tear gas or pepper spray, should not be used where people are confined in an area and not in a way that can cause lasting harm (such as at too close range, or directly aimed at people’s faces). In furtherance to this, we have attached a summary of best practices on the policing of demonstrations under international standards.

We would further remind you that during demonstrations, law enforcement officers should not selectively enforce public order and/or other laws against media correspondents, legal observers or known organizers of protests. Arrest and detention should be carried out only in accordance with procedures established by law and should not be used as a means to prevent peaceful participation in a public assembly nor as a means of intimidation or punishment for participation. Once individuals are arrested, officers should not use restraints in an excessive manner or for prolonged periods of time during processing, and anyone arrested should be provided with food and water, access to restrooms, medical attention if needed, and prompt access to counsel.

I am attaching Amnesty International’s Good Practice for Law Enforcement Officials Policing Demonstrations.

Yours Sincerely,

[NAME]

[TITLE]

6 REALLY PRACTICAL WAYS TO PROTECT YOUR PRIVACY ONLINE

Here are some top tips and tools to protect your privacy as you do your work. Amnesty International has long documented ways that activists and human rights defenders throughout the world have been targeted by governments, and that risk is heightened with mass surveillance. When governments spy on us, they treat us like criminal suspects. When the right to protest is under attack, the need to protect our privacy online is heightened.

If you believe you might be personally targeted for electronic surveillance, you need a comprehensive digital security plan. Please consult a digital security expert and do not rely on any one app to protect your information. Start with these tips, which come from Amnesty International, and find more tips and background in our #UnfollowMe Toolkit.

1. UPDATE YOUR APPS, COMPUTER AND PHONE

When you receive a notification to update the software on any of your devices, you should almost always do it straight away. Nearly all updates include things called security patches: they close holes in the software that make it easy for someone to hack into your software – and once they do they can often get access to everything on your phone or computer. Software can be very complex and security holes are discovered all the time, so keep an eye on those updates.

The best thing to do is to turn on automatic updates for your apps and operating system. You can do this in the settings of your app store, phone and computer.

2. USE STRONG AND DIFFERENT PASSWORDS (AND REMEMBER THEM!)

You've heard this a million times but can you remember 30 different complicated passwords? Of course not, nobody can. You still need to do it however, as large data breaches happen all the time. If your password is stolen and you use the same one for other services, those other accounts will also be at risk. So here are a few tips for picking passwords and making sure you don't forget them:

- A simple rule for passwords is that the more complex they are, the harder they are to crack: so mix lower case and upper case characters and include numbers and/or symbols like “!” and “&”. Some more password tips.
- You can also use a passphrase – so your password could be “pigeons go 2 school every day!!” or whatever else makes sense to you as long as it's not something too common like “keep calm and carry on”.
- Use a password manager: these are programs that generate strong passwords for different websites and store them. Some of them sync across computers and phones so you have them everywhere. This way you don't have to remember all these complicated passwords. Some examples of password managers.
- Choose a very strong password for your primary email and remember it. Your primary email is particularly important as it's normally used to recover your other accounts if you forget your passwords. It also means it can be used to change the passwords on your other accounts.

Also check haveibeenpwned.com, which can show you if your information was stolen in many of the large data breaches.

6 WAYS TO PROTECT YOUR PRIVACY ONLINE (CONT.)

3. SET UP TWO-FACTOR AUTHENTICATION

Two-factor authentication is an extra step you need to log-in to your account. In most cases, it's very simple and you only need to do it when you use a new device or once every few weeks. A very common form is a text message with a six-digit code you receive by SMS on your phone after entering your password. This makes it much harder to access your accounts as, even if someone managed to steal your password, they would also need to have your phone to be able to log in to your account.

Many popular services have two-factor authentication, including Gmail, Outlook, Facebook and Twitter.

4. USE HTTPS

The link in the address bar of your browser starts with either "http" or "https". The first one means that the connection between you and the website is open, i.e. anyone who taps into your internet connection can see everything you're writing or looking at. This is bad.

Some websites have https as a default, others as an option. You can usually tell that you're on an https site by a lock icon in the address bar; if there is a lock but it's crossed it means there is something wrong with the encryption and your connection might not be protected. Some websites don't have https at all; it's 2016 and one has to wonder why. If one of your favourite sites is one of those, you can write to them

and ask what they're waiting for.

You can also download HTTPS Everywhere, a browser extension that helps you encrypt your web browsing.

5. CHAT ON SIGNAL

Signal Private Messenger has been described as the "gold standard" of instant messaging apps and its encryption technology as "best-in-breed". It's recommended by Edward Snowden and used by Hillary Clinton's campaign team. Signal is developed by a non-profit organization and is open source, which means security experts can test it for "backdoors".

The Signal Protocol, which is the bit of Signal that does the encryption, is so well-regarded that WhatsApp, Facebook Messenger and Google Duo all use it for their end-to-end encryption.

Naturally, people tend to use the platform that most of their friends and family are on. For most people, WhatsApp is a good enough alternative as it has strong end-to-end encryption by default.

6. MEET ON JITSI MEET

Jitsti Meet is an easy to use video conferencing service that runs in the browser. It's end-to-end encrypted as well and you can use it for several person video conferences. It has all the regular features, like screen sharing, chat and a notepad to share notes with everyone in the conference call.