

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.

Digital security is increasingly important in regards to accessing your reproductive rights. As anti-abortion legislation intensifies, text messages, emails, search histories, location data and even period-tracking apps can be used to surveil people, thereby jeopardizing an individual's right to privacy in relation to their health care.¹ **Many technology companies track and store a wealth of information about users through their digital activity and sell it to advertisers and marketers.**² **This data can also be made easily available to law enforcement and prosecutors with a subpoena from a judge.** Existing statutes do not safeguard this information from being used by the government to monitor and penalize those seeking abortion care.³

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.

¹ Kim, J. (July 2022). "Data privacy concerns make the post-Roe era uncharted territory." NPR. <https://www.npr.org/2022/07/02/1109565803/data-privacy-abortion-roe-apps>.

² Ortutay, B. (June 2022). "Why some fear that big tech data could become a tool for abortion surveillance." PBS. <https://www.pbs.org/newshour/economy/why-some-fear-that-big-tech-data-could-become-a-tool-for-abortion-surveillance>.

³ Crockford, K & Wessler N. F. (May 2022). "Impending Threat of Abortion Criminalization Brings New Urgency to the Fight for Digital Privacy." ACLU. <https://www.aclu.org/news/privacy-technology/impending-threat-of-abortion-criminalization-brings-new-urgency-to-the-fight-for-digital-privacy>.

Advocacy for abortion access aligns with the Women's Fund values of: **Equity, Intersectionality and Bodily Autonomy**. To learn more about our mission, vision and values, visit www.OmahaWomensFund.org.