

- Leaving phones at home when seeking care can limit exposure to location tracking. SWANS also let me know the risks associated with travel.

- Enabling data collection only for services you need when you need them is the best practice!

- Conducting regular audits of settings and services on your phone can help minimize data collection.

DATA MINIMIZATION & APP AUDITING

- Location data can be revealing because you can use location patterns to identify a person. If you know some places a person traveled, you can figure out where else they went by seeing who visited the known locations.

- The government buys location data with very few restrictions. Law enforcement is especially interested in location data, which they supplement with other tracking sources, like ankle monitors.

- Biometrics can't be changed like other forms of security, so if they're compromised, that can follow you forever.

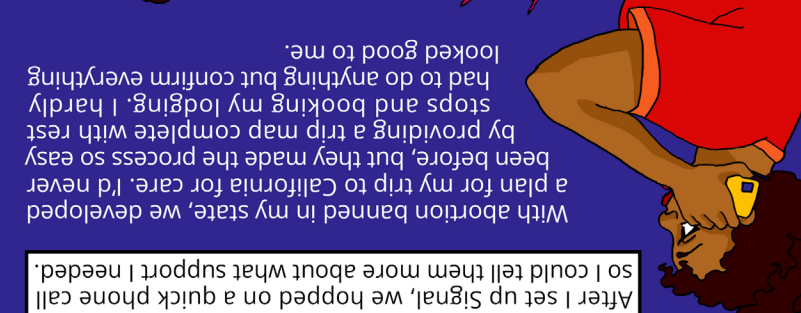
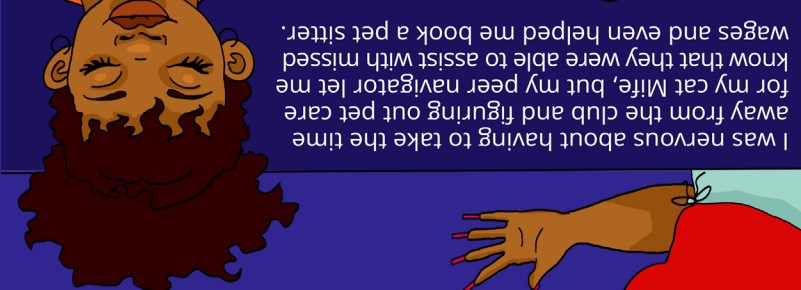
- Police can compel you to open your phone with biometrics under different legal statutes than with a password.

LOCATION TRACKING & BIOMETRICS

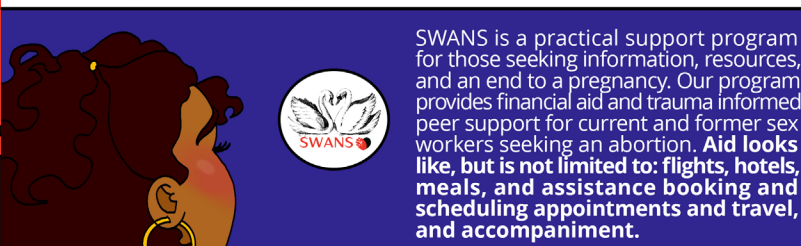
SAFER DEVICE:

TOP DATA PRIVACY TIPS FOR PATIENTS SEEKING ABORTION CARE

NIRH
National Institute for Reproductive Health



Suddenly, I fixed my gaze on a sticker I hadn't noticed before.



For services call or text: 657-549-4556 or email us swoplaswans@proton.me

As it turned out, finding out I was pregnant would be the hardest part of this process thanks to the peer support I received from SWANS.

After my shift, I decided to do some sleuthing into what SWANS was. I opened my laptop and plugged SWANS into the search bar of my browser...

- **Signal vs. WhatsApp:** Where possible, move communications to Signal or a comparable program. Avoid reliance on WhatsApp since WhatsApp's platform doesn't encrypt metadata, meaning that details such as timestamps and location data can still be accessed.

- Enable auto-deleting messages for an extra layer of protection.

- Limiting what you share in writing and with whom is the best course of action.

- Encrypted messaging services such as Signal can help protect conversations.

TOOLSI!

ENCRYPTED MESSAGING

- The biggest surveillance threat to reproductive care seekers comes from individuals with personal relationships to those seeking care.

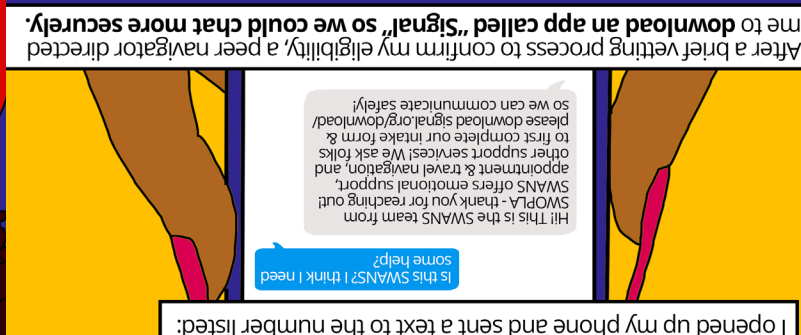
- Unencrypted messaging platforms such as Facebook Messenger have been used to identify and build cases against abortion seekers.

UNENCRYPTED MESSAGING PLATFORMS

PROBLEM!

SAFER COMMUNICATION:

After a brief vetting process to confirm my eligibility, a peer navigator directed me to download an app called "Signal" so we could chat more securely.



SAFER BROWSING:

COOKIES, BROWSER TRACKING & AD TECH

PROBLEM!

- The Internet Protocol (IP) address is a unique numerical label assigned to every device connected to a computer network. If someone accesses your IP address, they can use it to identify your location and track online activity.

- Trackers can see all kinds of details about your browser, and these details often form a unique or near-unique pattern (like a fingerprint).

- Companies with trackers across multiple websites can then recognize the pattern as you, and track your browsing habits.

- There are numerous methods advertisers can employ to collect data and user insights, including tracking URLs, tracking pixels, and cookies.

- Google collects advertising data on 9 out of 13 leading repro advocacy websites, including two care scheduling sites.

- Many smartphone application developers are all too eager to sell you data to the highest bidder--and that often includes the government.

TOOLSI!

VPNs, TOR & TOOLS FROM EFF

- Virtual Private Networks do not prevent websites you visit from "seeing" it's you, but they can prevent your internet provider from seeing which websites you visit; they should also encrypt your traffic.

- The Onion Router (TOR) is a free and open-source software for enabling anonymous communication. It directs Internet traffic via a free, worldwide, volunteer overlay network that consists of more than seven thousand relays.

- Tools from the Electronic Frontier Foundation like Privacy Badger and Cover Your Tracks can help minimize exposure to trackers and ad-tech.



- Unfortunately, not all tracking is avoidable, particularly when it comes to travel.

- Where possible, using public transit or taxis and paying in cash can minimize exposure to travel surveillance.

- Traveling safely and securely is nearly impossible in the current environment meaning what we need is comprehensive policy change to ban technology like ALPRs.

MINIMIZING THE PROBLEM

- Transit cards are often tied to credit card details or other personal information used to obtain credit.

- An immense amount of personal data is required for air travel.

- ALPRs have been used by police to identify and track abortion seekers getting care across state lines.

- Transit cards are often tied to credit card details or other personal information used to obtain credit.

- An immense amount of personal data is required for air travel.

PROBLEM!

AUTOMATED LICENSE PLATE READERS (ALPRs), TRANSIT SURVEILLANCE & AIR TRAVEL

UNAVOIDABLE TRACKING:



The trip took two days and my peer navigator checked in on me throughout the journey.



My anxiety was at an all time high when I arrived in Los Angeles, but as I checked into my accommodations my peer navigator called me to make sure that I was settled. They answered all of my questions about what to expect during my appointment, and offered delivery of aftercare items including my favorite snacks, heating pad, etc.

Two days after my appointment, I felt strong enough to return home. My peer navigator reminded me of the digital safety tips I learned and ensured that they would check in on me to make sure I was adjusting okay.

I didn't have to worry about being judged by strangers or navigate a new health experience all by myself; the SWANS team made sure I had the support and tailored resources needed to feel in control of my body and the confidence to make the choices that were best for me.

All people have the right to determine their own life choices, and what they do with their bodies.

All sex workers, regardless of age, size, race, gender, sexuality, disability status, HIV status, drug use practices, immigration status, parenthood status, or frequency of involvement in the sex trade, deserve to feel valued and respected.

www.swoplosangeles.org/sex-workers-abortion-navigation-services/

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