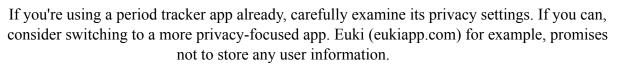# Reproductive Rights Privacy & Digital Safety

#1 Know Your Rights! You have the right to refuse to unlock your device or provide the PIN. Besides identifying your self the only thing you need to say to police is:

"I am going to remain silent,
I do not consent to a search,
I want to speak to my attorney"

#2 Use Signal App by Signal Foundation (signal.org or in your phone app store) for secure private text, calls, and groups.

#3 If you're using a period tracker app already, carefully examine its privacy settings. If you can, consider switching to a more privacy-focused app. Euki (eukiapp.com) for example, promises not to store any user information.
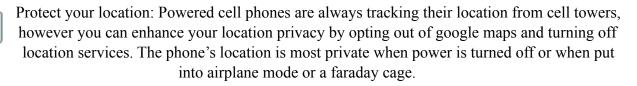
#4 Use Tor Browser (torproject.org or in your phone app store) on your computer and phone to search for Reproductive Health Information

#5 Encrypt your device: In Android phones turn on encryption in settings → security → encrypt (you need to have screen lock enabled to see these options, it may take 15-20 minutes to take effect). Iphone 6 and higher already have device encryption enabled by default.

#6 Protect your location: Powered cell phones are always tracking their location from cell towers, however you can enhance your location privacy by opting out of google maps and turning off location services. The phone's location is most private when power is turned off or when put into airplane mode or a faraday cage.

#7 Limit Ad tracking on your phone. On Iphone go to **Settings** > **Privacy** > **Tracking** and set the "**Allow apps to Request to Track**" switch to the "**Off**" position. Apple has its own targeted advertising system, to disable it, navigate to **Settings** > **Privacy** > **Apple Advertising > Off**
On Android 12 you can open the **Settings** app and navigate to **Privacy** > **Ads**. Tap "**Delete advertising ID**," If you don't see an option to "delete" your ad ID, you can use the older version of Android's privacy controls to reset it and ask apps not to track you.

This is general know your rights information.
This is not legal advice; please talk to a lawyer to assist you in your specific situation.
Current as of: 6/24/22

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