

Awareness Series 1:

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Common crimes against women:

Blackmail, threats, cyber pornography, posting and publishing of obscene sexual content, stalking, bullying, defamation, morphing, and the establishment of fake profiles.

Remedy:

Speak up when your rights are violated online and report immediately. It is not an end of the world so don't end your world for this.

- ✓ **Immediately register at:**

National Cyber Crime Reporting Portal

- ✓ Call on Cybercrime **Helpline No 1930** within 24 hours and register at **cybercrime@gov.in**
- ✓ Report to local police station
- ✓ Report to cyber police Station of your area (city)
- ✓ Report to cybercrime cell (rural)

If someone is making you feel uncomfortable online, you can report the interaction to the host site, often anonymously. You can use the "report" button near the chat window, flag a post as inappropriate, or submit a screenshot of the interaction directly to the host site. If you do experience harassment or abuse through social media, consider taking screenshots immediately and saving them in case the content is deleted or removed from your view. To collect evidence of harassment on Facebook, you can download your full Facebook history through the [Download Your Information \(DYI\)](#) feature.

Common Mistakes of Digital World

1. Charging phone on public charger
2. Engaging in conversation with someone who is asking you to indulge in some act e.g. click on a link, posing threat to your money / relations etc, impersonating to be bank official, police, CBI, custom officer etc.
3. Use of emoji-
 - Sending thumbs up to any official contract can make it binding on you (Canada Farmer case)
 - Sending heart to any girl may land you in jail (Kuwait)
 - Sending pistol emoji could be treated as death threat.

So be careful before you post

4. Putting OTP or PIN would mean money is going. For receiving money you don't need OTP or PIN
5. Receipt of some gift through courier asking you to make only postage charges on some link
6. Be sure about the genuineness of links or sites for online shopping, online studying, online jobs etc

7. Remember anyone using your laptop or phone without your permission and copying data would amount to unauthorised access and is illegal

Safeguards:

1. Think before you click;
2. Use strong passwords: This can help protect against someone who may be trying to sign on to your account for negative reasons like posting spam, impersonating you, or **stalking**.
 - a. Long – at least 15 characters,
 - b. unique – never used anywhere else,
 - c. and randomly generated – usually by a computer or password manager. They're better than humans at being random.
3. Set up Two-factor or Multi-Factor Authentication (MFA);
4. Don't share your contact details with stores claiming to use it to share promotions with you;
5. **Personalize your privacy settings;**
6. **Pause before you post.** Before you post, ask yourself if you are comfortable sharing this information with everyone who might see it;
7. **Turn off geolocation.** Many social media sites or apps will request to access your location, but in most cases this isn't necessary;
8. **Report harassment or inappropriate content;**
9. Beware of **Honey Trap**- Don't indulge in private talks with strangers;
10. **Avoid Juice Jacking** - It is common to quickly connect your device to a public charging station when it is running low on battery. But, you should know that hackers can use this opportunity to steal your personal data. The malicious USB can then install malware on your devices. This will lead to stealing your passwords, credit card numbers, and other sensitive data. Juice jacking has been an increasingly popular threat. This means you should avoid charging ports in unfamiliar places, such as airports, coffee shops, and libraries;
11. If you have shared your private pictures with your friend then at the time of break up, pl insist on deleting digital data lest it could be fatal;
12. Always use "**Masked Aadhar**" for identification purposes like booking travel tickets, production before hotel, airport, police officer etc.
13. You can check if your account or password has been breached at : haveibeenpwned.com

Regular Safeguards-

1. Check CERT-In Updates (Computer Emergency Response Team) on a Regular Basis.
2. Keep Your Systems Updated
3. Use Firewalls and Anti-viruses
4. Learn About Phishing Attacks
5. Avoid Unfamiliar Websites
6. Avoid Useless Downloads
7. Stay Cautious on Social Media
8. Make Your Data Backup Regularly
9. Don't Use Public WiFi without a VPN
10. Secure Your Data

Changing Room or Hotel Bathroom / Room Safe guards for women

1. To check if mirror is two-way or not
 - Flash on the mirror from your phone – if its two way then you will be able to see across
 - Is the mirror hanging, or is it installed on the wall? There are greater possibilities of your bathroom mirror being two-way if installed on the wall. However, with hanging mirrors, you must also check what's behind them to be sure that no one is observing and that it's not covering a hole for another person to peep through.
 - The reflective side needs to be lighter, so the observing side can watch things more clearly. That is why if your mirror is a lot brighter, even without the LED lights shown on the bathroom LED mirror in the photo above, then chances are you are on the reflective side.
 - **Peering Through the Glass Mirror**
Create a cup on both hands, and then use it as if you're holding binoculars while looking through the mirror. Blocking the light in the room if the bathroom mirror shows the other side of the room, its two way
 - **Do The Fingernail Test**
Although sometimes inaccurate, many people have detected two-way mirrors in fitting rooms or bathrooms. You'll need to place your index finger on the mirror's surface. If there is a gap between your finger and your reflection, then this mirror is a one-way mirror only.
2. Flash on Nuts, hangers, handles, bulbs etc
3. Make a phone call to someone, if you are able to connect then you are safe
4. Check for camera in shower, curtains and even mineral water bottles

Conclusion:

Your safety is in your hands