



LIFE DURING WAR: ADVICE ON SAFETY, FIRST AID AND RESISTANCE

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Introduction

Ukraine has been resisting Russian aggression not only since 2014, but throughout most of its history.

Today, during a full-scale invasion, resistance to aggression is not only about partisan movement and active actions. This term has gained a much broader interpretation. It includes fighting on the battlefield and in the rear, resistance to missile and energy terror, and resistance to hostile propaganda and fakes.

The contribution of every Ukrainian is extremely important, so resisting despair and excessive anxiety, taking care of yourself and your loved ones in a situation where enemies want to destroy you every day is also an important form of resistance. Taking care of yourself also means knowing the rules of safety in emergency situations and counteracting enemy propaganda. So, each of us can join the resistance to the occupiers in their own place.

This guide contains advice that will help you stay safe in emergencies, advice on tactical medicine to save your life and health, tips on internet safety and non-violent resistance. Read, analyse and plan your actions.

The guide was created by the team of the **Dovidka.info** project from the **Centre for Strategic Communications and Information Security** in partnership with the **National Resistance Centre**.



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SAFETY RULES IN THE DE-OCCUPIED AND NEAR-FRONTLINE TERRITORIES

How to safely move around the de-occupied territory

Mines and other explosive devices can be present in abandoned buildings, on the streets, in fields, forests, and on roadsides. The following rules should be observed in areas where there have been recent hostilities:

Safe movement in the de-occupied territory

- use asphalt and concrete roads;
- don't approach abandoned buildings, cars, checkpoints;
- don't touch weapons, equipment or any suspicious objects;
- don't enter forests and forest belts, gardens, fields and vegetable gardens.

Before you first enter a house or apartment located on the territory liberated from the occupiers, be sure to wait for an inspection of your home by specialists. Explosive devices pose a particular threat during field work and construction.

Signs of the presence of improvised explosive devices

- unusual appearance of objects, sometimes certain sounds (for example, ticking)
- small parts used in the installation of explosives: wires, containers
- an unusually large number of footprints, remains of electrical tape or wires, cigarette butts or cigarette packs indicate the work of an occupier-bomber
- small changes in the relief (bumps) or differences in vegetation cover from other areas nearby
- dry or tied bunches of grass or bushes in one place
- piles of stones stacked in one place, often on the roadside, or freshly dug up soil on a small section of road
- sand, clay or other-coloured earth that looks unnatural

If you happen to be in a mined area

If you see an explosive object,
you must **NEVER**

- approach the object;
- touch, push, or pick it up;
- try to cut or disable the device yourself;
- use radio communication equipment or telephones near the item;
- set it on fire or make a fire nearby



If you see a mine or a fresh funnel from a distance, stop moving immediately. Then, without moving your feet (you can crouch down), inspect the area around you for mines or wires. Immediately tell people nearby to stay away from the danger zone. Ask them to move away and call the emergency services.



**ONLY TRAINED PROFESSIONALS CAN DEFUSE EXPLOSIVE DEVICES.
SELF-CHECKING CAN KILL OR MAIM.**

To warn other people about the danger

A signal of mine danger can be:

- a jar, bright cloth, ribbon or tape on a nearby tree/fence
- a stick with warning markings on it
- a pile of stones/bricks, crossed sticks
- a self-made sign on a piece of cardboard with the inscription "MINES"
- warning signs on signposts or road signs

Telling children about mine safety

Present information to your child in an age-appropriate way. Show a cartoon, pictures, make up a movement or a game.

Four movements to help your child remember the algorithm of actions



Hands in the shape of binoculars near the eyes

1. "Be careful"



Arms crossed in front of you

3. "Don't touch"



Arm extended forward with an open palm

2. "Don't come close"



A palm near the mouth with a loudspeaker

**4. "Call an adult"
"Call 101"**

Be sure to teach your children to recognise possible signs and pointers that indicate explosive areas. Tell them where explosive objects can be hidden (playgrounds, abandoned houses, destroyed or abandoned cars). Explain that mines can be hidden in toys, boxes, bottles, phones and other things scattered on the street. Teach the rule **"I don't take it if it's not mine"**.

Most mines have self-destructing mechanisms and can therefore explode even when stationary. Only demining specialists can approach and defuse such items. More materials on mine safety for children can be found on the UNICEF website bezpeka.info.

The best way to educate children is through your own example.



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WHAT TO DO DURING AND AFTER ARTILLERY SHELLING?

The best and safest place to be during shelling is in a shelter. A safe recessed room is also suitable. But choose a place in the corner and close to the exit so that you can leave the house immediately if a shell hits.

If there is no shelter nearby

Indoors: hide in a room far away from windows and doors (bathroom, corridor). Follow the **"two walls"** rule.

Outdoors: Immediately lie on the ground and cover your head with your hands or a bag. Turn your feet towards the direction of the shooting or explosions and open your mouth. Take cover behind any ledge (sidewalk, recess in the ground, ditch, trench). **Don't hide behind cars or kiosks.**

Wait out the first shelling lying down, and then go to a shelter if you can.

In transport: demand an immediate stop and run as far away from the cars as possible, lie on the ground. If you are surrounded by a forest, field or forest belt that may be mined, lie down on the roadside and don't go deep into it.

Stay in the shelter for 10 minutes after it ends, as there is a threat of renewed shelling.

After shelling check if you are injured and if there are any injured people nearby. Provide first aid to the injured and call medics and rescuers if necessary. If there are destructions, don't start clearing the rubble yourself, wait for the experts.

Signs of a chemical attack:

Pay attention to the external signs of chemical weapons use: the incapacitation of 2 or more people for an unknown reason, the sensation of strange smells or tastes, massive rapid death of small animals or insects, detection of sharp atypical symptoms in yourself such as nausea, breathing difficulties, irritation of mucous membranes and skin, disorientation and sweating.

Algorithm of actions:

- Carefully follow the messages from official sources and strictly follow the instructions provided.
- If you are **outside**, leave the contaminated area as soon as possible, but don't run to keep your breathing calm and inhale as little poison as possible. Head to a nearby shelter.
- If you are **indoors**, if possible, get to the highest floor to the room with the fewest windows and doors. Close windows, doors, vents, and anything else that allows air from the outside to enter the room. Don't eat or drink potentially contaminated food or water.

- If you are in a **car**, don't block the path of emergency transport and move to the side of the road. Turn off the engine and close all air vents. Cover your nose and mouth with a cloth, scarf, handkerchief, etc.

Signs of a phosphorus attack:

Phosphorus munitions can be identified by their characteristic glow, similar to fireworks, also they emit white acrid smoke with a strong smell of garlic.

Algorithm of actions:

- If phosphorus gets on your clothes, take it off as soon as possible. **Don't touch the phosphorus with your hands!**
- If chemicals get on both your clothes and skin, immerse the potentially affected areas in cold water or immerse yourself in all your clothes.
- Moisten the skin and remove visible phosphorus particles (preferably under water) with a non-sharp object (knife handle or tweezers).
- Cover phosphorus burns with a wet bandage and keep it moist. **Under no circumstances use** cotton wool, baking soda, hydrogen peroxide, fat or oil-based ointments.
- If you need, take painkillers and call an ambulance.
- If phosphorus gets into the eye, cover it with a hard eye shield. Secure it over the eye with adhesive tape at a 45-degree angle across the forehead and cheek. If you don't have a shield, you can use tactical goggles or make an improvised shield (paper cup) to protect and avoid pressure.

Where to find information about alerts, shelling and possible attacks?

Focus on messages from government institutions. Follow the news from the State Emergency Service, the army and the government, your regional military or state administrations on their websites or social media, as well as in the messages of the Public Broadcasting Company.

There is an official channel that informs about chemical, man-made or other types of alerts in any region of Ukraine – **"Air Alarm"**. You can download the app or subscribe to notifications in the Telegram channel. The app works even in silent mode.



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IF YOUR DWELLING OR PROPERTY IS DESTROYED OR DAMAGED.

Compensation for destroyed or damaged housing in Ukraine is provided by the state under the "eRecovery" programme. To receive compensation, follow these instructions.

Algorithm of actions:

- Report the incident through the ASC (Administrative Service Centre), a notary, or in the Diia app.
- Contact local authorities or the military-civilian administration and obtain acts that document the damage or destruction.
- Gather all possible evidence of the damage: photos and videos taken on the spot; personal testimonies written down on paper; information from neighbours or witnesses (written down on paper or filmed); reports from the media or social media.
- Contact the State Emergency Service if there has been a fire or accident and to draw up a report on the situation.
- Submit a statement to the police on the fact of committing a crime – destruction or damage to your home as a result of military aggression. Provide evidence of the destruction or damage to property and all the acts where it was recorded. The police will open criminal proceedings and provide you with an extract from the Unified Register of Pre-trial Investigations (URPI).

What information should be submitted to local authorities:

- Information about the owner, contacts.
- Property documents (originals or information from documents if they are lost)
- Information about the damage: when it happened, what was destroyed, photo and video evidence, if any.

How to gather evidence:

- Take as many photos and videos as possible.
- Take pictures of the yard, and take pictures of each building on each side from the outside, including holes, bullet holes, and debris.
- Inside the house, record all damage: walls, floor, ceiling, furniture, appliances.
- Take pictures of damage to doors and windows from both sides.
- Take photos of damaged utilities: gas, water, sewerage, and electrical networks.
- Draw up a free-form property damage report.
- When recording video, comment on what you are filming. At the beginning, say the location, date, time, name what you are filming and describe everything in the frame.

- **Don't edit** the video or photo.
- **Make copies** of all data.

Important: first, collect evidence and obtain all acts, and only then start construction or repair work.

Types of compensation

- Compensation in the form of a certificate is provided for housing that can't be restored. It can be used to purchase housing, both in new buildings and on the secondary market. The certificate can also be used to buy a house or apartment that is still under construction or design.
- Compensation in the form of a financial payment. The money is transferred to a special account called "eRecovery". The money can be spent on purchasing construction materials, ordering repair services, and building new housing.

Obtaining compensation under the "eRecovery" programme

- You can pen an "eRecovery" account in a bank (online in the application or offline in a branch). List of banks where you can do this: Monobank, PrivatBank, A-Bank, Sens Bank, Pumb, Raiffeisen Bank, izibank, sportbank, Accordbank, Bank Vostok, Bank Clearing House, Oschadbank, Pravex Bank, Globus Bank, Tascombank.
- Submit an application through the Diia app (menu "Services" – "eRecovery" – "Submit an application for payment") or the website of the "eRecovery" programme by Diia.
- If you can't submit an application through the app or website, you can do it through the Administrative Service Centre, a social protection authority or a notary.
- A special commission will then contact you to arrange a meeting to inspect the property and determine the amount of compensation.
- The Diia app will notify you of the commission's decision. If approved, the money will be sent to your "eRecovery" card or a certificate will appear in the Diia app or on your email.



SAFE EVACUATION FROM DANGEROUS REGIONS

Evacuate only after the notification of the Ukrainian authorities, as this is a process that should be carried out in an organised manner, with clear routes and an action plan. Gather the most necessary things, including documents, money, medicines, clothes and food. If you evacuate with a child, put a note in his or her pocket with basic information about him or her and about the final destination. Before leaving, take a picture of a child.

How to find out about the start of evacuation:

- on Ukrainian radio and television frequencies
- from official government sources through social media and messengers
- from mobile groups with loudspeakers, if there is no connection in your area
- from employees of the State Emergency Service or local authorities, who inform the population in person, going door-to-door. They also receive people's written consent or refusal from evacuation.

If you don't have access to information about the start of the evacuation, are unable to move on your own, try calling **101, 102, 112** and report your location.

During the evacuation, stay calm and help others. If you are leaving by your car, find out about the conditions and ways to leave, don't violate the rules and regulations, and follow the route. Share resources with other people: fuel, food, medicine, etc.

Drive carefully! You may encounter dangerous areas on your way – don't try to cross them quickly, instead wait until the situation stabilises. When you reach an interim or final evacuation point, ask for help, but don't demand it. Local communities are committed to helping as much as possible, but their resources are also limited.

If the occupiers took you out of Ukraine by force

If forced evacuation couldn't be avoided, be prepared that the occupiers will search you or even interrogate you.

- **Prepare your phone and other gadgets.** To save photos, videos, or electronic documents that are important to you, create a backup email address in advance and send it to it. The email address should have a completely unrelated name and be secret so that the occupiers don't find out about it. After you have sent the files to the backup email, log out of it, clear your phone's browser history and bookmarks. Remember your secret mailbox login and password. Don't save them on your phone! To be sure, you can only send them to a person you trust.
- **Be prepared for possible interrogation.** Try to remain calm during the interrogation. Behave as neutrally as possible, don't respond to provocations, don't discuss political views and don't engage in long conversations. From a legal point of view, the safest way to proceed during interrogation is to use Article 51 of the Russian Constitution, according to which no one is obliged to testify against themselves, their spouse or close relatives. This article applies to everyone who is on the territory of Russia. But don't try to appeal to the law if you feel threatened with physical violence.
- **Know your rights, which apply even during forced evacuation.** One of them is the right to inform a close relative of your detention. Try to contact volunteers and share information about your location with as many people as possible. If a criminal

case is initiated against you, you have the right to a lawyer, and you must be provided with a public defender.

- **Once in Russia, try to leave as soon as possible.** Remember that from a legal point of view, no one can force you to stay in Russia or impose Russian citizenship on you. You can leave for other countries by land (Baltic states: Estonia, Latvia) and Finland. You can also (theoretically) buy a plane ticket. In Russia, you can also use the railway. Read more about this on the Dovidka.info website.

**Where to report
about the forced
deportation of your
loved ones if you
are in Ukraine:**

Hotline of the National Information
Bureau

16-48

Hotline of the Ministry of Foreign
Affairs of Ukraine

+38 044 238 15 88

Police

102



TACTICAL MEDICINE: HOW TO STOP BLEEDING

Timely medical care increases the chances of survival and recovery. A person should receive **qualified medical care** within an hour after being injured. Prior to this stage, the victim must receive proper **first aid**.

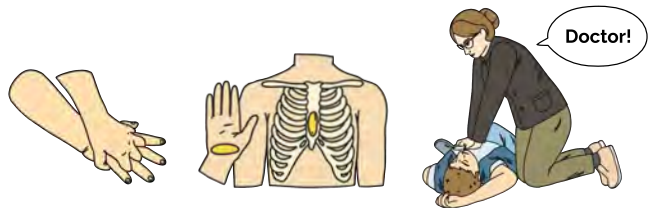
Before helping someone else, make sure that there is no danger to you and only then proceed to the next step.

Approach the victim so that they can see you, this way the person will move their head less. Address the victim: "Can you hear me? My name is (name yourself). Can I help you?"

Examining and assisting the victim

1. Find and stop massive bleedings. These are high-intensity bleeding events that most often occur in traumatic amputations, wounds to the limbs or neck. The main symptoms are: a large blood spot that continues to grow rapidly; intense blood soaking into clothing. See how to do this in the following instructions. At the same time, call for medical help (use a speakerphone) or ask someone to do so.
2. Remove any foreign objects or liquids from the victim's nose and mouth.
 - To make breathing easier, tilt the victim's head back: place one hand on the victim's forehead and lift the chin with the fingertips of your other hand.
 - If the person is not breathing, do indirect heart massage and artificial lung ventilation.

3. Once breathing is restored, continue to monitor it. Single, rare, slow and loud "breaths" are not normal.
 - During the check, you should hear, see or feel the victim's breaths for 10 seconds.
 - If the person is breathing but unconscious, turn them over. Place the palm of the victim's upper hand under his or her head and bend the upper leg so that it presses the knee against the floor.
 - If there is no breathing or it is not normal, start cardio-pulmonary resuscitation.

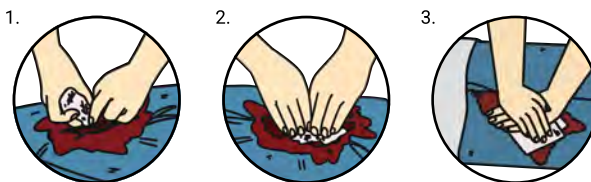


4. Examine the chest. Apply a special plaster (if available) with a valve to close the wounds – an occlusive sticker.
5. Examine the entire body again, treat all wounds, and stop even the slightest bleeding.
6. Ask someone or observe the victim's condition yourself until the medics arrive.
7. If the victim is getting worse, call for emergency medical assistance again.
8. Gather all possible information from the victim or others about the circumstances of the injury and pass it on to the medics.
9. If you are unable to get medical help, you can contact the police or the military.

First aid in case of blood loss

1. Make sure you are not in danger and that you can help the injured person.
2. Put on rubber gloves and, if you have any, protective glasses (make it a rule to take care of your own safety)
3. Find the place of bleeding and remove the victim's clothes or expose the wound so that you can see it fully
4. Try to stop the bleeding:
 - cover the wound with a clean cloth and press on the wound with both hands
 - OR use a tourniquet. Read the following instructions for how to do this correctly.

- OR cover the wound with gauze or a clean cloth (Fig.1, 2) and press on the wound with both hands (Fig. 3)



5. Cover the victim and keep an eye on him or her until medics arrive.

The main rules for applying the tourniquet

The tourniquet can be applied both to the victim and to yourself.

Remember: the tourniquet is used ONLY ONCE.

- The tourniquet is applied above the wound or as close to the shoulder or hip joint (Fig. 1)
- This can be done both on bare skin and on clothing. Before doing so, make sure that nothing interferes in the victim's pockets
- Avoid placing the tourniquet over the knee or elbow, as this will not stop the bleeding but may injure the skin around the joint. Tighten the tourniquet until the bleeding stops (as tightly as possible) (Fig. 2)
- On the tourniquet or the most visible part of the body, write down the time it was applied (Fig. 3)



UNDER NO CIRCUMSTANCES should the tourniquet be removed or loosened yourself! It can only be removed by a medical professional.



HOW TO PROVIDE FIRST AID IN CASE OF CONCUSSION?

A mine explosion, a shock wave from a shell, an extremely loud sound from a rocket explosion – all of these can cause concussion.

Signs of mild concussion are:

- loss of consciousness from several minutes to several hours - disorientation, memory impairment, severe headache
- nausea, vomiting
- problems with hearing and vision
- sudden changes in psycho-emotional state

The term "concussion" is gradually falling out of use, as it refers to a concussion of the brain caused by an explosive wave. Nowadays, the term mild traumatic brain injury is used. Therefore, **in the case of a more severe brain injury**, the following symptoms may also occur:

- loss of balance
- clenching pain in the head or neck
- tingling or loss of sensation in fingers and toes
- inability to move the limbs
- respiratory distress, convulsions, drowsiness
- discharge of blood, clear liquid from the mouth, nose and ears

If at least some of these symptoms are present, call an ambulance immediately.

In addition to head injuries, a person may have internal organ damage and fractures – take this into account when providing first aid.

First aid in case of concussion

- Assess your own safety, as this is the only way you will be useful to the injured person.
- If the injured person's condition allows, move the person to a safe place and lay them on their back.
- Cover the injured person.
- Check: if there are critical bleeds, stop them; airway passability, restore it; the victim's breathing, in case of absence, start cardio-pulmonary reanimation; the presence of other wounds (treat them and stop the bleeding)
- Free the chest and neck if the clothing is tight and prevents the injured person from breathing.



Online version
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WAYS TO PURIFY WATER FOR DRINKING

These methods don't give a 100% guarantee that the water will be safe, but they can still save you from dehydration.

Boiling

An effective method of disinfection. It should be boiled for at least 10 minutes from the start of boiling. It can be stored (even in a closed bottle) for no more than a day.

Tourist water disinfection tablets

Tablets can be bought in tourist shops and pharmacies. They contain chlorine, iodine, chlorine dioxide or other disinfectants. Follow the instructions for use.

Disinfection with iodine

Add 3-4 drops of iodine to 1 litre of water. Pass it through a filter and wait an hour before drinking. The water will have a smell and taste of iodine. You can't drink this water for a long time. If possible, ask for advice from a doctor, as iodine can be dangerous for pregnant women, people with iodine allergy, and people with thyroid problems.

Disinfection with activated charcoal

For 1 litre of water, you need 4-5 tablets. They should be crushed, wrapped in cheesecloth and put into a container of water for 6-12 hours. Such disinfected water will be safe for consumption for no more than 3 days.

Water filters

Buy water filters and additionally purify water from ditches or wells after boiling.

Filtration of rainwater and water from open water bodies (emergency method)

In a critical situation, you can boil river, lake, or rainwater and pass it through a filter. This method should not be used if the water is "blooming", is stagnant, or is contaminated with chemicals or radiation. Use this method only when you need to survive.



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DISHES THAT CAN BE COOKED WHEN THERE IS NO ELECTRICITY OR GAS

To ensure that you always have food, if possible, stock up on instant cereals and soups, canned food, pates, canned vegetables, crackers and biscuits, nuts and dried fruit. **In addition, we advise you to have a stock of porridges that** don't necessarily require cooking, but can be just covered with water and left for a while.

To prepare these porridges, you need **boiling water and a towel/blanket** to wrap the bowl:

which porridge how long it is cooked in boiling water	
couscous	5 – 10 min
oatmeal	20 min
bulgur (small size)	20 min
bulgur (medium size)	40 min
wheat	30 – 50 min
millet	1 h
barley	2 – 3 h

To prepare these porridges, it is enough to have **cold water, kefir or milk**:

which porridge in cold liquid	
semolina	15 – 20 min
couscous	20 – 30 min
oatmeal	30 min – 1h
buckwheat (brown)	5 – 10 h
pearl barley	10 – 24 h
quinoa	24 h

All these porridges can also be cooked in a thermos. One hour of boiling on the stove is equal to 4-5 hours of steeping in a thermos.

How to properly store food in the absence of electricity

- If the power was cut off not long ago, the fridge will remain cold for several hours. Try to open the door as rarely as possible. Eat perishable food first.
- If the temperature outside is low, you can keep the food outdoors.
- Buy perishable food in small portions.
- If you have any fish or meat left in your stocks, it is better to cook them first. And if you're worried that you won't have enough time to eat, invite your neighbours over for a meal, for example.



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HOW TO CHECK INFORMATION AND NOT FALL FOR FAKE. BASIC RULES AND EXAMPLES.

Sources of information that can be trusted:

Messages of the authorities and state bodies on **official websites or verified (with a blue tick) pages in social media**: the President of Ukraine, the Prime Minister of Ukraine, ministries, the General Staff of the Armed Forces of Ukraine, the State Emergency Service, the Ministry of Internal Affairs, Official channels of the RSA.

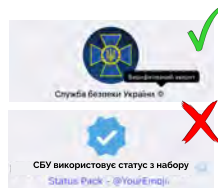
Ukrainian media with good reputation:

- Ukrainska Pravda
- Radio Svoboda
- Suspilne
- Hromadske
- Ukrinform



Russians spread a lot of fake news and there are a lot of deceitful Telegram channels that are pretending to be Ukrainian but are actually not. A list of those that can't be trusted on [Dovidka.info](https://dovidka.info).

However, even after that, be skeptical of social media as a source of information. Pay attention to the blue tick next to the name. Many official channels have it and it can be of different colours. However, enemy channels can put a special sticker (picture) that looks like a tick, but it isn't. It's easy to recognise it: Telegram notifies you by adding a caption at the top of the page.



Spreading fake news – helping the enemy. How to avoid this?

- Share information only from trusted sources.
- Don't believe messages about the termination of the fight on the part of the Ukrainian army.
- Don't believe messages about deliberate shelling of civilians, allegedly committed by the Ukrainian military.
- Don't spread information about the movement of Ukrainian troops.
- Check patriotic-looking but questionable in content messages and appeals.

COMPLETE THE TEST "CAN YOU TRUST THE NEWS?"

1. What source has shared this information?

- ☐ Russian media
- ☐ Neighbour told, social media post, unknown website
- ☐ Official source – President, ministry, other state body

2. What does the author refer to?

- ☐ Rumour
- ☐ No source, it is anonymous
- ☐ An official document: law, regulation, statement of an authority or expert

3. Does the message make you feel emotional?

- ☐ Evokes emotions, the headline contains such words as "terrible", "shameful", "scandal"
- ☐ Can't make up my mind
- ☐ The news is perceived calmly

4. Are the photos and videos attached to the news not fake?

- ☐ I've seen the photo or video online a long time ago
- ☐ The news is just text, not supported by photos or videos
- ☐ The news is supported by photos and videos with a clear understanding of what is depicted

5. How clear is the news for you?

-  Nothing is clear
-  The news contains unclear information that the author didn't explain
-  The news clearly states who did what, where and when

6. What do other media report about it?

-  No one else mentions the news
-  Few other media outlets have similar information
-  Many trusted media outlets are writing about it

RESULTS:



If the majority of your answers are green, the news is most likely true.

If the majority of answers are yellow, research the news more deeply. It might be fake.

If almost all answers are red, the news is most likely fake! And you've done a great job of spotting it!

Make it a habit to check the news before believing it and spreading it.

Be critical of any information. Think about who benefits from spreading this message right now and what it can change. And remember: the popularity of a post is not a sign of truthfulness.



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CYBERSECURITY: PROTECTION OF DEVICES FOR ADULTS AND CHILDREN

Cybersecurity: protection of devices for adults and children. To keep your information safe and secure, learn these basic rules, set up your devices properly, and install security software.

Protecting devices from "viruses" and your information from being stolen

Install anti-virus software on your devices, but not Russian-made ones. Recommended programs are: Avast, ESET, McAfee and Zillya or online service [virustotal.com](https://www.virustotal.com). In order to avoid encountering a fake application that can harm rather than protect, download only from the developer's official website or from trusted sources (App Gallery, App Store, and Google Play).

Also, regularly update your software: operating system, browsers, and other applications. Download them only from official websites or trusted sources.

How to prevent your passwords from being stolen?

Passwords must be strong. They should not contain common phrases ("YourLastName2023", "Good Evening"), your first name, last name, date of birth, or numbers that follow each other. A strong password should contain more than 8 characters at a time, including symbols, numbers, uppercase and lowercase letters. **For example:**
G81rtQH7

Can Russian special services steal personal data of Ukrainians?

Yes. To avoid this, don't use the Russian social media sites VKontakte and Odnoklassniki, or the Russian search engines Mail.ru and Yandex, as they may transfer personal data.

As you protect your own devices, make sure your child is safe online. Tell them the rules you have read above and explain what are the risks of the internet. Talk about the risks of online communication with strangers.

The enemy is blocking access to the necessary sites?

Install VPN on all your devices. These are programs that hide your real location and allow you to visit even blocked sites. Don't use **VPN** of Russian origin.

With them, you will be able to receive truthful information even when access to it is blocked, or disguise your location and hide personal information from internet providers when you are online. Among the programmes recommended by experts from the State Service for Special Communications are: ExpressVPN, Surfshark, NordVPN.

Security rules to avoid giving personal information and money to the enemy

Don't click on questionable links (even if they were sent to you by your friends) or sites you see for the first time.

Is the website secure enough? Check the website address. If it starts with http (without s), close it immediately: it is potentially dangerous. If it's with https, it can be a secure address. But to be sure, check if it is not in the database of phishing sites. To do this, use one of these services: CheckPhish, PhishTank, Google Safe Browsing, Ukrainian Security Filter.

If a file starts downloading when you follow a link, stop it immediately (click the "Cancel" button or similar). The attackers are likely to download something malicious to your phone or computer. If it's not possible to avoid downloading the file, delete it without opening it.

Safe shopping in the Internet

Use different email addresses for registering on shopping websites. They shouldn't be the same as the email to which your bank account is linked.

Never use unsecured Wi-Fi or Wi-Fi that requires you to enter your phone number or other information to shop online or share confidential information. Only use mobile internet or Wi-Fi that has a password. Switch off Wi-Fi when you are not using it.

Email and social media protection from fraudsters

In the key account settings, enable two-step verification (**two-factor authentication**). You can do this in the "Settings" section. This means that it will not be so easy to log in to your account: in addition

to entering your password, you will need to confirm your login with a special authenticator software (for example: 2FAS, Authy, Google Authenticator).

Take care of children's cybersecurity

Remind them not to post private photos or disclose personal information (address, phone numbers and other personal data).

Discuss with your child the information they read on the Internet. Tell your child that not everything that is published on the Internet and in the media is true, about the existence of fakes and how to distinguish between true information and manipulations.

The main task is to build this conversation on trust, not on prohibitions. Make sure that your child doesn't feel afraid if he or she does "something wrong" on a computer or smartphone. And don't hide it, but ask for help right away. To keep your information safe, learn these basic rules, set up your devices properly, and install security software.

For detailed advice on internet safety, visit dovidka.info or contact the Nadiyno digital security project hotline. The line is open seven days a week for free.



WHAT INFORMATION SHOULDN'T BE SHARED IN CHATS OR GROUPS TO AVOID BECOMING A TIP-OFF MAN

Russian intelligence collects and analyses information from both open sources and social media posts. Any publication on the subject of war can become a source of information for the enemy.

Under no circumstances post photos, videos, or even your own thoughts about the positions of the Ukrainian Armed Forces, objects covered by air defence, or how many pieces of equipment you saw or missile launches you heard.

You can't be sure that one of the participants in a private chat won't make your message public or send it to someone else, eventually reaching the enemy. According to the law, the person who took the photo or video is liable for punishment, even if the Russians didn't receive it from him or her.

In summer 2023, the court issued criminal sentences to Kyiv residents who filmed the work of air defence. They were sentenced to 5 years in prison each, with a probationary period of up to 3 years, for simply posting the video on the Internet

How not to become a collaborator?

If you remain in the occupied territory, leave the occupied territory as soon as possible. If this is not possible, you should:

- don't assist the occupiers in any way;
- try to avoid contact with the occupiers and collaborators;

- safely hide documents that may be of interest to the occupiers, don't sign any papers of the aggressors;
- don't take part in any meetings, conferences or gatherings organised by the occupation authorities;
- don't agree to any work in the Russian occupation authorities;
- If circumstances force you to work for them, pass on information about the occupiers and their activities to the Armed Forces of Ukraine. Be sure to take care of your own safety.

Actions that are considered collaborative activities

- Public denial of Russia's aggression or occupation.
- Calls to support and cooperate with the occupiers.
- Refusal to recognise the occupied territories as part of Ukraine.
- Voluntary work for the occupation authorities.

Each case is considered individually. The punishment is determined by the court and, according to the Criminal Code, can range from a fine or a ban on engaging in certain activities to life imprisonment if the actions resulted in the death of Ukrainian citizens.

Actions that Ukraine considers high treason

- Going over to the side of the enemy during martial law.
- Spying, assisting a foreign state or its representatives in its actions against Ukraine.

For this, a person can be sentenced to life imprisonment with confiscation of property.

A Russian agent from Kirovohrad region voluntarily passed information to the enemy and was sentenced to life imprisonment for treason. She passed on information about railway crossings, checkpoints, photographed and filmed defence enterprises, critical infrastructure facilities, and the locations of Ukrainian military, their units and equipment.

What is not considered treason?

If a person received a criminal task from the occupiers, but didn't fulfil it and self-reported to Ukrainian law enforcement about the task and connection with the enemy.



HOW TO COLLECT AND TRANSFER DATA ABOUT THE ENEMY TO THE UKRAINIAN DEFENCE FORCES

Information on the movements and location of enemy troops – equipment and people – should be collected **carefully** to avoid putting yourself in danger.

- Don't ask the occupiers direct questions about their troops, and don't be aggressive during conversations.
- Take videos and photos using some kind of cover or hiding place to avoid attracting unnecessary attention. In advance, think of a legend to explain what you were doing at that location.
- As soon as you send a photo or video to the defence forces, delete it from your phone's memory. Also, delete all correspondence at once.

Try not to keep notes, but rather memorise the information. If you need to write it down, think of a way to encrypt it, for example, in the form of a shopping list or a list of medicines.

Where to send information for the defence forces?

Before writing something to a bot, check it using a special website **dovidka.info**. This way, you won't come across Russian counterfeits that have identical spellings but may have different characters.



Link to the botchecker



The list of links that can be used to transfer information is here:

Detailed advice on internet safety is available on the website **dovidka.info** or on the Nadiyno digital security project hotline. The line is open seven days a week, for free.



Online version here:

IF YOU ARE STOPPED BY THE OCCUPIERS

- Act calmly, don't argue, don't make sudden movements. If you are asked to show the contents of your pockets or bag, show it slowly. Always keep your hands where they can be seen.
- Don't voluntarily enter the premises where the occupiers are located and try not to stay alone with them.
- Try to have witnesses with you when communicating with the occupiers. They can see that you are being detained and inform your family if the situation worsens.
- Notify someone you know by phone or SMS in advance if you understand that you are likely to meet with the occupiers.

To avoid arousing the enemy's suspicions

To reduce the likelihood of detention, never carry things that contain any data related to the occupiers, people who cooperate with them, enterprises, infrastructure (roads, train stations, bridges). This may be regarded as intelligence gathering. Also, don't carry any agitation materials, pro-Ukrainian literature, or instructions.

Phone content that doesn't arouse suspicion

Photos of everyday life, holidays, neutral correspondence with friends.

A completely clean phone looks suspicious, as if you have something to hide.

Sign the contacts that are important to you with fictitious but realistic names, and delete the unnecessary ones.

Don't post information that the occupiers may not like on your social media profiles. Delete information about visits to Ukrainian resources from your browser history and from the history of social media – likes of Ukrainian content.

Dangerous information that shouldn't be stored on your phone, but rather deleted immediately:

- correspondence with representatives of the Ukrainian Defence Forces;
- contacts that may raise additional questions;
- photos or videos of the occupiers' equipment or their personnel, secret or high-security facilities;
- Ukrainian symbols.

If you cooperate with the Ukrainian Defence Forces, it is best to have a different phone for this purpose and use it to send information.



IF THE ENEMY FORCES YOU TO FIGHT ON THEIR SIDE

If you or your relatives have become victims of forced "mobilisation" on the occupied territories, you have to find a way to surrender to the Defence Forces of Ukraine.

To do this, you have to inform the operators of the state Ukrainian project for surrender "I want to live" in advance that you have been mobilised and want to surrender.

Contacts of the "I Want to Live" project

For communication via Telegram and WhatsApp (this is a more secure way, as the phone can be tapped by enemies)

+380 95 68 86 888
+380 93 68 86 888
+380 97 68 86 888

If it is not possible to write in messenger, call

688
only from numbers of
Ukrainian operators
+380 44 35 08 917

All information about "I want to live" project you can find here: dovidka.info



These contacts will provide you with an algorithm of actions that will help you surrender.

After you have informed the Ukrainian services of your intention, prepare means of communication and when you are on the front line, wait for the opportunity to surrender yourself or with the entire unit.

If you are alone

As soon as you get to Ukrainian-controlled territory, surrender. To do so:

- remove the magazine and hang the weapon on your left shoulder with the barrel facing down
- raise your hands and show that there is nothing in them
- hold up a white cloth (if you have one)
- shout loudly "I surrender!"
- approach after the command
- tell that you are a citizen of Ukraine from the occupied territories.

If you want to surrender as a whole unit or a group:

- turn off military equipment (it should not be in a combat position) and stand in front of it
- lay down all weapons and step away from it
- send a negotiator from your side to the Ukrainian military. This person should be an officer or the highest ranking of you all. He should be unarmed and carry a white flag (cloth).

Thanks to these instructions you will stay alive and return to your family soon.

Remember that residents of the temporarily occupied territories who voluntarily join the armed forces of the Russian Federation violate Ukrainian law and will be severely punished. It is punishable by imprisonment from 8 years to life sentence.



RULES OF BEHAVIOUR IN CAPTIVITY THAT CAN SAVE LIVES

Try to stay calm. To control panic and fear, allow yourself to shake as hard as you can for a short period of time – if it is safe to do so. Slap your thighs or shins to feel your body, press your heels into the floor. Don't show the occupiers that you are afraid, look slightly to the side, not directly into their eyes. Don't pretend to be humiliated, as such signals can provoke aggression.

Maintain a restrained position, don't provoke. Don't resist, as this can make the enemy angry and cause you harm.

Communicate with the enemy. Answer ordinary questions of the occupier: what is your name, where do you work? But say as little as possible when asked. And when the occupier starts asking you about the movements of the Ukrainian Armed Forces or other issues related to our military, say that you are a civilian and don't have such information. It is important to let them know that you don't understand anything about the military. You don't know the name of the equipment, etc.

If you are a member of a resistance movement, you should have a legend about you that you strictly stick to. All your activities, your phone, computer, other gadgets, and your home should correspond to it.

Follow the rules set by your kidnappers. Unless you have a clear reason not to do something (for example, it violates your personal dignity or for safety reasons), it is wise to agree to the demands made by your captors. The main thing is to survive. At the same time, try to follow the laws of Ukraine as much as possible and avoid any attempts to force you to commit a crime.



NONVIOLENT RESISTANCE

Non-violent resistance is an activity that doesn't involve direct confrontation with the Russian occupiers. All assistance that harms the enemy in the temporarily occupied territory is very important for the Ukrainian Defence Forces.

General rules

- **Your safety is above all.**
Try not to reveal your intentions so that there is no risk of them being discovered. Act discreetly. Plan precautionary measures that will prevent you from being discovered.
- **Always have an alibi.**
Think about it in advance, formulate it in a simple and clear way.
- **Plan your resistance** clearly and without unnecessary details.
- **Act where it is difficult to identify the culprit.** Choose the time, place, and goals so that the responsibility falls on a wide range of people.
- **Choose goals that you can achieve.**
If you don't have specialised knowledge, do only what you can.
- **Sabotage.**
Deliberate refusal to work, direct opposition to its implementation, or carelessness during work are better than direct actions.
- **Harm the occupiers by destroying or damaging important assets.** These can be: fuel, food, medicines.

- **Use tools that seem safe.** For example, a folding knife or a multi-tool for different types of damage. The presence of salt, sugar, matches, fabric, spanners, hammers, sandpaper, and solvents in the household can also be easily explained in the event of a search or suspicion.
- **Don't try to wait for the result of your actions.** Observers become suspicious. But if it is near your place of work or residence, i.e. you can explain why you are there, of course, stay close by.
- **Keep the results of your actions confidential.**
- **Don't store** on your devices (personal computer, laptop, tablet, phone) any compromising materials: photos, videos, contacts.



HELPING THE RESISTANCE MOVEMENT IF YOU ARE UNDER OCCUPATION.

If you want to help in the resistance to the occupiers, but can't actively take action, there are other ways to be useful.

- Keep faith in our eventual victory and support like-minded people.
- Observe the occupiers and discreetly record their crimes: they must answer for what they have done.
- If possible, help prepare documents for members of the resistance movement (passes, personal documents, etc.).
- Pass food, medicine, clothing, information, and tools to members of the resistance movement.
- Help hide and care for the sick or wounded.
- Help store items, materials, and ammunition for members of the resistance movement.
- Members of the resistance movement are not always local residents. Help them navigate, show them the best ways, and inform them about the occupiers' checkpoints.
- If possible, send medics, communications specialists, former police officers – anyone who has not become a traitor and doesn't cooperate with the occupiers – to join the resistance movement.
- Identify and pass on information to members of the resistance movement about traitors and those who collaborate with the occupiers.
- Help to create information materials: leaflets, posters, drawings, news – and distribute them online and on the streets. Follow the rules of anonymity and leave no trace of your involvement.