

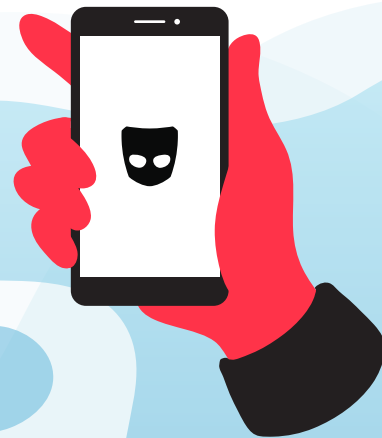
# GRINDR HOLISTIC SECURITY GUIDE



## INTRODUCTION

Di LGBTIQ+ community dey vibrant, strong, creative, and dem dey gidigba—because say na so dem need to be. Everywhere for di world, LGBTIQ+ people dey experience plenty katakata, inequality, violence, and abuse because of di way dem dey love and who dem be. Based on threats and challenge dem wey dem dey face, our sharp queer people don dey use internet—especially social media dem—so dem go get peace of mind if dem dey follow person talk, or if dem dey try arrange matter with people wey be like them.

With people wey dey use di app every day, Grindr don become important part of di community as e dey serve as better place wey queer people fit to follow each oda talk. But even as Grindr dey try make di app safe, some of di features wey e get fit put people wey dey use am for wahala.



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Safety nor be wetin consign only users, na why Grindr dey always find how fem fit take increase security for di app—not just because dem wan protect people wey dey use am, but so dem go fit give dem better information wey go make sure say dem safe for dia waka.

As part of di things wey dem do, Grindr for Equality don join bodi with LGBTIQ+ and health activists, and organizations for all over di world—even users—create Holistic Security Guide wey contain many areas wey consign di safety of people wey dey use am. Because of di ogbonge feedback and advice wey dis people give, we don dey able to share dis important information to helep people enjoy dem experience for Grindr and still dey safe.



This guide go use di method wey dey reduce harm, so everybodi fit continue to dey use Grindr and dem go increase wetin dem know about how dem fit reduce any kasala wey fit reach dia side. Dis method wey dey reduce harm na public health inspire am. E dey designed to reduce di bad bad social and physical consequences wey dey follow different human behaviors, as we sabi di wahala wey dey inside some activities wey we dey do everyday.

## WETIN BE HOLISTIC SECURITY?

Holistic security na di method wey combine digital security, personal safety, and self-care into normal practises wey we fit take manage our security.

For wetin we dey try do, we go divide di guide like so:



## DIGITAL SECURITY

Digital security na di practice wey dem dem use protect people wey dey use internet, dia device, and data from people wey no get permission or people wey fit use di internet attack dem. If you dey live for place where you dey for danger because you be LGBTIQ+, dis na some important steps wey you fit take keep yourself safe as you dey use Grindr.

“E no make sense to dey dig well after di house don catch fire.”

*~Indian proverb*

### **Don't Post Pictures with Identifiable Features:**

If you dey live for place where you fit enter wahala if you show who you be for Grindr, plenty ways dey to use di app wey no go put you for danger.

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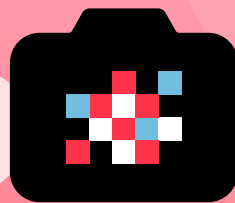
- Nor show your face or anything wey dem fit take recognize you, whether na tattoo, furniture, how you take decorate your house, or how your surroundings be.
- Comot metadata when you take foto dem. Camera dey always add metadata when you take foto dem. Dis information wey no dey show fit contain where you dey, di date, time, and di place where you take di foto. Even if di foto no show your face or any oda thing wey dem fit take sabi you, dem fit still use di metadata wey dey di foto take learn plenty things wey consign you. Dem get plenty apps wey fit comot this data for you before you begin share di foto with people wey you no know.
- If you dey follow pesin talk and you go like send am foto, try fade some kain things to hide who you be. E fit still be beta way to share foto with people, wey you no go too show yourself. No forget say no be every time you fade foto na im e go work sake of say e got some software wey go fit carry di foto back to as e dey before. Make you try use foto wey go fit show di kain person wey you be in anoda way wey consign di things wey you dey like do.
- To sabi more about how you fit take fade your foto on top Android fone, click this link wey follow so:

**<https://guardianproject.info/apps/obscuracam>**

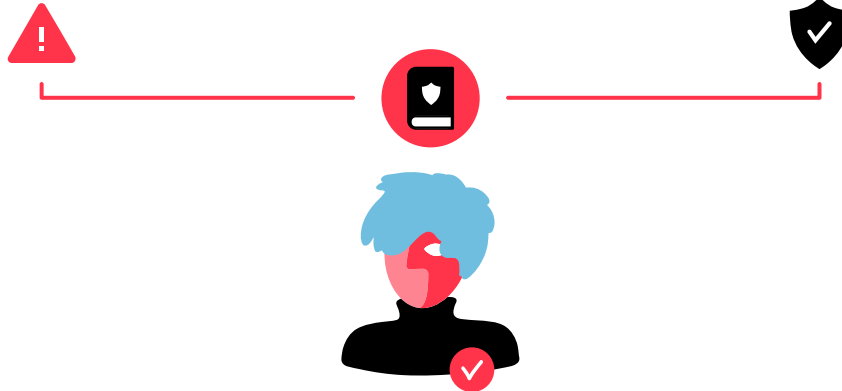
For people wey dey use IOS:

**<https://itunes.apple.com/us/app/blur-photos-free-for-iphone-ipad-and-ipod-touch/id931207837?mt=8>**

- When you dey talk to people wey you no too sabi, e dey beta to cover di camera for your fone, laptop, or tablet. For people wey dey use android you fit do am digitally with di Camera Blocker app.



## Scenario 1



*Julio na 35 years-old man wey dey like date people wey e meet online. E dey always feel like say di app na correct and safe way to arrange matter with oda men. One day, Julio send foto wey dey show where e dey work for di background to pesin wey turn out to be blackmailer. This pesin blackmail Julio for over a month, say e go expose who e be to people wey dey work with am.*

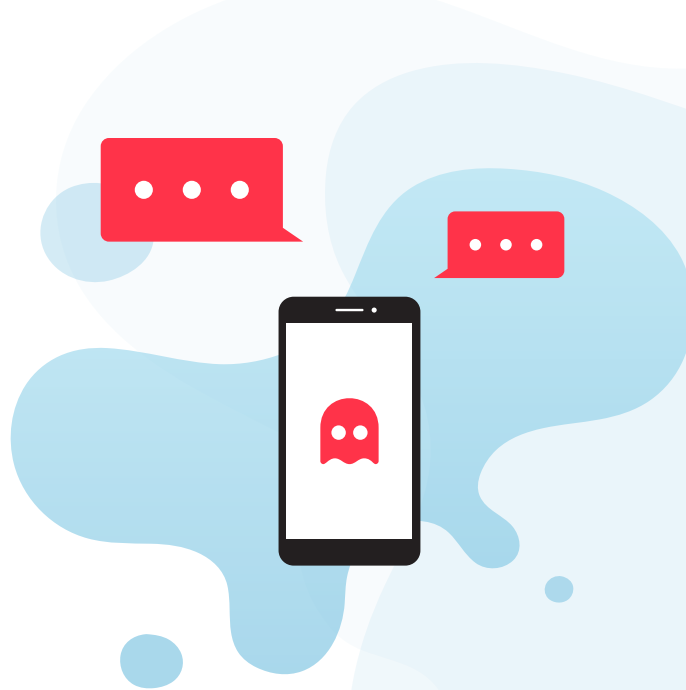
### **Wetin Julio for don do differently?**

**Julio for no show e face for foto, and e suppose make sure say oda things sey dem fit take recognize am, like where e dey work or any kain thing wey fit let pesin know who e be or cause wahala for am.**

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## **Meet for Place Wey Dey Safe:**

To dey give people your home address fit get wahala. Make sure say your mind and bodi agree with pesin before una go meet. If you don ready to meet pesin, try meet am for somewhere wey you know say e day friendly to LGBTQ+ people if one dey your area. If you wan carry your talk comot for Grindr, think to use messaging apps wey dey secure with end-to-end encryption. Some of di apps wey dey safe na Wire, Signal, Jitsi, and Appear. Abeg remember say if you wan use Wire, you no need to register with your fone number, you fit just use email address if you want. If you dey use signal, you fit set di time wey di messages go delete comot. After some kain time don pass, all your talk go just disappear on e own.



## **No Use Personal Information for Your Grindr Profile:**

No give your correct name, address, fone number, or any kain information wey fit help pesin recognize you for your profile. If you show your personal information, e fit make am quick easy for pesin to sabi your social media profile.

## **No Connect Your Social Media Accounts:**

E get some apps wey dey go allow or ask you to login with another social media account. This kain connection between your social media and oda tools wey you dey use follow people talk fit give person road to take find information about you.

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If naso e be, try follow dis step dem:

- Use another name for Grindr wey different from your oda social media apps.
- Give another number and email address wey you no dey usually use.
- No connect or sign in through social media, if you fit. If e dey necessary, get another social media wey you go dey use for to dey log into social media.
- No give your fone number unless e dey absolutely necessary.

## **Your Messages Dey Save for Two Fone dem (Your Own and di Oda Person Own):**

No share any personal information, foto dem or videos wey no go normally share give people wey you no know. E get some countries wey dem fit use this information as legal evidence against you so dem go fit put you for prison.

## **No Dey Use Internet With Wi-Fi Hotspot:**

Wi-Fi hotspots wey dey public places like airports, coffee shops, libraries, and hotels fit dey easy to use, but dem no dey too secure. If you get another option apart from dese networks wey no secure, and if no legal trouble fit arise, we go advice say you always use virtual private network (VPN) for your fone.

To sabi more about VPNs, try look this links wey follow so:

[https://en.wikipedia.org/wiki/Virtual\\_private\\_network](https://en.wikipedia.org/wiki/Virtual_private_network)

<https://www.psiphon3.com>

<https://nordvpn.com>

<https://www.tunnelbear.com>



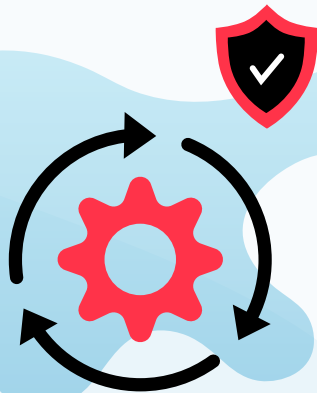
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## **Always Update di Software for Your Fone:**

Software updates go protect you from known security threats and provide some kain new things and beta speed. People wey dey use smartfone with old software fit fall victim to attackers wey go gain strong control (wey dem dey call "root access" for Android systems and "jailbreaking" for iOS systems) over dia devices, and allow them to read di message wey dey your social networking app dem. E dey important to monitor updates wey come from official source like Google Play, F-droid, or The Apple App Store. To get more information about root access and jailbreaking check:

[https://en.wikipedia.org/wiki/Rooting\\_\(Android\)](https://en.wikipedia.org/wiki/Rooting_(Android))

[https://en.wikipedia.org/wiki/iOS\\_jailbreaking](https://en.wikipedia.org/wiki/iOS_jailbreaking)



## **Enable Remote Wipe for Your Smartfone:**

E good if you fit wipe your smartfone from anywhere so that if your information, foto, etc., enter di wrong person hand you fit clear am. If dem thief your fone, you go wan make sure say all di information wey fit put you for trouble dey easy to wipe comot. To sabi more about how to wipe your fone from anywhere you dey, check di links wey follow so:

<https://support.google.com/accounts/answer/6160491?hl=en>

[https://support.apple.com/kb/PH2701?locale=en\\_US](https://support.apple.com/kb/PH2701?locale=en_US)

<https://preyproject.com>



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## **Protect di Foto dem and Videos Wey Dey Your Fone:**

If you must get foto or video wey fit put you for trouble for your fone, make sure say you store dem in a way wey dey secure. You fit carry dem go private gallery for your fone or use online applications like Photo Vault.

## **Use Pin Take Lock Your Grindr Profile:**

People wey dey use Grindr fit set up dia Grindr app to show "Enter Security Pin" where dey must to enter dia 4-digit pin to use Grindr. You fit still hide your app with di Discreet App Icon option, wey dey make di Grindr app resemble another thing like camera or calculator app.

We develop dis features dim for Grindr user wey dey fo country where if dim know say dim be LGBTQ, den fit put den in danger, like country den where make person be gay fit dey punishable by death penalty. E dey available to users fo di rest of di world as part of Grindr Xtra and Unlimited.”

## **Hide Distance for Your Grindr Profile:**

You fit disable "Show Distance" for your profile and cascade. E fit help if you dey live for dangerous environment and you no want make any kain people know where you dey.

For some country den where make one be LGBTQ fit put pipu for particular danger, we don already disable di feature for distance for everyone.

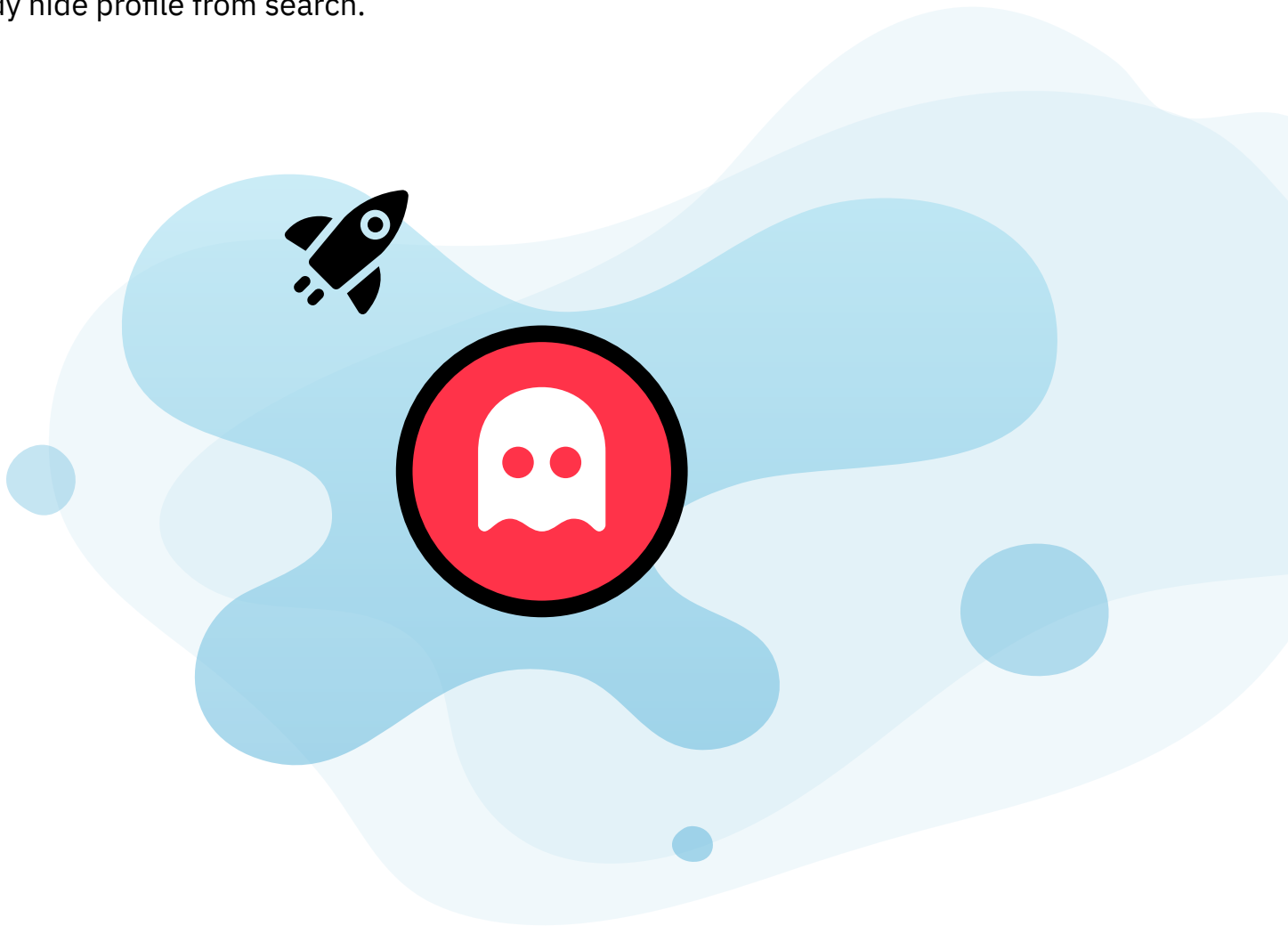


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## **Hide from Explore Searches:**

People wey dey use Grindr fit decide say dem no want make oda people use "Explore" search take find them because na di thing wey dey allow people browse your area even though dem no dey live close to you.

For some country dem where make one be LGBTQ fit put pipu for particular danger, we don already hide profile from search.



## **Block Profiles:**

If you feel say di pesin wey you dey follow talk for Grindr fit put you for trouble, you fit block am so dem no go fit find you or talk to you again for di app.

## Scenario 2



*Ahmed na 25 years-old and e dey live with im family. E don dey used to dey give im fone to im mama, brother, or friend to dey check things. One day, Ahmed give e sister di fone make she look some family foto dem. Na so di sister go mistakenly see im Grindr profile and di foto dem wey e naked snap for di fone gallery.*

### Wetin Ahmed for don do differently?

**Ahmed no suppose dey give im fone to oda people, but as e dey do am often and e no warn make people dey take eye look am, e for don use pin lock Grindr, come change di app icon. Even sef, e for don lock all im private foto dem and videos put for locked vault app. Finally, when e dey shoot private videos, Ahmed fit also first shoot a few seconds of im hands as e dey cover di camera lens. E go cause black cover to show for di gallery app, so dem no go quick recognize di kain video wey really dey dia.**

## PERSONAL SAFETY

Personal Safety na di freedom from physical harm, and di freedom from bad belle, aggression, harassment, and loss of control over your own bodi. When e reach personal safety for social networks, you need to use common sense take respond so you go dey safe. If you dey live for place where you fit enter kasala if you be LGBTIQ+, dis na some important things wey you fit do to make sure say you no use your personal safety play as you dey use Grindr.

### **Try Find Out Wetin You Fit About Your Date:**

If you dey follow pesin talk for Grindr, and una don decide to meet for real life, e go better say you ask about am from people wey fit know am or even find dem for Google or social media.

### **First meet for Public Space Wey Dey Safe:**

When you dey meet people wey you no know for di first time, e go beta say you meet them for public place. E dey important to meet for place wey dey LGBTIQ+ friendly, or wey no dey known to be "unfriendly".



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## **Tell Your Friend Where Una Dey Plan Meet:**

E dey always make sense to let people know where you dey go. E go also beta to get emergency plan. For example, arrange make your friend come meet you if so and so time don pass and you no call them. Also, when you meet pesin for di first time, try make you no carry plenty personal items like credit cards or cash. E get some useful applications wey go help you track everywhere you go for your own safety like "Trusted Contacts" and "My Family Tracker".

## **Clear Your Fone When You Dey Meet With People Wey You No Know:**

When you go meet person you get date with from di app, clear every talk wey get sex inside, foto dem, and videos. No save numbers with names wey contain sexual identification like Top/Bottom/Hornet/Grindr or any description wey get sex mata.

## **No Take Too Much Alcohol and Drugs:**

If you comot with pesin wey you no too sabi, no drink too much alcohol or use drug. No gree take anyhow drinks or substance. Drink and drug fit reduce your ability to see and avoid wahala before you enter inside.



## **If Dem Arrest You:**

If you enter any kain wahala wey dem arrest you, no confess or agree say you do anything. Even if dem get proof, no say anything. Find out about organizations or groups for your area wey dey provide direct legal services, e fit be LGBTIQ+ organization or regular organization wey dey fight for human rights.

## SELF-CARE & WELL-BEING

Fear, anxiety, burnout, stress, and trauma get bad effect on top our health. E dey block our ability to think well and make decisions about our safety and security wey make sense. Na why self-care and well-being be di koko of our holistic security strategy. Self-care na how we dey look after our body, mind, and emotions, and how we dey monitor di environments wey dey around us. As our appreciation for ourselves and our respect our body and who we be dey start with our self and end with di people wey we dey date, this na some things wey fit help you dey safe, and help you get peace of mind for your love waka.

“To dey care for myself no be gbaladun, na to preserve myself and dat one na act of political warfare.”

~Audre Lorde

### **Take Care of di Things Wey Get Your Back:**

Try find environments wey go welcome you, support you, and wey go dey safe for your life—e fit be group of beta friends and people say get your back, people wey kind, or even people wey fit understand and relate to you.

### **Take Care of Your Mind and Body:**

E dey important to take care of di health of your mind and body. Always talk beta talk with di people wey dey your life about wetin your mind, feelings, and body need. If you get any mental health condition, no let di shame affect how you dey see yourself. No forget say no single shame dey if you ask for help when you need am.



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## **Take Care of Your Body:**

E dey important to take care of our body, as e go fit reduce feelings of anxiety and depression. Care for your body dey start with how you dey sleep, wetin you dey chop, di exercises wey you dey do, etc. As dem talk, "Everybody no be di same, and every body no be di same" so no forget say no be only one way you fit take care for yourself and no be only one type of ogbonge body dey. Try learn di right ways and how you fit take care for your body and decide wetin you wan achieve.



## **Take Care of Your Sexual Health:**

Try do HIV and oda STIs tests regularly. Dey do am at least three times a year, and always talk to di people wey you meet about wetin you want for your safety. To sabi more about sexual health check di Grindr Sexual Health Resource Center:

<https://grindr.me/sexualhealth>

## **Your Body Na Your Own:**

No let anybody make you feel like say who dey attracted to or who you love dey abnormal. No let anybody put shame for your body or tell you say wetin you like no be wetin good for you. And no let anybody force you knack if you no wan knack.

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## **Collective Community Support:**

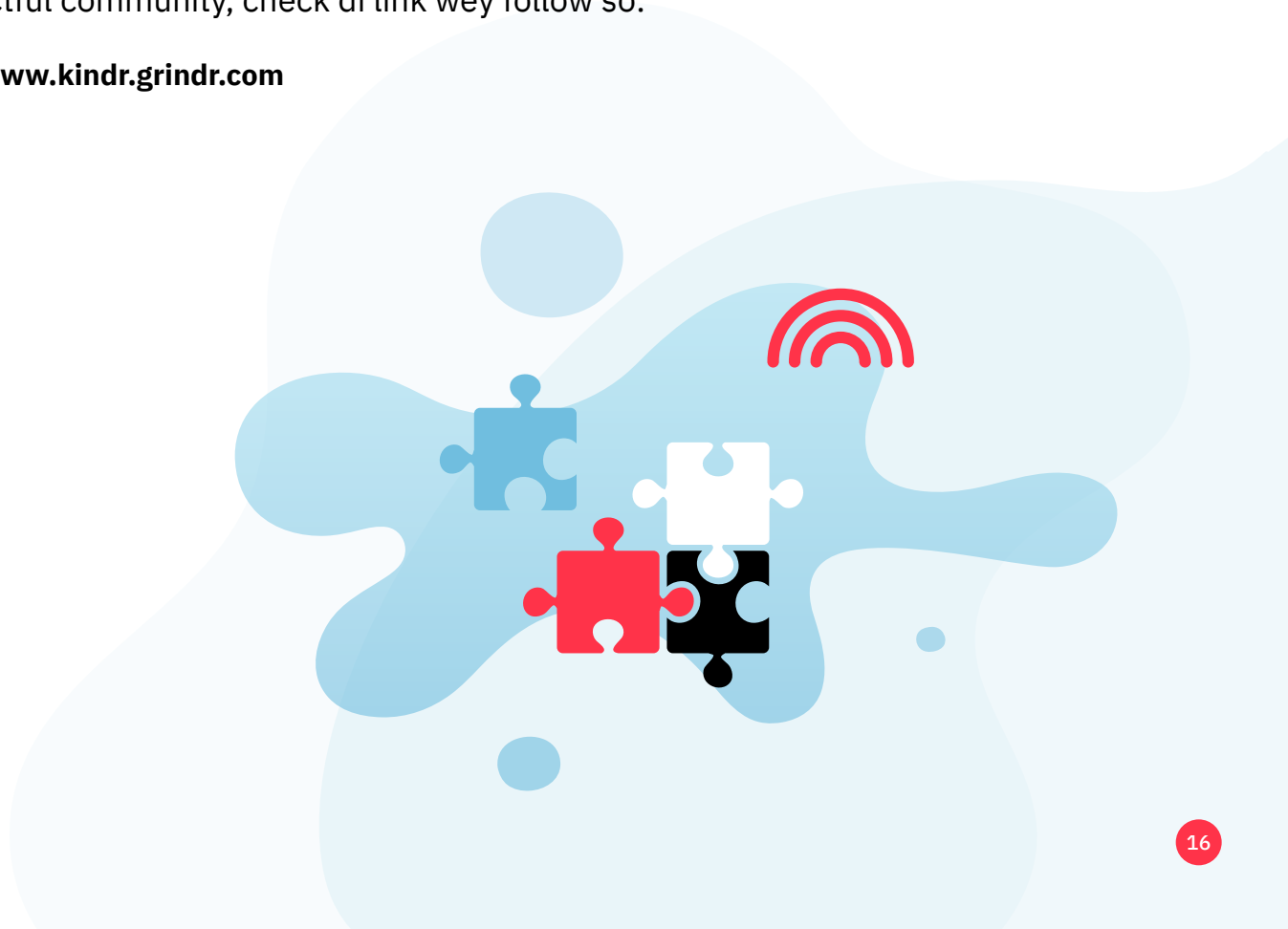
As LGBTIQ+ community, e no get why we go dey get bad belle for each other, as di world fit already dey wicked to people like us. Na our duty to dey there for one another when e feel like say di world dey fall our hand. Your LGBTIQ+ friends fit become di family wey you choose, so make we promise today say we go dey there for each other—we go dey nice, understanding, and we go get each oda back for real life and di internet. Together we fit build di kain world wey we dey dream of, world wey discrimination, stigma, racism, sexism, homophobia, transphobia, and any kain violence no go dey again.

## **Our Differences Make Us Special:**

For di dating world, we too dey forget say we dey talk to people wey get different backgrounds, life experiences, ideas of who dem be, and decisions. We must try to treat people with respect, politeness, and kindness. We need to dey more mindful of di differences wey make us wonderfully different and special. Always ask if you no know. No assume!

To sabi more about how we fit join hands increase di talk and begin work towards a kinder, more respectful community, check di link wey follow so:

<https://www.kindr.grindr.com>





## Scenario 3



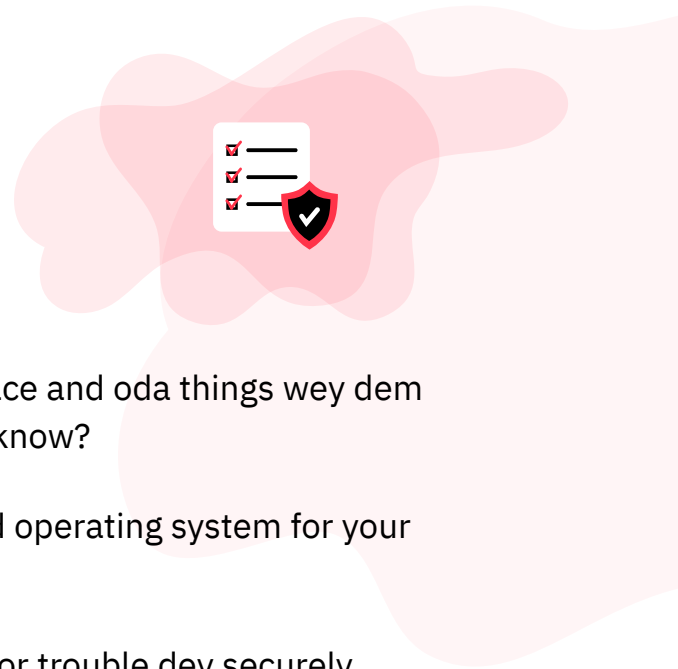
*Shirin na 29-year-old transgender woman and courageous activist for her country. Shirin been dey follow pesin talk wey she don know on top di internet for some time, but she stop after she notice say e nor dey respect her identity and e no dey treat am like woman. Di guy dey always ask girls things for dia sexual relationship wey she no like. After some days, Shirin get message on top her Facebook from di guy with link. As she open di link, she notice say messages wey dey put fear for her bodi begin dey enter her personal email. Di messages bin dey aggressive and r no dey stop. Stress come full her bodi. She feel say she nor dey safe again and dem don mess with privacy because she nor share her Facebook profile or personal email address with this person.*

### Wetin Shirin for don do differently?

**Shirin for share only small personal information give di pesin, so e for no fit use am find her Facebook or personal email address. As she share plenty information with am, she give di pesin wey dey attack am di way to track her outside di app. Now, she go need change her passwords. She go also need to talk to digital security expert wey go fit make sure say dem no download tracking software or malware put for her fone.**

## ASSESSMENT TOOL

Under you go find some questions wey go let you understand di level of holistic security where you dey. Di goal of dese questions is to help you reason your how you dey think about your safety. E also dey designed to help you see whether you dey give yourself di highest level of protection for your love waka and your everyday life as pesin wey be LGBTIQ+.



### Digital Security Checklist:

- Shey you dey share foto wey dey show your face and oda things wey dem fit use recognize you with people wey you no know?
- Shey you dey regularly update di software and operating system for your fone?
- Shey videos and foto dem wey fit put you for for trouble dey securely locked inside encrypted file or app?
- Shey your fone get anti-virus and anti-malware wey dey up-to-date?
- Shey you dey delete di metadata wey dey your foto dem before you share dem give oda people?
- Shey you dey use public Wi-Fi wey dey hotels, airports, or cafes without VPN?
- Shey you dey use PIN Code lock your Grindr?
- Shey you dey use password, pattern, or fingerprint for di lockscreen of your fone?

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## Personal Safety Checklist:

- They you dey usually screen di people wey you dey talk to or date for Grindr?
- When you dey go meet pesin, they you dey tell friends wey you trust where you dey?
- They you dey always make sure say you meet people wey you no know for public place first before you carry them go your house?
- They you dey clear all di sexual chat and foto dem wey dey your fone before you go out with pesin?
- They you sabi your legal rights if dem arrest you?

## Self-Care Checklist:

- You dey aware of wetin your body, feelings, and mind need?
- They you sabi how to set boundary?
- They e easy for you to support yourself and believe say you deserve care?

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- Shey you dey always eat di kain food wey go make you healthy, happy, and okay with your body?
- Shey you know wetin your strengths be and how you fit put them inside di relationships wey you get for your life and your work?
- Shey you dey go see doctor when you need am and to prevent some kain things before dem happen?
- Shey you get people for your life wey you fit follow talk about things wey dey important?
- Shey you dey practice self-love and you dey give yourself praise and positive words?

G4E bin dey continue to dey find way to helep di LGBTQ community. If you wan know more about G4E or you get questions dem, abeg, contact us for [equality@grindr.com](mailto:equality@grindr.com).