



International Federation of Journalists (IFJ)
The Global Voice of Journalists

**Safety and Digital Security
training for regional journalists
- Pakistan
International Federation of
Journalists (IFJ)**





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Day One: Physical Security

Individual assessment:

- Have you been in a life threatening or dangerous situation?
- Three main expectations from this training?





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IFJ: The Global Voice of Journalists

Represents:

Over 600,000 journalists world-wide in 134 countries

To become a member of the IFJ, you must:

Be a trade union of journalists

Be independent

Be committed to press freedom



IFJ Asia Pacific Office

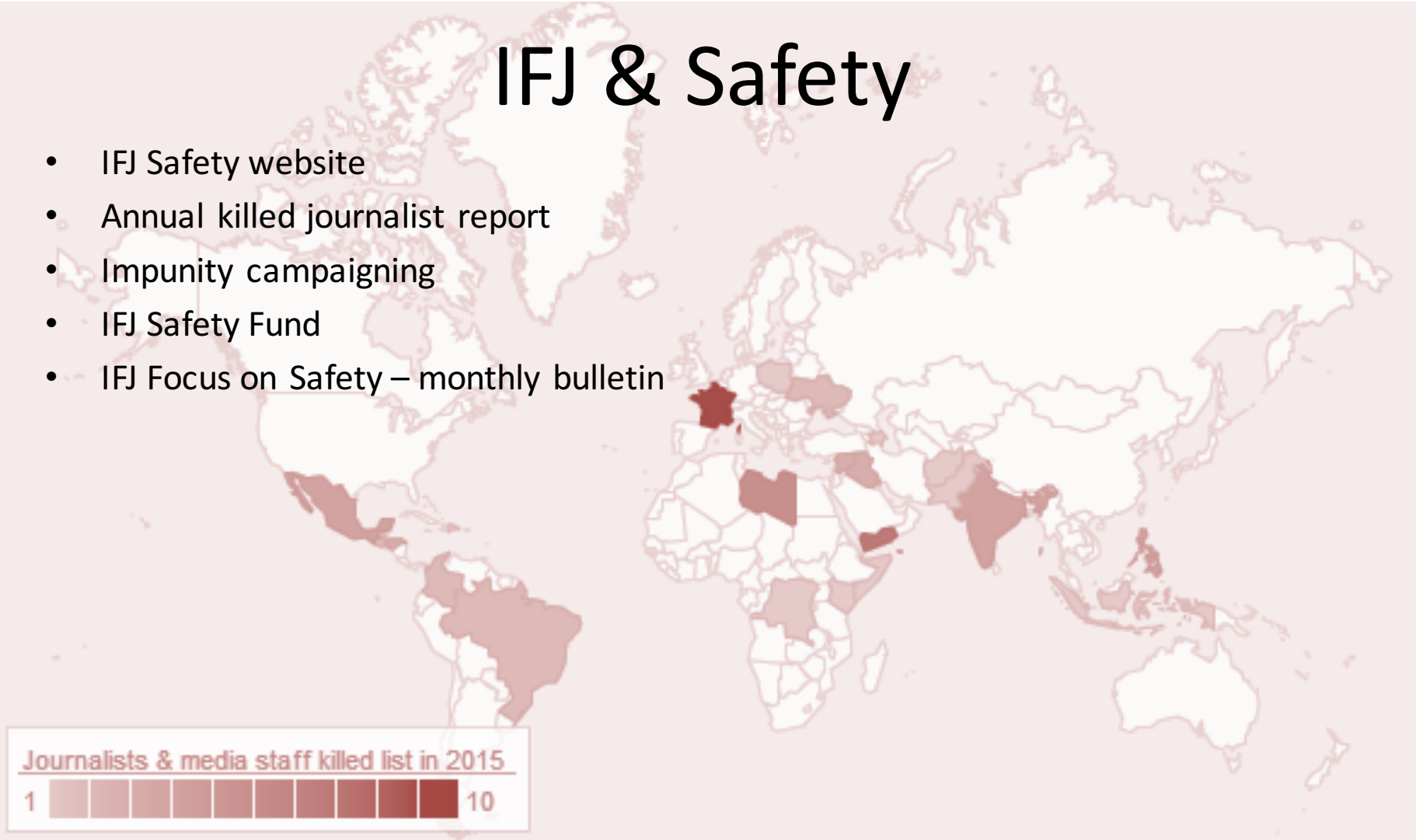


Core Work

- Strengthening media trade unions
- Press freedom and journalists safety
- Building solidarity and regional networks

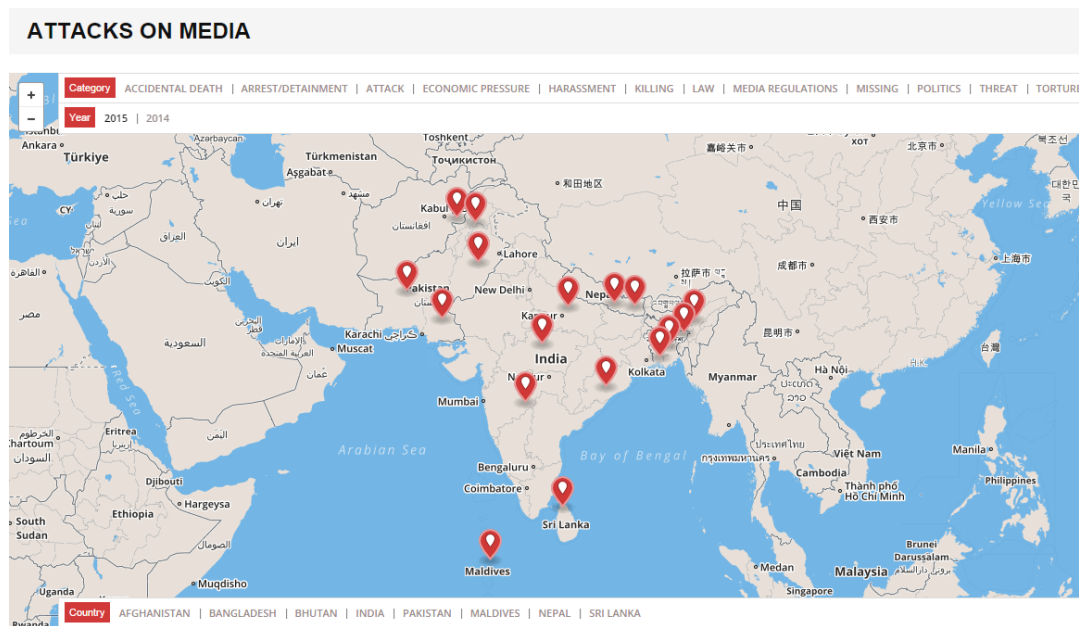
IFJ & Safety

- IFJ Safety website
- Annual killed journalist report
- Impunity campaigning
- IFJ Safety Fund
- IFJ Focus on Safety – monthly bulletin



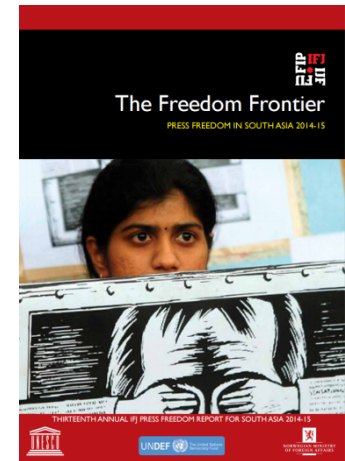
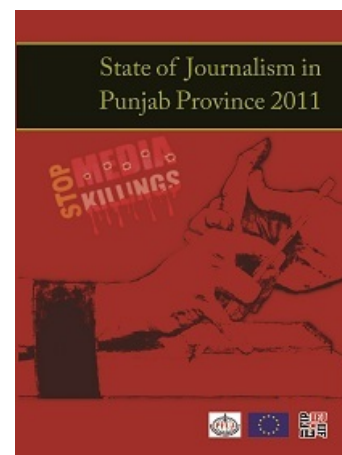
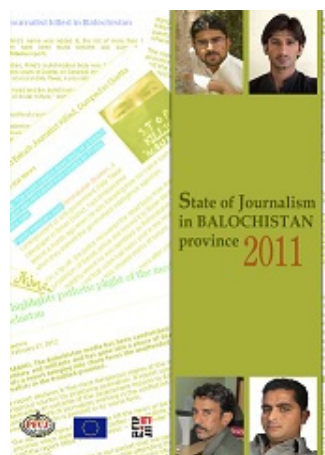
IFJ AP & Safety

- SAMSN Digital Hub violations map - <https://samsn.ifj.org/>
- Safety workshops and trainings
- Human Rights & media violations monitoring
- IFJ mailing list - <http://www.ifj.org/regions/asia-pacific/sign-up-to-the-asia-pacific-mailing-list/>



Pakistan Media Reports

- South Asia Press Freedom Report
- Specialist missions
- IFJ Annual killed list Report
- Capsule reports – Balochistan, Peshawar, Khyber Pakhtunkhwa & Tribal areas
- Pakistan Gender & Media Report



Introductions and icebreaker:

Interview someone you don't know

- Name
- Place of work/organisation
- Career background
- Years of experience
- Beats
- Hobbies and interests
- A secret about them that no one knows!





Session 3: Can you tell Safety from Security?



Safety or Security?



Safety: to protect against something
(like wearing a seatbelt in a car)

Security: a state of being secure
(against things like direct attacks)



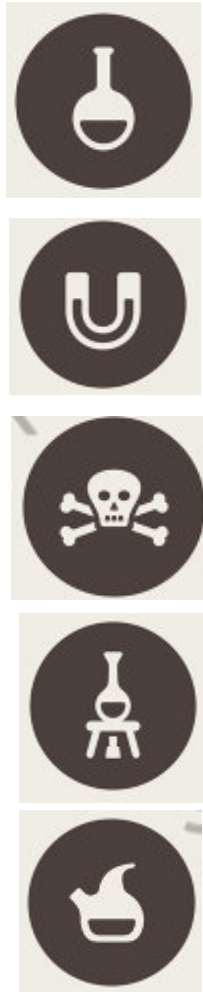
THREAT = possibility of harm



Pakistan (Punjab)

1 Threat

The Taliban's central spokesperson Ihsan Ullah Ihsan issued death threats to Zia ul Haq, the Peshawar-based assistant general secretary of the PFUJ and news bureau chief of ARY News. Ihsan, using an international mobile number (+93767895493) called Haq's personal mobile and warned him



Journalist killed, two injured in Pakistan suicide bombing

AA Text Size

Print

Share



The site of a suicide bombing in Peshawar today, where more than 20 people, including at least one journalist, were killed. (AFP/A. Majeed)

New York, April 16, 2013--At least one journalist was killed and two were injured in a suicide bomb attack during a political rally today in Pakistan's northwestern provincial capital of Peshawar, according to news reports.

RELATED STORIES

Death threats sent to Pakistani journalist Kamran Shafi and his family

Vulnerabilities come from:

- Lack of knowledge on safety
- Inexperience in the field
- Where and how we operate as professional journalists
- Bribery and being unprofessional



Media workers are exposed to things that many other people aren't!

Vulnerability is in our control ...



Digging up trouble . . .

Our job as journalists

RISK is a product of both threat and vulnerability

- Like going purposefully into a dangerous area or situation
- Lack of professionalism can also put us at risk



Reporting risks in Pakistan:

- War zones
- Demonstrations / rallies
- Terrorist bombings
- Surveillance
- Criminal influences / mafia
- Natural hazards
- Political and economic climate



Working on the frontlines . . .



Is also about acknowledging the risks



Targeting and Tragedy

- 135 journalists died in the line of duty in 2014
- 39 of those died in the Asia Pacific region
- 35 of those were targeted killings
- Pakistan was the deadliest country in the region with 19 killings in 2014





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Balochistan has had the dubious distinction of being the world capital of enforced disappearances where more than 2,000 journalists, singers, teachers, lawyers have been forcibly abducted, tortured, killed and dumped since 2009 – in just five years, as many as in Chile during the reign of Augusto Pinochet.

The dangers for journalism as a profession

- **Saleem Shahzad** – vanished on May 29, 2011 after leaving home in Islamabad, he had written to HRW before his death saying he feared he would be killed by Pakistani Intelligence Officers. His body was found the next day
- **Ahmad Muaffaq Zaidan** - Al Jazeera bureau chief put on a US terrorist list 2012



The dangers for journalism as a profession

- **Hamid Mir** - shot in his car in 2014
- **Ilyas Nazar** - picked up by Intelligence Agencies in Dec 2010, body was found in Feb 2011
- **Riaz Mengal** - abducted in 2009
- **Wali Khan Babar** – was killed in Karachi in 2011 – 4 people were killed during the investigation into his death



The dangers for journalism as a profession

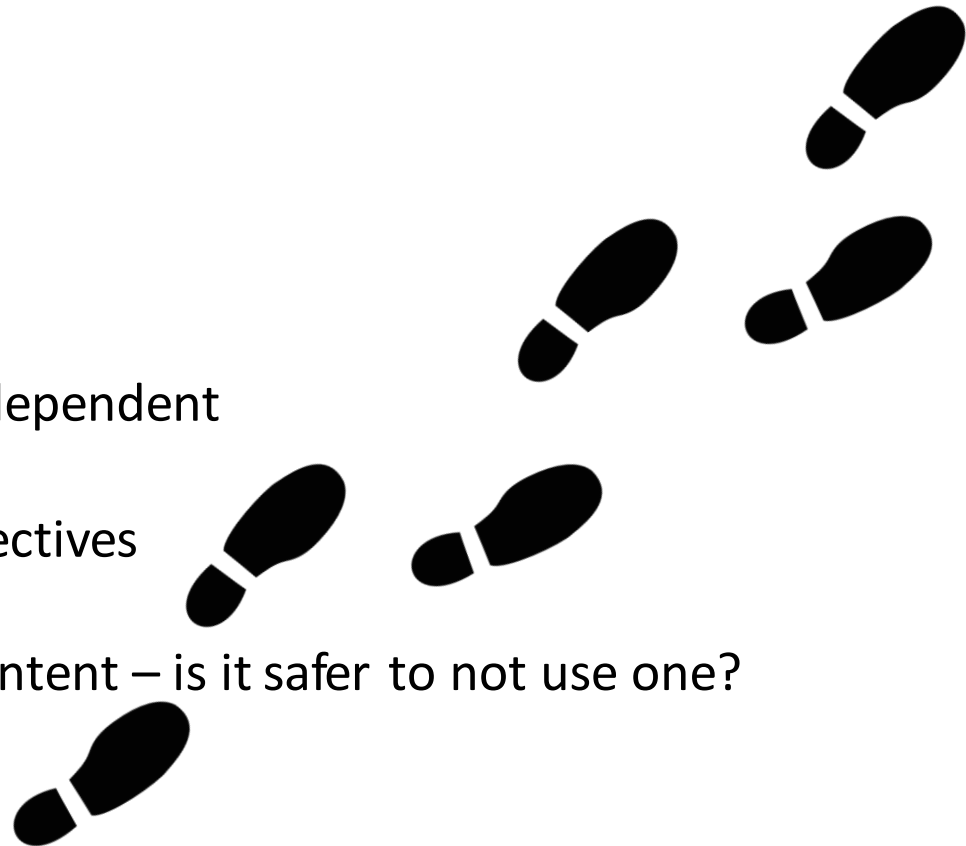
- **Sana Mirza** - physically assaulted during a live cross at a political rally 2014
- **Maria Memon** was attacked covering political rallies, she was verbally assaulted 2015
- **Zeeshan Shamsi** was attacked while travelling in his car with his wife



Guidelines for safe & secure journalism

Importantly: No story is worth dying for!

- Good reporting
- Leave footprints on assignment
- Move away from harm
- Have contact who can help
- Follow ethics
- Stay objective, impartial and independent
- Strength in numbers
- Give a variety of people's perspectives
- Mind your language
- Think about your bylines and content – is it safer to not use one?



Reduce vulnerability in reporting by:

- Accuracy
- Objectivity
- Balance
- Impartiality
- Attribution
- Completeness
- Verification
- Clarity
- Avoiding Sensationalism



Getting Ready for Dangerous Assignments

1. Physical fitness
2. Improve your local knowledge
3. Know your rights
4. Social protection
5. Clarify lines of communication
6. Medical preparation
7. Take the right equipment

Preparing to work in hostile environments

Physical risks are greater when covering **riots and civil disturbance** than traditional war.



Before you go – know the risks

A journalist working away from base is at risk from:

- Illness
- Traffic and other accidents
- Violence, including targeted attacks on media
- Exposure and exhaustion
- Emotional distress

Think ahead: social protection

- What if something goes wrong? What will happen to your family?
- Do you have income insurance or medical cover?
- What is the employer's responsibility to income insurance, protection for family & medical cover in case of accident?



Discuss 1:

What should you know about the local situation before you start working in the field?

CHECKLIST



Basic principles of personal safety

Situational awareness

Avoid routine at all times

Follow security procedure & protocol

Exercise common sense & common knowledge

Remain anonymous & always show confidence like you belong there!



Safety Do's and Don'ts

Before reporting:

- Stay well-informed

What to take with you:

- Supplies, medical kit, identification and cash

What to do on location:

- Don't endanger yourself or others

If you get in trouble:

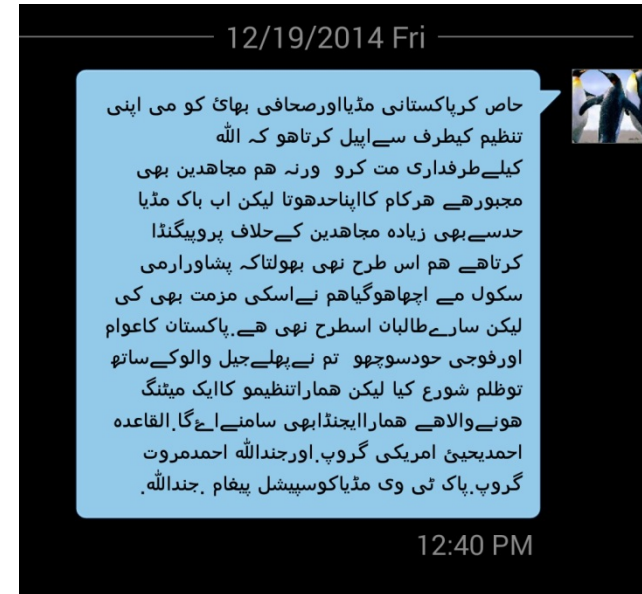
- Alert employer & union

As soon as you receive a threat:

- Document threat and inform authorities and employer

If you keep receiving on-going threats:

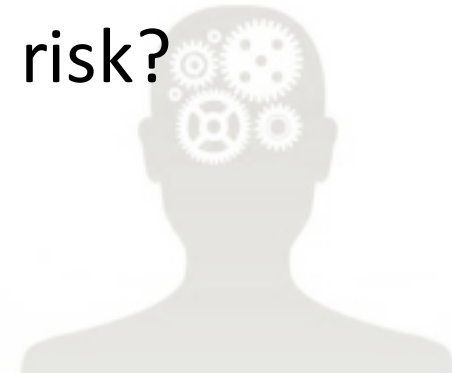
- Inform friends & family, never travel alone, be prepared but no paranoid



The text message threatens to a Pakistani journalist in 2014

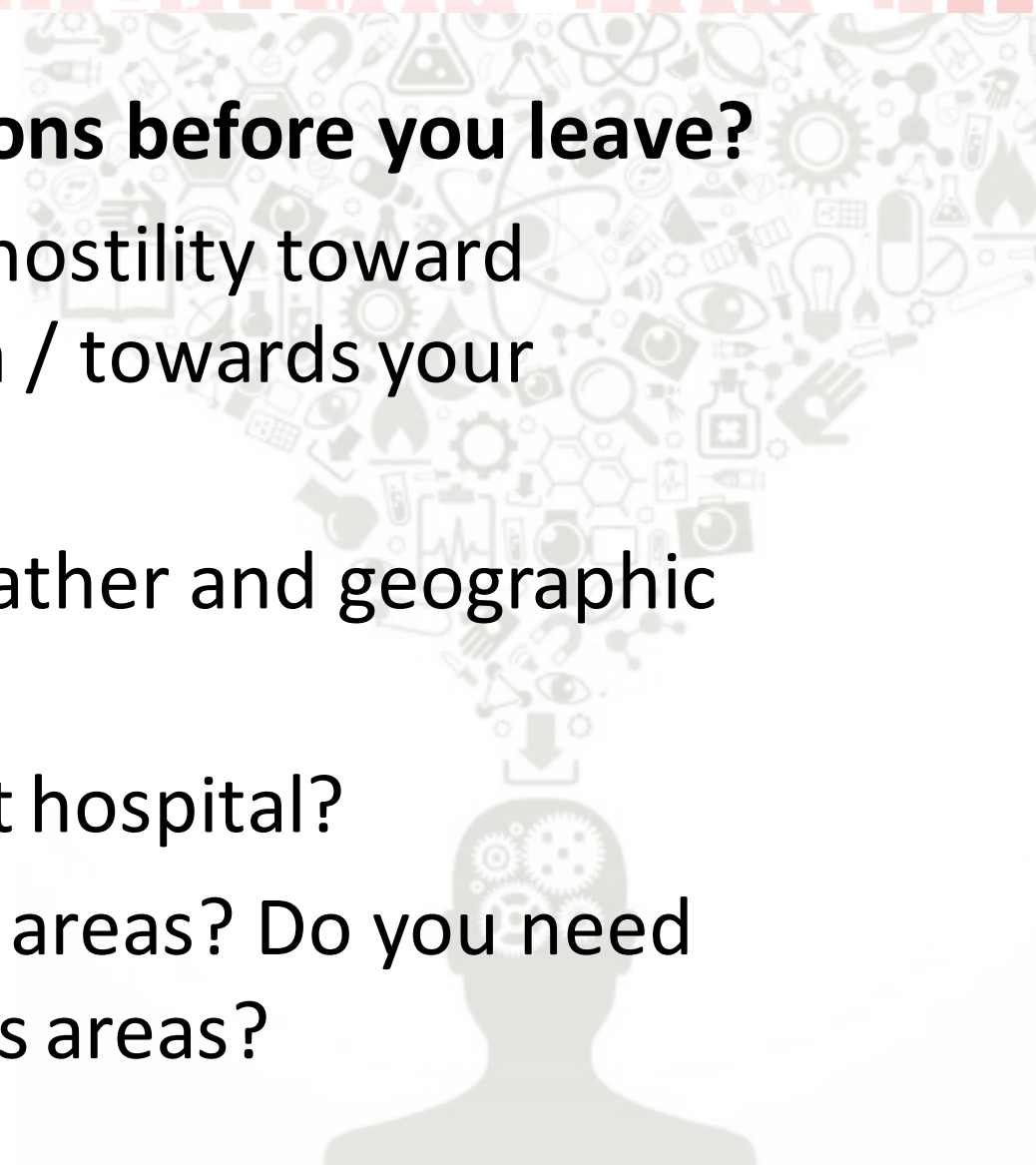
Improve your local knowledge

- What is the political situation?
- Who are the main players?
- Be aware that danger may not only come from the parties involved in conflict
- What are the recent developments?
- Does your ethnicity put you at risk?
- Local customs



Ask important questions before you leave?

- Is there a history of hostility toward civilians / the media / towards your organisation?
- What about the weather and geographic area?
- Where is the closest hospital?
- Key borders? No-go areas? Do you need permission to access areas?



Discuss 2:

Are there any examples of where a journalist's research of the local situation saved their lives? What are they?

Can you think of any examples where a lack of knowledge jeopardised the safety of a journalist? What are they?



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Session 10: Safety in the field

Establish lines of communication

- Clarify communication with your news desk
- Make sure a responsible person knows your movements
- Establish trust between the news desk and field staff
- Agree on a contact schedule – once a day at a specific time



Communication 101

News desks: Trust your reporters & camera crews
– they are your eyes and ears

Reporters & field staff: Make & keep agreements
with your news desk, about checking in, and
prior approval

News teams: build a set of guidelines based on
experience

Keep up to date & allow staff input

Discuss 3:

What guidelines does your newsroom have for reporting in the field?



Take the right equipment

- a) Identity papers
- b) Press card (if helpful)
- c) Emergency numbers
- d) A dummy wallet/phone
- e) Fake memory sticks
- f) Water
- e) First aid kit
- f) Long camera lenses
- g) Small backpack with supplies
- h) Wet towel & lemon (tear gas)
- i) Photos of family
- j) Medication



Planning for crowds, riots & demonstrations

- a) Gather intelligence on possible flash points and safety routes
- b) Determine vantage points
- c) Arrange contact points
- d) Emergency numbers on speed dial
- e) Higher is better for vantage points
- f) Avoid getting in the crowd
- g) Map exit routes
- h) Debrief
- i) Protect your material

Prepare your vehicle

Armoured &
good
mechanical
condition

Carry
fuel &
water
reserves



Check tyre pressure

Mark "Press"

Quality
tyres
(incl
spare)

Wear the right clothing

- a) Sensible footwear
- b) Loose clothing – natural fibres, long sleeves and high collar
- c) Ensure you can't be mistaken for a soldier
- c) Protective clothing – if in war zones

Safety at public events

- Know about the event and location
- Get permission to report
- Have necessary equipment – including safety
- Have safe and secure transport
- Use social media as form of intelligence
- Have action and contingency plans



ROLE PLAY:

1. A Baloch journalist plans to travel to investigate a tribal dispute and potentially meet leaders. However, the journalists' media organisation has had some criticism as being biased to one side.
2. A reporter and photographer have been assigned to cover a sudden communal riot. Shootings in the region are not uncommon.
3. A female reporter has been specifically requested to undertake an interview with a member of a banned religious extremist group. It is not clear who she can take with her or the location of the interview.
4. A local journalist has been approached by a high-profile international journalist and news crew to collaborate on a story, which involves travelling into conflict areas.



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Day Two: Digital Security

Defending your data

- Laptops, smartphones and tablets hold large amounts of data
- Target for people wanting information
- Can be stolen, damaged or infected with malware



What are we protecting?

There are basically two things we want to protect:

- information and computers.
- Information not protected

Can include:

- someone reads your secret email
- source identity exposed
- story draft leaked
- Computer not protected
- someone erases your hard drive
- Twitter account hacked
- site down



What are we protecting?

Securing your storage

- How many copies are there?
- The original file might be on your phone, camera SD card, etc.
- What about backups and cloud syncing?
- Use secure erase products



Could they get a copy?

- steal your laptop
- walk into your office at lunch
- take your camera at the border
- If they had a copy, could they read it?
- Encrypt your whole disk!
- Use TrueCrypt (Windows), FileVault (Mac), LUKS (Linux)



Digital security in a nutshell

- Protecting devices and information from physical threats
- Secure passwords
- Destroying sensitive information
- Keeping online communication private
- Anonymity and bypassing controls on the Internet
- Protecting yourself and your data



Journalism Security Disasters

- Hacked accounts and sites – AP, Washington Post & New York Times
- Sources exposed
- Filmmaker's laptop seized in Syria
- Data leaked
- Wikileaks cables archive was not meant to be public!

Why journalists need digital security awareness

- Because we deal with sensitive stories and information
- So we know our vulnerabilities
- So we can get ‘expert’ help when or if we need it
- Because we are professional learners
- It’s your responsibility!



Pakistan online

- Only 1 in 19 (5.2%) Pakistanis use the internet
- 81% of bloggers and journalists used the internet for research
- 42.3% heavily use Facebook
- 13.5% heavily use YouTube
- 32.7% heavily use Twitter
- Gmail is the mail service of choice (76.9%)

Safety concerns

Types of issues of concern to Pakistanis:

- Personal safety (59.7%)
- Security of information (11.3%)
- Security of family (12.9%)
- Security of informants (6.5%)

• *Internews, Bytes for All (2012) Digital Security and Journalists: A Snapshot of Awareness and Practice in Pakistan*

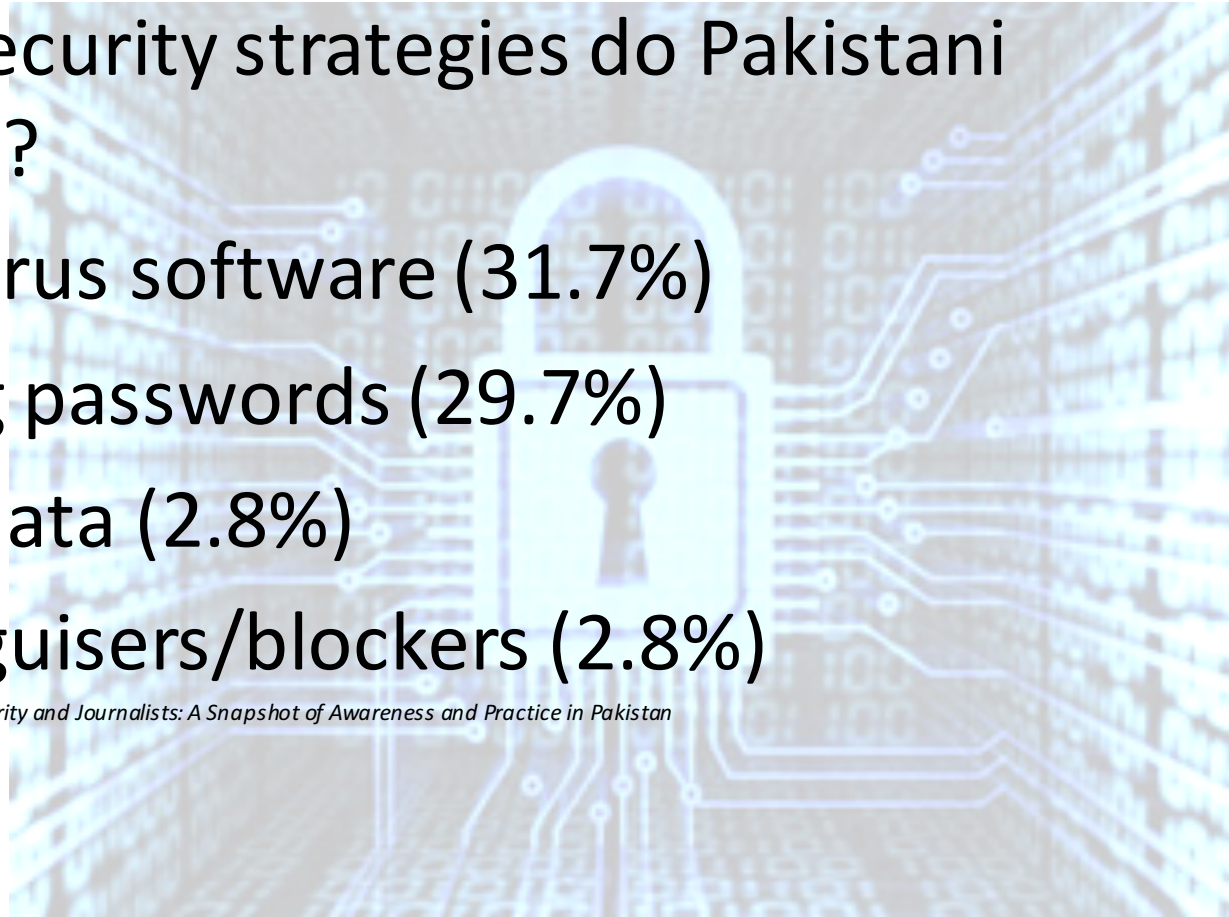


Digital Security

What digital security strategies do Pakistani journalists use?

- Using anti-virus software (31.7%)
- Using strong passwords (29.7%)
- Encrypting data (2.8%)
- Using IP disguisers/blockers (2.8%)

• Internews, Bytes for All (2012) *Digital Security and Journalists: A Snapshot of Awareness and Practice in Pakistan*



Pakistan online

Journalist issues for digital security:

- Software and tools seen as too complex
- Lacking of training with technology and computers
- Poor awareness/training in online security
- Training needed to make journalists, bloggers, families and sources more secure

• Internews, Bytes for All (2012) *Digital Security and Journalists: A Snapshot of Awareness and Practice in Pakistan*



Basic Protection

Download and install one application from each of the following categories:

- Anti-virus
- Anti-Spyware
- Scanner/remover
- Update the applications you installed
- Run a complete scan



Malware and basic protection



Malware and basic protection

Subject: Oxfam Conference
 Date: Fri, 20 Dec 2013 15:10:33 +0700
 From: Andrew Oxfam <andrew.oxfam@gmail.com>
 To: Andrew Oxfam <andrew.oxfam@gmail.com>

Dear all,

We would like to invite you to join Asia Conference

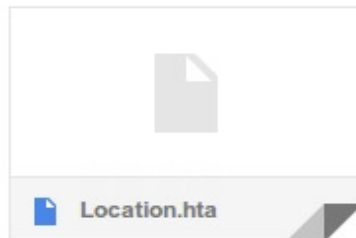
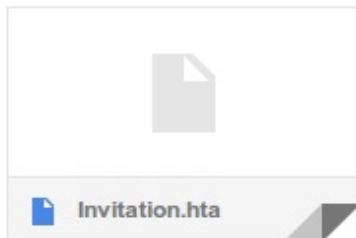
Please download information about the conference and the invitation in the link

<http://www.oxfam.org/en/invitation><<https://drive.google.com/file/d/0B7fMhZc0wl0OeTJpZmViQXU4YVE/edit?usp=sharing>>

<http://www.oxfam.org/en/location><<https://drive.google.com/file/d/0B7fMhZc0wl0ORkRkaU53M0dqYW8/edit?usp=sharing>>


Best Regards


2 Attachments



Phishing

FW: Secured Document From Aidan White

 Jane Worthington

 Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

Sent: Mon 24/08/2015 11:47 AM

To: 

From: Aidan

Sent: Saturday, 22 August 2015 8:11 PM

Subject: Secured Document From Aidan White

Aidan White has shared the following PDF:



Secured File Via Google Drive

[Open](#)

Google Drive: Have all your files within reach from any device.



Aidan



Assessing digital risk

- Identifying valuable assets
- What are the threats to those assets?
- When and where are threats likely to hit?
- What are the risks in your newsroom/work space and elsewhere?
- What are the potential consequences?





Assessing digital risk



ALERTS | PAKISTAN

Equipment stolen, burned in raid on pro-Baluch paper

Text Size Print

Share



New York, April 8, 2013--Pakistani authorities should immediately investigate an attack on the Karachi bureau of the Urdu-language Daily Tawar and ensure the perpetrators are brought to justice, the Committee to Protect Journalists said today.

A large group of unidentified men entered the paper's offices in the neighborhood of Lyari early Saturday and stole computers and other equipment, according to local news reports. The accounts said the assailants burned records and archives before leaving the premises.

The Daily Tawar, whose headquarters are in Quetta, is a pro-Baluch nationalist paper that acts as a voice for secessionist-minded groups in neighboring Baluchistan. The paper is known for its coverage of the many conflicts between rival groups and the government. In March 2013, Haji Abdul Razzaq Baloch, a copy

RELATED STORIES

Death threats : journalist Kam his family

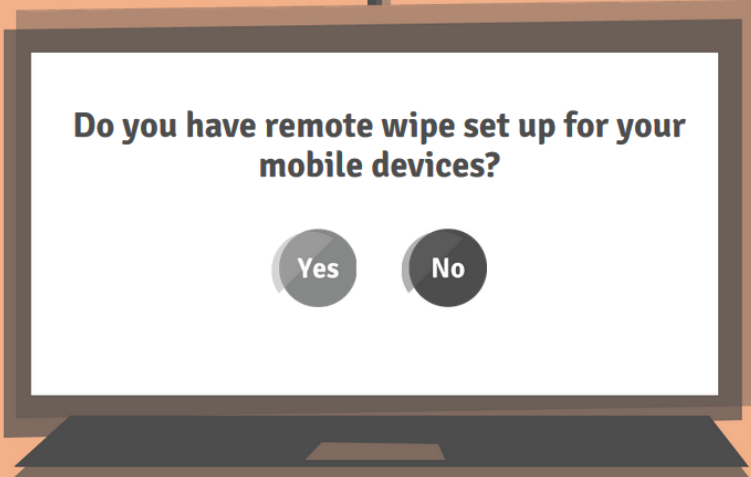
Several journa while covering March' in Pakis

Pakistani repo




“It’s not just about you, it’s about protecting your sources, fixers, colleagues and the journalists who come after” – Rory Peck Trust

How vulnerable are you?

A computer monitor is centered on a light orange background. The screen displays a survey question: "Do you have remote wipe set up for your mobile devices?". Below the question are two circular buttons: a grey one labeled "Yes" and a black one labeled "No".

Do you have remote wipe set up for your mobile devices?

Yes No

A small, black, cartoonish robot with a white antenna and two white eyes is positioned in the bottom left corner of the red section. It has a simple, friendly appearance.

Oh dear!

As more of us come to rely on our mobiles for both personal and work use, our need for data protection becomes greater. [If you haven't set up remote wipe and your mobile gets into the wrong hands, it could land you in trouble.](#)

"31% of mobile phone users have had their phone stolen at least once"



Choosing a strong password

- Make it easy to remember but hard to guess
- Make it practical
- Don't make it personal
- Keep it secret

WORST PASSWORDS OF 2013



Choosing a strong password

- **Mnemonic passwords**

- **Wlw7,mstmsritt...** = When I was seven, my sister threw my stuffed rabbit in the toilet.
- **Wow...doestcst** = Wow, does that couch smell terrible.
- **Ltime@go-inag~faaa!** = Long time ago in a galaxy not far away at all.
- **uTVM,TPw55:utvm,tpwstillsecure** = Until this very moment, these passwords were still secure.

- If you use a lot of passwords, consider a password manager—software that will generate unique passwords and store them securely under a single passphrase

Choosing a strong password

Sample password	Time to crack with an everyday computer	Time to crack with a very fast computer
Bananas	Less than 1 day	Less than 1 day
bananalemonade	2 days	Less than 1 day
BananaLemonade	3 months, 14 days	Less than 1 day
B4n4n4L3m0n4d3	3 centuries, 4 decades	1 month, 26 days
We Have No Bananas	19151466 centuries	3990 centuries
W3 H4v3 N0 B4n4n45	20210213722742 centuries	4210461192 centuries Passfault





2-Step Verification

Help keep the bad guys out of your account by using both your password *and* your phone.

GET STARTED



How it works

1

Enter your password

Whenever you sign in to Google you'll enter your username and password as usual.

2

You'll be asked for something else

Then, you'll be asked for a code that will be sent to you via text, voice call, or our mobile app. Or, if you have a Security Key, you can insert it into your computer's USB port.



Keep it simple

During sign-in, you can tell us to remember that particular computer. From then on, when you sign in to that computer, we'll just ask for your password.

You'll still be covered, because when you or anyone else tries to sign in to your account from another computer, a verification code or a Security Key will be required.

Safer communications



Remember: Everything we do in the digital world is capable of being monitored.

*Anonymity is very hard, requires special tools and meticulous habits.

Web browsing security

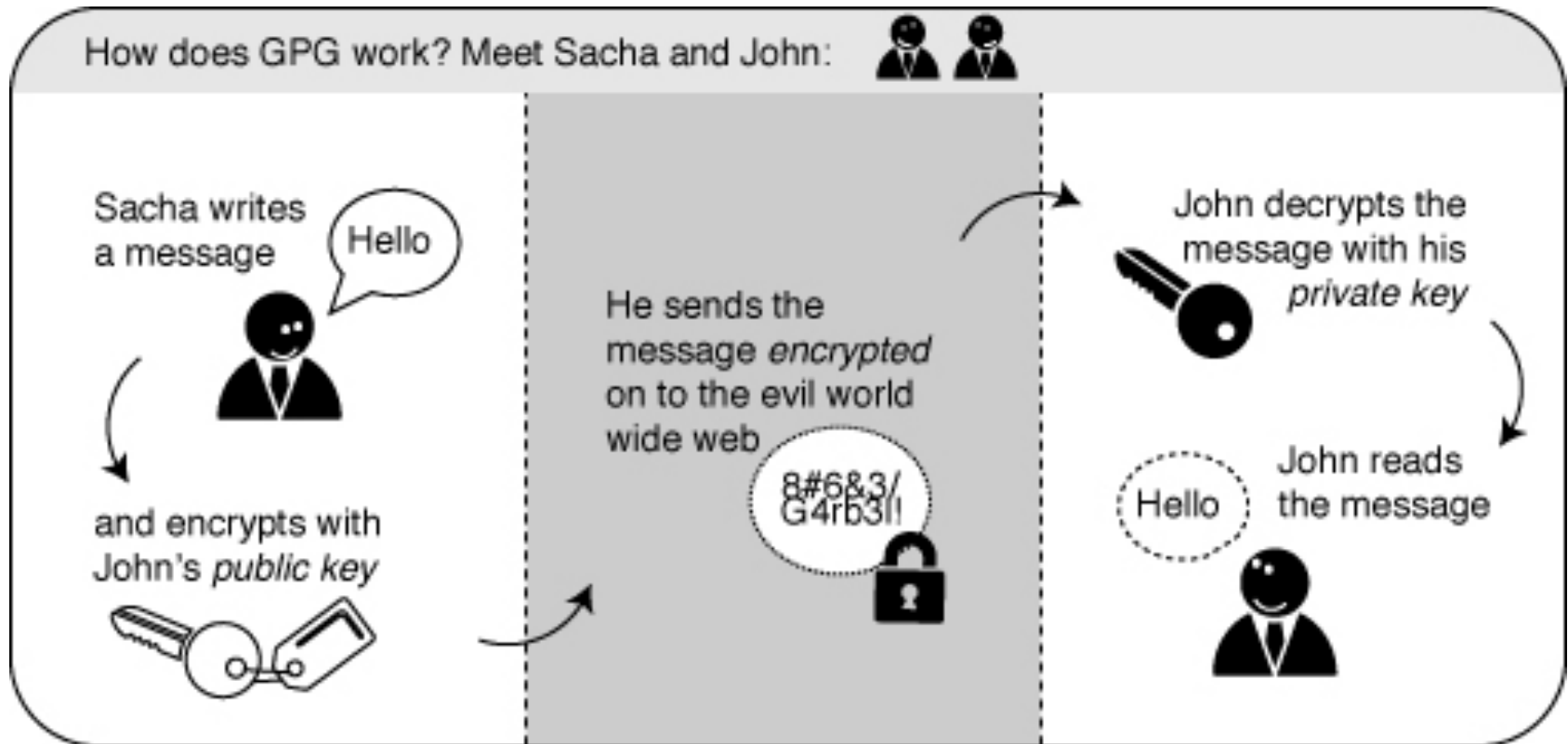
- Don't store passwords in the browser
- Don't save history or cookies
- Run CCleaner or BleachBit when done with session
- Install the add-ons called HTTPS everywhere and NoScript (Firefox)
- A VPN (Virtual Private Network) provides a secure connection between a PC or mobile device and a server (another computer) on the Internet

Encryption

- E-mail communications can be tapped
- E-mails are sent through multiple servers – each server can look into the message
- Encryption is the process of taking a plain text message and converting into something that looks like gobbledygook and can only be decrypted by the intended recipient




Encryption





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A close-up, profile photograph of Julian Assange, looking downwards. He is wearing a dark suit jacket, a white shirt, and a red and blue patterned tie. The background is a solid dark green color.

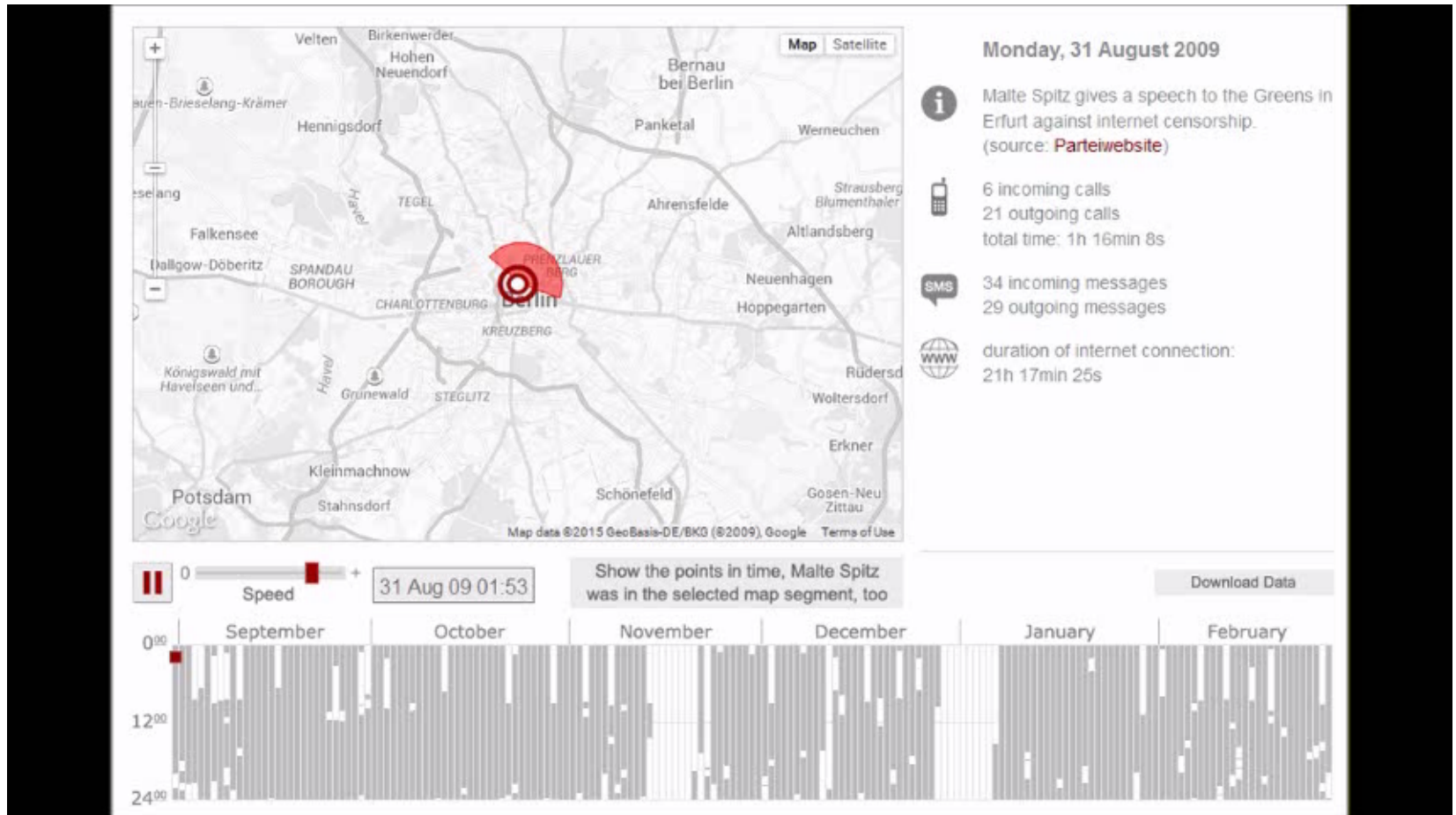
a *mobile phone* is simply a
“*tracking device* that also makes
calls” – Julian Assange

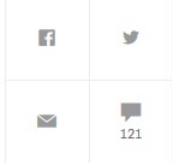
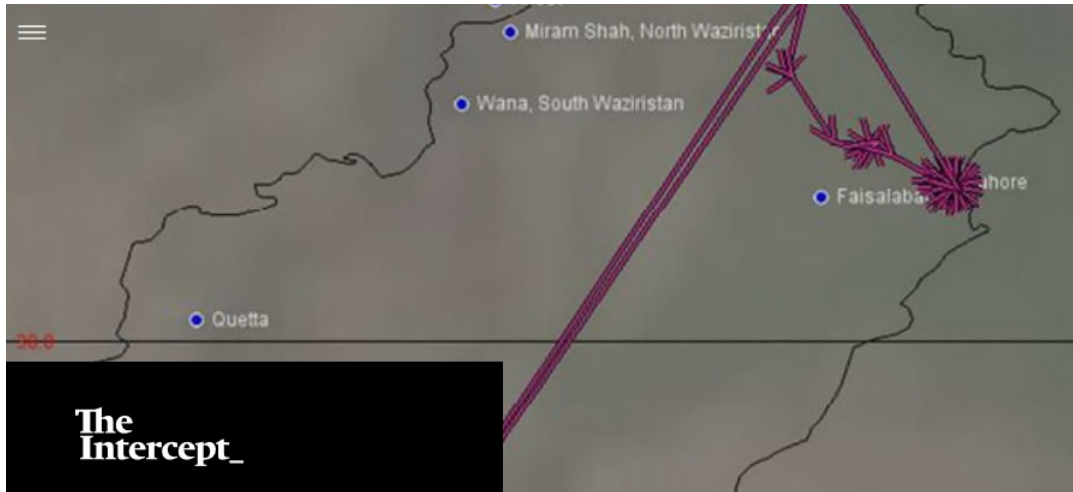
Mobile phone safety

- Green party politician Malte Spitz sued to have German telecoms giant Deutsche Telekom hand over six months of his phone data that he then made available to ZEIT ONLINE. We combined this geolocation data with information relating to his life as a politician, such as Twitter feeds, blog entries and websites, all of which is all freely available on the internet.



Metadata shows where we've been





U.S. GOVERNMENT DESIGNATED PROMINENT AL JAZEERA JOURNALIST AS "MEMBER OF AL QAEDA"



Cora Currier, Glenn Greenwald, Andrew Fishman

May 8 2015, 8:27 p.m.

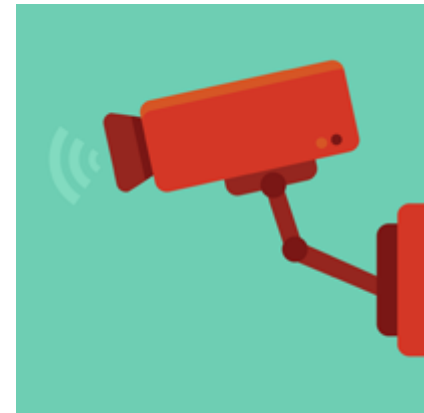
How to secure your smart phone

- Lock it with a strong password – not just a 4-digit sequence
- Delete sensitive information
- Enable encryption
- Use privacy software



Three important messages:

1. Journalism is high-risk profession
2. Even if you're not working on a sensitive story, you are a target
3. For sensitive stories, you need a plan



A safety plan is your response to the threats you have identified. Questions that may help formulate your plan include:

- What risks can be eliminated entirely and how?
- Which ones can be mitigated and how?
- Based on their likelihood and significance, which risks should be addressed first?



1. You are a photojournalist with digital images you want to get out of a tribal area. Limited internet access is available at a cafe. Some of the images may identify people who could be targeted by the government if their identity is revealed. In addition you would like to remain anonymous until the photographs are published, so that you can continue to work inside the country for a little longer, and leave without difficulty.
2. You are working on an investigative story about the Pakistan Army's operations in possible violation of law. You have sources inside the Army who would like to remain anonymous. You will meet this person twice to get some important document and communicate electronically. You will like to keep your source secret after the story is published.
3. You are reporting on corruption in local government, and talking secretly to two whistleblowers. If these sources are identified before the story comes out, at the very least you will lose your sources, but there might also be more serious repercussions — they could lose their jobs, or worse. This story involves a large volume of data and documents which must be analyzed.

Threat modelling

- What do I want to keep private?
(Messages, locations, identities, networks, data, footage, contacts, travel...)
- Who wants to know?
(story subject, governments, law enforcement, corporations...)
- What can they do?
(eavesdrop, subpoena... or exploit security lapses and accidents)
- What happens if they succeed?
(story's blown, legal problems for a source, someone gets killed...)

Summary

- Security depends on practice
- Sources, journalists, editors, staff must work together flawlessly
- Everyone needs to understand the security plan, and what makes it secure
- Then they must have meticulous habits
- They must never do anything insecure
- Putting a plan into practice is often the hardest part



A guide to safer social media use

- Use secure passwords
- Understand default privacy settings
- Consider separate accounts/identities
- Delete passwords and browsing history
- Access social media sites using https://
- Share less status updates
- Be careful integrating social media accounts
- Never rely on social media as the primary host of your content

How to use social media: safely

- Ask the questions:
 - Who can access the information I am putting online?
 - Who controls and owns the information I put into a social networking site?
 - What information about me are my contacts passing on to other people?
 - Will my contacts mind if I share information about them with other people?
 - Do I trust everyone with whom I'm connected?

