

Digital Safety for Abortion Access

Disclaimer: The information in this fact sheet is not legal advice.
For current information on the law, your legal rights and self-managed abortion, visit ReproLegalHelpline.org.

ABORTION REMAINS LEGAL IN NEBRASKA.

However, the reversal of Roe v. Wade and the increasing extremeness of anti-abortion legislation efforts across the nation highlight the critical need for individuals to be aware of their digital footprint and any safety measures to take to increase privacy related to reproductive rights.

No one should have their digital information used against them for seeking health care and people’s pregnancy outcomes should not be investigated.

Below are a few suggestions for how to protect yourself and keep your online activities more private and secure:

- Communicate with others about abortion, pregnancy and reproductive health using secure end-to-end encrypted messaging platforms like Signal and Proton.
- Turn off the location tracking services on your phone, especially when you are going to seek reproductive health care.
- Use Euki instead of other period- and fertility-tracking apps. Euki is a secure sexual health platform that contains an interactive and customizable calendar that helps you track everything about your sexual and reproductive health.
- Switch to a private search engine like StartPage to ensure that your search history is not being tracked.
- Browse in incognito mode and clear your browser history regularly.

These are only a few precautions you can take to keep your digital activity private. If you would like more information, refer to the Digital Defense Fund and their resources on establishing digital privacy for abortion access.

---