



## RAISE YOUR VOICE: A TOOLKIT FOR UYGHUR ACTIVISTS

Best Practices against China's  
Transnational Repression

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The Uyghur Center for Democracy and Human Rights (UZDM) is a charitable, non-profit, non-governmental organisation based in Germany, whose mission is to defend and promote human rights and democratic representation for the Uyghur people, both within China and abroad. Since its establishment in 2019, the UZDM has been actively implementing advocacy campaigns with state and non-state actors internationally, raising awareness of the human rights situation in East Turkistan has engaged in capacity-building activities with the Uyghur diaspora. Our staff, which is majority Uyghur, has vast experience in these areas and holds critical representative functions vis-à-vis the large majority of the global Uyghur diaspora. The UZDM is funded by direct donations from the Uyghur community and civil society, legal and religious institutions within Germany, and from governments, individuals and private institutions outside of the country. The UZDM is an affiliate organisation of the World Uyghur Congress (WUC), which has nearly twenty years of experience in research, advocacy, grassroots campaigning and capacity building.

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The World Uyghur Congress (WUC) is an international organization that represents the collective interests of the Uyghur people, both in East Turkistan and abroad. The principal objective of the WUC is to promote democracy, human rights and freedom for the Uyghur people and to use peaceful, non-violent and democratic means to determine their future.

Cover art and Illustrations by [YetteSu](#).

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# WHAT IS TRANSNATIONAL REPRESSION?

Transnational repression refers to the Chinese government's reach beyond its national borders to silence dissent among the Uyghur diaspora and other exile communities.

## Examples\*



**Alim** is a young Uyghur activist living in exile in France.\* After one of his photos went viral on Twitter, trolls of the Chinese government started a smear campaign against him in retaliation. The Chinese government also put his grandparents back in East Turkistan in a concentration camp. On their release, a CCP official made them call him and warned him to stop his activism.



**Gülmire** is the sister of a famous Uyghur activist in Germany.\* Recently Gülmire has been receiving calls from "Chinese agents" from unknown numbers. They offer her thousands of Euros in exchange for information about her sister's whereabouts and to help them hack her mobile phone.

\* Details changed, but the examples are based on real life incidents



## **Enwer** is a young activist in Canada.\*

He is a regular participant in protests against the Chinese government in Toronto. He often finds people at the protests making video recordings. One evening he saw someone taking pictures of the main gate to his house. On another occasion he noticed that someone was stalking him on his way to work.



## **Meryem** is a young journalist in Denmark\*. She reports extensively on China's crimes against Uyghurs and she has been invited to an international peace summit in Australia. There will be a big Chinese delegation at this summit and Chinese supporters will most likely harass her or prevent her from speaking. Additionally, there are no direct flights from Denmark to Australia and her only option is to take connecting flights through Qatar or Indonesia. Both these countries are friendly with China and have deported Uyghurs in the past.

\*Details changed

China's transnational repression can take the form of physical attacks, such as assault, kidnappings, unlawful deportations and digital attacks such as espionage, cyber attacks and online and telephonic harassment or blackmailing.

*"China's party-state apparatus conducts the most sophisticated, widespread and comprehensive campaign of transnational repression in the world."*

*"Out of Sight, Not Out of Reach," Nate Schenkkan and Isabel Linzer, Freedom House*

# WHY SHOULD YOU FIGHT CHINA'S TRANSNATIONAL REPRESSION?

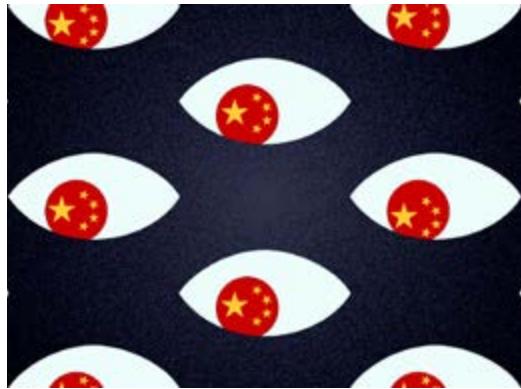
Today, more than ever before, Uyghur human rights defenders, journalists, political activists and sometimes even regular members of the diaspora find themselves forced into silence. Those who continue to speak up face painful choices: to separate themselves from their families back home, to be ostracised from their communities, to risk life and livelihood, or simply to bear the constant stress of living under threat. Freedom of speech is a fundamental right guaranteed to all by international law. However, transnational repression has the ripple effect of silencing not just victims but also others from the community that are associated with them. Exiles also describe intense feelings of depression and exhaustion that come from cutting themselves off from their families in East Turkistan and from others in their local communities. This loss of community support and culture especially has adverse impacts on their mental health and well being.



**Alim** feels suicidal and is thinking of quitting his activism. His parents have been blaming him for the threat to his grandparents. The local Uyghur community has distanced themselves from the family and has stopped speaking up against China altogether.



**Gülmire** is very scared for her sister and regularly gets nightmares about her sister being harmed. Her sister has severed contact with everyone from her family back in East Turkistan to avoid putting their relatives at risk. Both have been put on medication for extreme anxiety.



**Enwer** feels like he is being watched all the time and does not trust anybody. He has started avoiding any interactions with Chinese and Uyghurs alike. The fear and isolation has severely impacted his mental health.

**Meryem** experiences secondary trauma as she works with victims of rape and torture everyday. She is sceptical of attending events in which Chinese representatives lie about their crimes and ridicule her. She is also scared of flying through Doha or Jakarta as there is a possibility that she might be questioned at the airport or even deported. She feels demotivated and burnt out due to these threats and may not attend the summit.

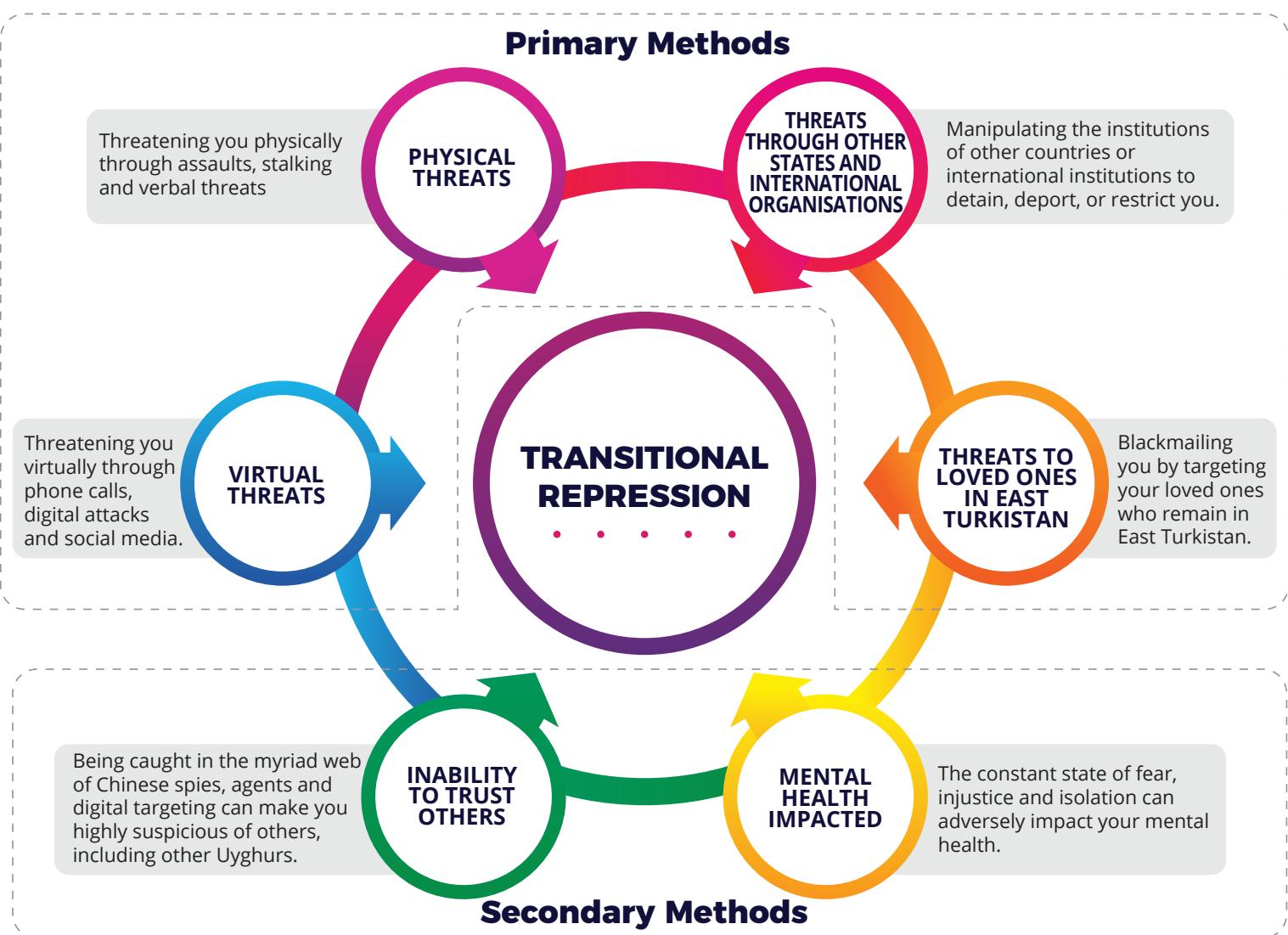
China's transnational repression is also in flagrant violation of the domestic laws of western democracies that host the Uyghur diaspora, thus undermining the rule of law in western countries.

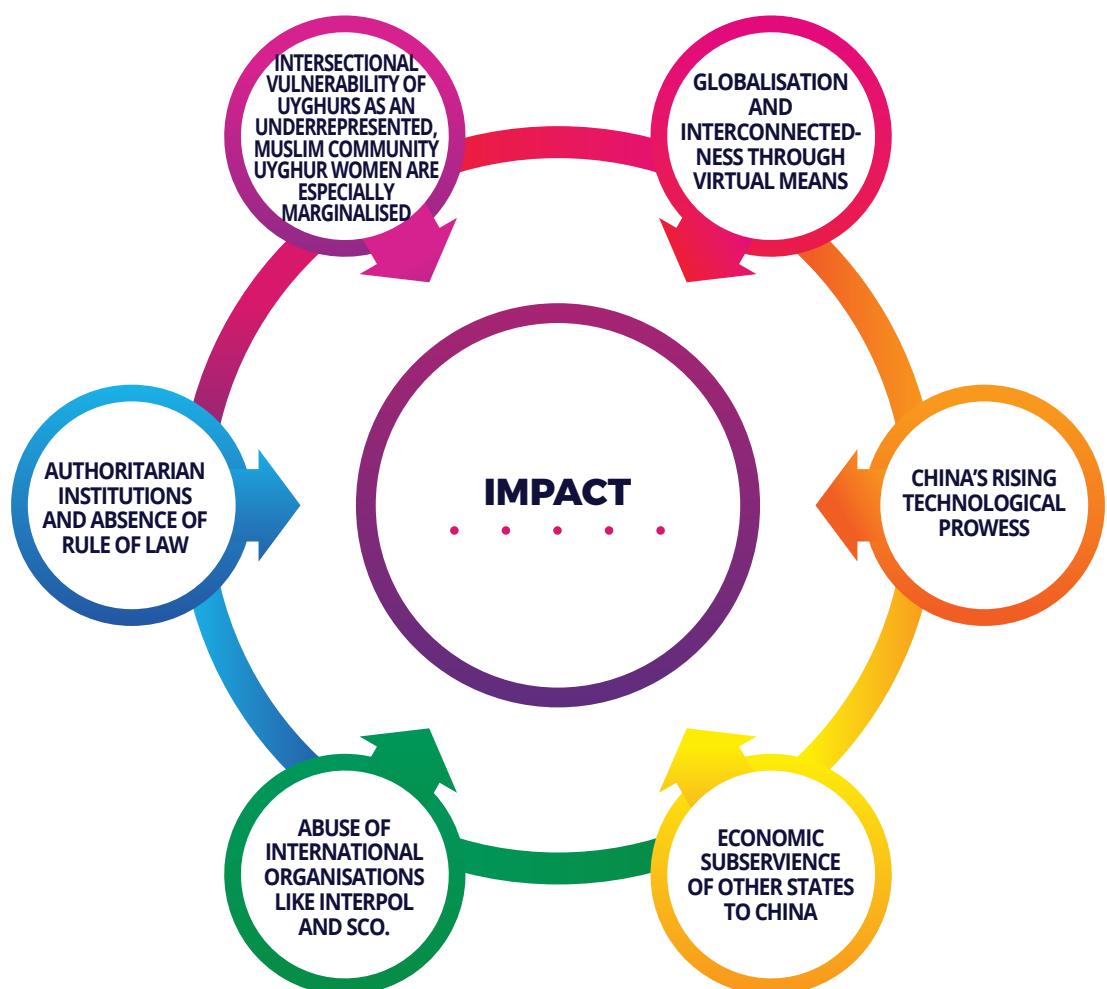
**I feel like I need to watch out for people around me and around my house. I feel psychologically trapped.**

*— An Uyghur survivor*

# METHODS OF CHINA'S TRANSNATIONAL REPRESSION

The first chart lists the various methods adopted by the Chinese government to repress activists internationally. The second chart builds on this and depicts how these methods impact Uyghur activists like you and your host states.





# HOW CAN YOU USE THIS TOOLKIT?

“ Despite living in the free world, I have been made to feel imprisoned for much of my life. Despite being a citizen of a European country - a country in which freedom, democracy, human rights, and rule of law are meant to be governing principles - I have continued to face injustices. I have been deprived of my freedom. My dignity has been trampled upon. I have been detained and interrogated. Many unfortunate events have befallen me in the free world that I longed for, believed in, and in which I held out hope. Despite these humiliations, or perhaps because of them, I have persevered with one objective: activism and representation for the people of East Turkistan. ”

*Dolkun Isa, President, World Uyghur Congress*



It is important to always consider the risks of conducting human rights work, and how you can minimise the impact.

In order to address the methods of China's transnational repression, the Uyghur Center for Democracy and Human Rights (UZMD) has compiled this Toolkit. It aims to familiarise Uyghur activists and members of the diaspora with best practices for conducting safe and effective advocacy and activism against the Chinese government's human rights abuses.

## This toolkit will help you answer the following questions:

- ➔ How can you protect your physical safety?
- ➔ How can you be safe during travels?
- ➔ How can you protect yourself from hostile institutions of other States and international organisations?
- ➔ How should you respond to suspicious phone calls?
- ➔ How should you respond to a loved one being threatened?
- ➔ How can you maintain digital safety?
- ➔ How can you use social media safely?
- ➔ How can you care for your mental health?

**Disclaimer:** This Toolkit lists best practices only and is not an exhaustive list of dos and don'ts for protection against threats posed by the Chinese government. Following the toolkit does not guarantee your safety in all circumstances. Use your discretion and contact the police / the UZMD and / or the WUC in a dangerous situation.



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# PROTECT YOURSELF



## How can you protect your physical safety?

### What kind of threats do Uyghur activists face?

Do you remember Enwer, our brave protester? Chinese agents made videos of Enwer during a protest and subsequently his residence was photographed, he was stalked and his physical safety was threatened. Many exiles describe being photographed, stalked and also attacked by Chinese agents and supporters, who can sometimes be Uyghurs themselves. How can you protect your physical safety from these agents?

### How to protect yourself during daily activities?

1. Be careful to whom you reveal personal information. With strangers, reveal only what is necessary; and in case of doubts, keep personal information to yourself.
2. Do not post about your daily routines, place of residence and place of work on social media.
3. Maintain a network of activism buddies and keep them updated about your wellbeing and any suspicious happenings.

**A**N activism buddy/buddies can help you feel safe and protected. Decide with a friend or group of friends to keep each other updated about your location, safety and mental health. This can help others keep track of your movements, your wellbeing and whereabouts, especially when you think you are heading into troubling circumstances. Even in non-threatening moments, doing a check-in can help you and your buddy/buddies feel safe.

## How to stay safe during protests?

Protests form the backbone of the Uyghur human rights movement and are important for the cause. However, it is also important to stay safe during a protest.

1. Stay focused and mindful of your surroundings at all times.
2. If you feel that disclosing your identity can harm your loved ones, wear a mask and hide distinctive identity symbols.
3. If someone appears to be suspicious, maintain distance.
4. Do not reveal your personal details to anyone at the protest.
5. Try to attend protests with a circle of trusted associates.
6. Carry a camera or recording device to record instances or attacks on protesters.
7. Do not hesitate to approach the police or civic authorities present at the protest site if you are harassed in any way.
8. If you have information about agents who are involved in regular disruptions of protests, inform the police and the organisers.

# How can you be safe during travels?

## Why can travel be stressful for Uyghurs?

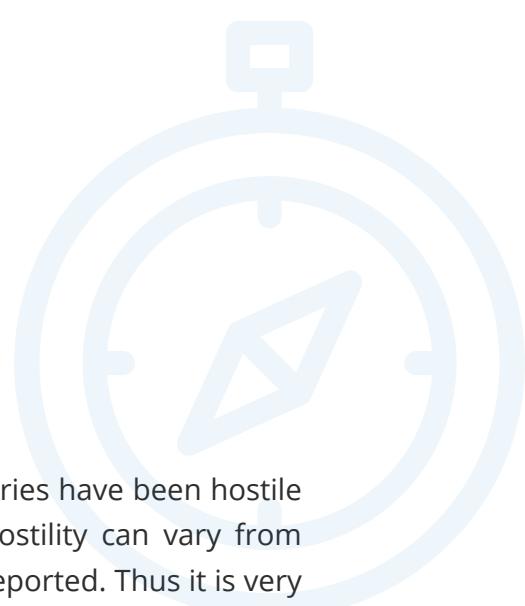
 Do you remember Meryem, our bright young journalist? Meryem was invited to Australia for an international peace summit. To get there, she was required to fly through Qatar or Indonesia, both of which have been hostile to Uyghurs in the past. Travelling to summits, events and meetings can be important for activism and advocacy work. However, Uyghurs are at risk in countries who have very friendly relations with China. How can you stay safe during travels?



Egyptian police have detained scores of Uyghur students on Beijing's request, forcing dozens into hiding or to flee to Turkey, activists have said. (<https://www.aljazeera.com/news/2017/7/7/egypt-arrests-chinese-muslim-students-amid-police-sweep>).

Four Uyghur Muslims convicted of terror-related offences in Indonesia were deported last month after the Chinese government paid the fines imposed on them. (<https://www.rfa.org/english/news/uyghur/deports-10232020190325.HTML>)

A special unit of the Italian police detained Dolkun Isa, a leading exiled Uyghur figure, in Rome at the request of Interpol upon notification by the Chinese government. (<https://www.reuters.com/article/us-china-italy-xinjiang-idUSKBN1AD16Z>)

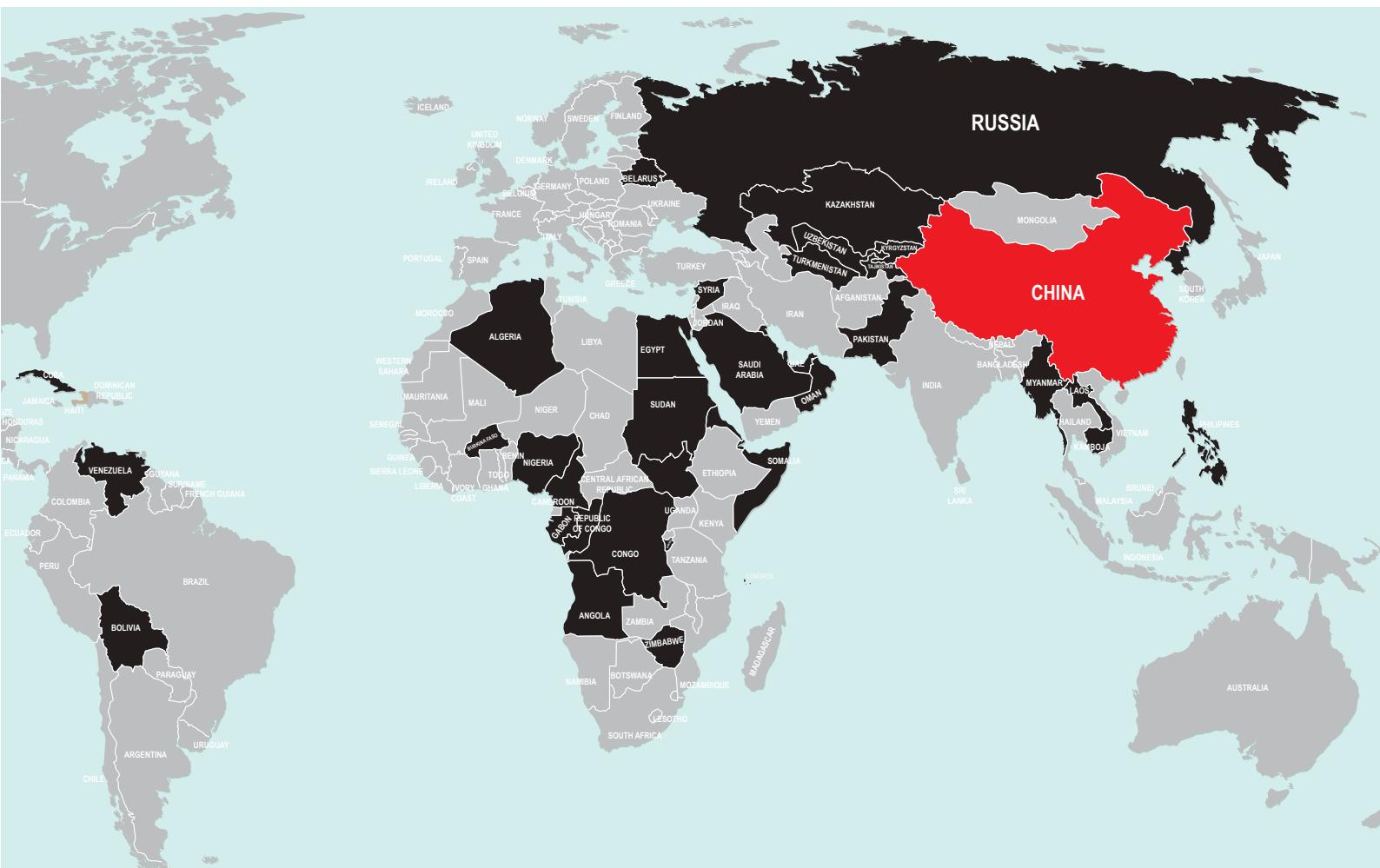


# What are hostile States?



 These news reports showcase the ways in which some countries have been hostile to Uyghur activists, students and exiles in the past. The hostility can vary from being questioned, interrogated, detained to sometimes even being deported. Thus it is very important that you do a proper background check before travelling to other countries.

The countries marked in black have been hostile to Uyghurs in some form in the past.



## Tips for travelling, especially in at-risk countries:

1. Stay focused and mindful of your surroundings at all times.
2. Always inform friends, family and activism buddies about your travels.
3. Keep the address and contact details of the closest Embassy or consular office of your host country with you at all times.
4. Preferably travel in a big group and do not go to unknown and unsafe places by yourself, especially in the evenings.
5. Don't accept food or drinks from others and never accept opened water bottles. Keep an eye on your drinks at all times. Don't drink from opened bottles. Don't accept parcels from others.
6. If you are being stalked, immediately inform authorities.
7. Don't reveal work-related information, itinerary or location to strangers or on social media.
8. Preferably do not post about your travels on social media until you have returned to your country of residence.
10. In case of high-risk travels, inform relevant officials in your country of residence and keep important phone numbers saved.

## Take this short travel quiz to decide if travelling can be dangerous for you.

1. Are you involved in Uyghur human rights activism? (+2)
2. Are you travelling to a country marked in black in the above map? (+2)
3. Are your travels related to Uyghur human rights activism? (+1)
4. Are you going to be travelling alone? (+1)
5. Do you **not** have citizenship of an EU country/USA/Canada/ Australia, New Zealand? (+1)
6. Are you stateless? (+1)
7. Do you have family in East Turkistan that is at risk of harm? (+1)
8. Do you have a strong network of friends/colleagues who can follow up in your country of residence in case you are harmed during travels? (-1)
9. Are you going to be representing your host country or country of residence abroad? (-1)





**Score:**

- 2 to 2:** You are relatively safe yet, it is always a good idea to maintain caution.
- 2 to 5:** You can be at risk. Be careful and follow the above mentioned travel tips.
- 5 to 8:** You are at high risk. Contact the UZDM and/or the WUC for guidance.



# How can you protect yourself from hostile institutions of other States and international organisations?

## How can other States or international organisations be hostile to Uyghurs?

 Let us remember Meryem again - our bright young journalist who had been invited to an international peace summit in Australia. Meryem is apprehensive to go because there will be a big Chinese delegation at the summit. The Chinese delegates lie about their crimes and ridicule her. They also may prevent her from speaking. This can be triggering for Uyghur activists who have spent years struggling under Chinese oppression and fighting the Chinese regime. In such circumstances, it is important that Uyghur activists protect themselves and also protect the Uyghur narrative. How can you successfully do that?

## How to successfully conduct advocacy in the face of hostility?

 Remember that the Chinese machinery hinders advocacy efforts because advocacy can be a very powerful tool to counter China's narrative. Advocacy is key to generate awareness around the Uyghur cause and advance accountability measures.

1. Go through the Constitution, laws, rules, regulations and bylaws of the institution that you are visiting to know your rights, especially your right to free speech and assembly.
2. Carry all relevant documents. Carry photocopies of all important documents, including entry passes and identity cards.
3. Interruptions by Chinese delegates and supporters can be triggering but remember that it is their intention to provoke you. Stay calm and ignore any disruptions. Afterwards report their behaviour to relevant authorities.
4. You may sometimes be evicted or stopped from entering these institutions due to the nature of your work. Always stay calm and ask for reasons politely. Ask for written instructions and request that you be allowed to meet persons in charge.
5. Being well prepared with the content of your work can give you confidence and you are less likely to be thrown off track.
6. Do not be intimidated. Remember that this is your job and you have

the full right to be there.

- 7.** Do not sign any documents that appear suspicious, involve admitting to doing something that you have not done or are in a language foreign to you.
- 8.** You have the right to request for

your lawyer and translators.

- 9.** In case of any untoward incidents, inform the UZDM and/or the WUC. We will try our best to support you.

## INTERPOL

INTERNATIONAL Criminal Police Organization, commonly known as Interpol, is the world's largest international police organisation. China has considerable influence over Interpol and the Chinese government frequently exploits this institution to harass Uyghur activists and prevent them from visiting other countries. Do you have an Interpol red notice on you? Contact the foreign ministry of your country of residence or get in touch with the UZDM and/or the WUC.



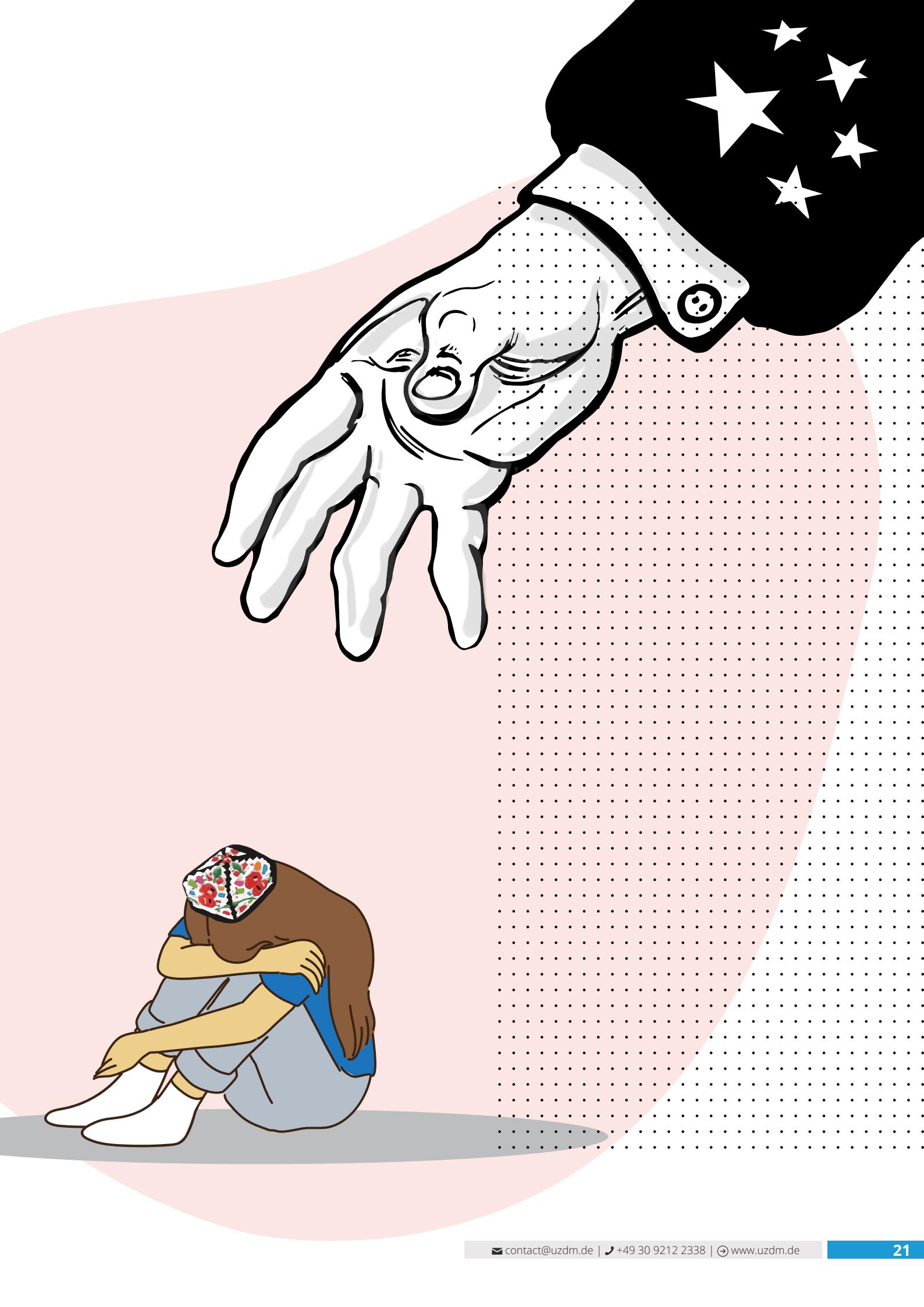
# How should you respond to a loved one being threatened?

## How are loved ones of Uyghurs back in East Turkistan threatened?

 Do you remember Alim, our brave young activist? After a picture of Alim went viral on Twitter, the Chinese authorities put his grandparents in East Turkistan in a concentration camp. On their release, a CCP official made them call him and also threatened him to stop his activism. It is a common practice for the Chinese government to harass activists by targeting their relatives back in East Turkistan. This is done to extort information about them or to blackmail them into silence. Alim feels suicidal and is thinking of quitting his activism. His family and even the local Uyghur community have turned against him. How can you protect yourself and your family in East Turkistan?

## How can you protect yourself and your loved ones in East Turkistan?

- ➔ As difficult as it is, it might be preferable to cut contact with your family back in East Turkistan. The Chinese authorities may not bother them if they realise that you have no contact with them and they do not influence you.
- ➔ If you receive a call from your relatives in East Turkistan, stay vigilant. They may be surrounded by Chinese agents. How are they talking to you? Do they sound disturbed? Are they speaking in Mandarin and not Uyghur? Are they revealing suspicious information? They may be in the presence of Chinese agents. Be very careful and do not reveal any sensitive information.
- ➔ When talking to your loved ones in East Turkistan, proceed with the assumption that the call is being monitored by agents of the Chinese government. Do not reveal anything related to your activism or advocacy as that can put your loved ones in danger.
- ➔ The Chinese authorities use your loved ones against you to pressure you. Do not let them be successful. The best way to ensure the success of your cause is to look ahead and do your job to take on the Chinese government with your activism and advocacy.
- ➔ In case of a serious emergency contact the UZDM and/or the WUC for guidance.



# How should you respond to suspicious phone calls?

## Why do Uyghurs receive suspicious phone calls?



Do you remember Gülmire, the fierce and protective sister? She had been receiving calls from 'Chinese agents,' from unknown numbers asking for information about her sister. The Chinese government uses telephone calls to bribe and threaten families and friends of activists, as was the case for Gülmire's sister. Gülmire's mental health has been severely impacted due to this and she was very scared for her sister's safety. What should you do if you receive a suspicious phone call?

## How to deal with suspicious phone calls:

1. Do not take calls from suspicious numbers including unknown numbers from China or numbers from which you have previously received suspicious calls.
2. Do not engage with the caller at all. However, if you choose to engage then do not reveal any personal information, including your identity on an unknown phone call.
3. If the caller identifies as a Chinese agent or if you are sure that you are talking to one, block the number and report it to relevant authorities.
4. Use applications such as MSpy and Recostar to record suspicious calls.
5. In case of a serious threat contact the UZDM and/or the WUC.

+86

Chinese phone numbers begin with this code



# How can you maintain digital safety?

## What is digital safety and why is it important?

 Remember Gülmire's brave sister? Agents of the Chinese government were looking for ways to hack her phone. Digital attacks such as installing spyware and hacking devices or emails are low-cost and high-reward means of disrupting the work of Uyghur activists. Chinese hackers may corrupt their software and files, impede their ability to communicate with their friends and family or drive them offline altogether. Digital attacks can sometimes further facilitate physical attacks on Uyghur activists. It is important that activists like Gülimire adopt strong digital security measures to protect themselves. How can you maintain strong and effective digital hygiene?

## How can you maintain digital hygiene?

1. Use two-factor authentication wherever possible.
2. Keep your devices password protected and lock them when not in use.
3. Change passwords frequently. Do not use one password for multiple devices or accounts.

Pick passwords that are unique and have at least 12 characters including capital letters, numbers and unique characters. You can use a password manager for this, such as Bitwarden.



4. Regularly update applications and software systems on your device for updated security features.
5. Install and regularly update antivirus and ad blockers.

McAfee Antivirus Plus



Norton 360 With LifeLock



Malwarebytes



AdBlock+



AdGuard



6. Use a separate email address for sensitive work such as your activism and advocacy. Preferably use encrypted email services. Regularly delete unused accounts.



ProtonMail is the world's largest end-to-end encrypted email service. ProtonMail makes sure no one can access your emails by using end-to-end encryption.

7. Keep geo-location, Bluetooth and Wi-Fi switched off on your device. Use them only when you need it.
8. As far as possible use a Virtual Private Network for browsing the Internet.

ExpressVPN, NordVPN, Surfshark, PrivadoVPN, Mallvad VPN



9. Never leave your device unattended. When browsing on shared devices in your university or at your office, browse in incognito mode. Additionally, make it a habit to clear browsing history, cache and cookies.

10. Do not insert unknown USB devices in your computer.



# How can you use social media safely?

## How can social media be dangerous for Uyghurs?

 Let us remember Alim again, our young Uyghur activist. After one of his photos went viral on Twitter, trolls of the Chinese government started a smear campaign against him in retaliation. Chinese government's transnational repression on social media takes many forms, including harassment, death threats, smear campaigns, false complaints to platforms about Uyghur accounts and posts, and open-source surveillance. This is done through its army of trolls including overseas Chinese students and Chinese agents in the diaspora. Digital repression is just as damaging as physical repression, if not more. Alim had been suicidal and thinking of quitting his activism. The impact was so severe that his family and the local community also turned against him. How can you use social media safely?

## How to use social media safely?

1. If your work is not centred around content creation and online activism then it is advisable to set your social media profile on "private" mode.

### How to set your Facebook account to Private mode?

1. Log in to your account.
2. Click on the upside-down triangle (Account Settings) in the top-right section and choose Settings.
3. Select Privacy in the "Settings" menu on the left. This will open the Privacy Settings and Tools panel on the right.
4. You can now adjust your privacy settings as per your needs. Tap on the "Edit" buttons to change your privacy settings.

|   |  |          |                      |
|---|--|----------|----------------------|
| <b>How People Find and Contact You?</b> | Who can send you friend request                          | Everyone | <a href="#">Edit</a> |
|   | Who can see your friends list?                           | Public   | <a href="#">Edit</a> |
|   | Who can look up using the email address you provided?    | Friends  | <a href="#">Edit</a> |
|   | Who can look you up using the phone number you provided? | Friends  | <a href="#">Edit</a> |

2. Regularly review and clean up your contacts. Block anyone that appears to be suspicious.
3. Change passwords of your social media accounts frequently. Do not use one password on many sites. As with your devices, pick passwords that are unique and have at least 12 characters including capital letters, numbers and unique characters.
4. Do not reveal your phone number, address, bank details or any information that may hint to your personal passwords to anyone.
5. Never click on suspicious links, including links sent or posted by unknown persons.
6. Use encrypted messaging applications. Do not use Facebook on Instagram messengers for sensitive information.

Signal, Wire and Telegram



7. Report harmful content by Chinese trolls. This alerts platforms to abuse, creates a record of the trolling, and can result in remedies like removal of the offending post or even suspension of the troll account.
8. Stay clear of Chinese social media platforms such as WeChat and TikTok.
9. Always be mindful of what you post. Everything you post can be used against you.

## How to report content on Instagram?

Reporting content will send a report to an Instagram team to review the content and determine whether or not it goes against Community Guidelines. The content will then be reviewed by Instagram staff and removed if it violated community guidelines:

- ➡ **Report a post:** Select the menu (...) button > Select "Report" > Choose if the post is "Spam" or "Inappropriate" to submit.
- ➡ **Report an individual's profile:** Select the menu (...) button > Select "Report" > Choose if the profile is "Spam" or "Inappropriate" to submit.
- ➡ **Report a comment:** Swipe left on the comment > Select the exclamation mark button > Select "Report This Comment" > Choose if the comment is "Spam" or "Inappropriate" to submit.
- ➡ **Report a direct message:** Select the Information (i) button > Select "Report" > Choose if the message is "Spam" or "Inappropriate" to submit.

## Advice from social media platforms

Click to read detailed information about how to protect yourself on different social media platforms. If you have the physical copy of this toolkit, go to the website of the UZDM and/or the WUC, and access the virtual copy that has the links.



**Facebook:** [Basic privacy settings and tools](https://www.facebook.com/help/325807937506242/)

(<https://www.facebook.com/help/325807937506242/>)



**Twitter:** [How to protect and unprotect your Tweets](https://help.twitter.com/en/safety-and-security/how-to-make-twitter-private-and-public)

(<https://help.twitter.com/en/safety-and-security/how-to-make-twitter-private-and-public>)



**YouTube:** [Privacy and safety](https://support.google.com/youtube/topic/2803240?hl=en&ref_topic=6151248)

([https://support.google.com/youtube/topic/2803240?hl=en&ref\\_topic=6151248](https://support.google.com/youtube/topic/2803240?hl=en&ref_topic=6151248))



**Instagram:** [Privacy settings and information](https://help.instagram.com/196883487377501)

(<https://help.instagram.com/196883487377501>)



**LinkedIn:** [Account and privacy settings overview](https://www.linkedin.com/help/linkedin/answer/66?lang=en)

(<https://www.linkedin.com/help/linkedin/answer/66?lang=en>)



**Snapchat:** [Privacy settings](https://support.snapchat.com/en-GB/a/privacy-settings2)

(<https://support.snapchat.com/en-GB/a/privacy-settings2>)



**Tiktok:** [Privacy and security settings](https://www.tiktok.com/safety/resources/privacy-and-security?lang=en)

(<https://www.tiktok.com/safety/resources/privacy-and-security?lang=en>)

If you are a high profile activist, expect your email and social media to be monitored or targeted on a regular basis. Use special safety programmes offered by technology companies such as Facebook Protect and Google's Advanced Protection Program to protect yourself.



yvette/su  
08/18/20  
DAY 164

# How can you care for your mental health?

## What kind of mental health challenges do Uyghurs face?

 All our young activists - Alim, Gülmire, Enwer and Meryem have been suffering due to the immense burden of dealing with different forms of transnational repression. Alim has been suicidal and thinking of quitting his activism, Gülmire and her sister have been put on anxiety medication. Enwer has been avoiding contact with others and living in fear and Meryem has been unmotivated and burnt out due to threats.

In addition to this, Uyghur activists experience grief and trauma due to the disappearance, imprisonment, and death of their loved ones. Many have been unable to freely communicate with their families in East Turkistan since 2017, and are still in the dark about the wellbeing and whereabouts of their loved ones'. This has placed an immense toll on their mental health. With these struggles, how can you protect your mental health?

## How to protect your mental health?

1. It is important to create a community of activists that support you. Prioritise your activism buddies and check in with each other from time to time.
2. Cultivate strong support networks in your family and friend groups outside of your activism.
3. Connect with your cultural roots to feel rejuvenated and to find purpose in your work. You can join an Uyghur meshrep community, cook Uyghur food for yourself or get together with your friends for a day of traditional dressing. If a cultural community does not exist around you then start one.
4. Social media is one of the main drivers of the Chinese government's transnational repression and

can also generally be harmful for mental health. However, if that is not possible for you or if your work centres around social media, then try to take one week off from social media every month. Set limits on the amount of time you spend on social media daily and turn off your notifications after work.

5. Keep a journal to record your daily struggles and tribulations. This will help you process your trauma in a healthy way.
6. Take time to meditate, exercise and go out in nature. Eat healthy food and engage in spiritual practices of your choice.
7. Get professional help if you are particularly distressed. It is advised to look for psychologists

and therapists who specialise in dealing with refugees and genocide survivors.

8. Destigmatize seeking support. Many Uyghurs are ashamed to talk about

their mental health issues. Discuss this with your friends and family and encourage them to seek help when they need it.



## Uyghur Wellness Initiative

The Uyghur Wellness Initiative (UWI), is a collaborative effort led by Uyghurs, for Uyghurs. Their mission is to create a safe, dedicated space for Uyghurs to come together in this time of crisis for holistic wellbeing - as individuals, families and a community. Find out more about Uyghur Wellness Initiative on <https://www.uyghurwellnessinitiative.com/>

## How can you trust others as an Uyghur?

As an Uyghur it is difficult to trust others, including other Uyghurs. How can you build trust with others?

- Be wary of people who get too friendly or ask about personal information too soon. Build trust organically. Take your time to get to know someone.
- Before meeting someone new, enquire in your circles about them. Having common acquaintances can be a positive sign. (Ask trusted members in the community.)
- Before meeting someone, check their social media to understand what kind of a person they are.
- Asking innocent questions about work, hobbies and current affairs can be a good way to gauge their political inclinations.
- Verify if they have affiliations with Chinese entities and consulates and if they freely travel to China.
- Finally and most importantly, if there is nothing suspicious, take the risk and trust others! Making new allies is important for your mental health and for the Uyghur cause.



If you are suspicious of anyone, verify with trusted members of the community or with the local Uyghur organisation in your country. Check the last page of this Toolkit for a list of Uyghur organisations affiliated with the UZDM / WUC.

# POLICY RECOMMENDATIONS

## What should countries that host the Uyghur diaspora do?

### Improve education and raise awareness



- ➡ Build trust with Uyghur diaspora groups through sustained outreach programs to inform them about their rights and the resources available for their protection.
- ➡ Incorporate training on the Chinese government's transnational repression and protection of Uyghur refugees for officials working in law enforcement agencies, intelligence services, and institutions granting refugees and asylum status.
- ➡ Issue travel advisories about states that are friendly with China and engage in transnational repression. This will help Uyghurs in making informed decisions about travels.

### Support survivors of transnational repression

- ➡ Do not refuse asylum to Uyghur refugees escaping China or any other country friendly with China. Offer expedited citizenship to Uyghur activists who are at risk of persecution during travels.
- ➡ Fund civil society organisations that support Uyghur activists and victims of transnational repression both online and offline. Especially invest in organisations that monitor and record incidents and methods of Chinese transnational repression.

- ➡ Set up hotlines for the Uyghur diaspora to report suspicious phone calls coming from within and outside China.
- ➡ Develop mental health support programs for Uyghurs and provide State covered insurance for mental health support and wellbeing of Uyghurs.

## Limit the ability of the Chinese government and agents to commit transnational repression

- ➡ Impose targeted sanctions on Chinese perpetrators and enablers of transnational repression through Magnitsky style legislations. Provide mechanisms for imposing travel bans and asset freezes on high level officials that perpetrate serious human rights abuses.
- ➡ Refuse extradition requests, Interpol notices and security assistance to China in cases involving Uyghur and other refugees.
- ➡ Review counterintelligence and law enforcement information-sharing practices to ensure communication of threats stemming from Chinese transnational repression to Uyghur activists.
- ➡ Impose strict guidelines that mandate social media companies to protect activists from Chinese transnational repression.
- ➡ Screen applications for Chinese diplomatic visas to avoid granting accreditation to diplomatic personnel who have harassed, intimidated, or harmed Uyghur exiles or diaspora members
- ➡ Restrict the sale of surveillance tools and technology to Chinese companies.
- ➡ Prioritise the creation of task forces to investigate and prevent the operation of Chinese police stations in national jurisdictions.

# What should civil society groups do?

- ➔ Invest in digital security training for Uyghur youth. Make resources on digital security widely accessible to not only activists but also ordinary Uyghurs.
- ➔ Document and report incidents of Chinese transnational repression. Understand Chinese methods of repression and inform host States and the international community of gaps in policy responses.
- ➔ Develop mental health support programs for Uyghur individuals affected by the genocide and work together with host States to support Uyghur activists subjected to transnational repression.

# What should international organisations do?

- ➔ Recognise transnational repression as a specific threat to human rights in direct violation of the right to free speech.
- ➔ Promote accountability through targeted sanctions on the Chinese domestic security and military apparatus that engages in transnational repression including agencies like the Ministry of State Security, the Ministry of Public Security, and the People's Liberation Army.
- ➔ Create provisions in Constitutions and rule books of international organisations to impose strict penalties on diplomats and participants who interrupt the work of activists during sessions.
- ➔ Set up a special rapporteur for transnational repression. Existing rapporteurs and Working Groups lack the mandate to comprehensively examine the issue.

# What should technology companies do?

- ➔ Develop company wide strategies to deal with content moderation, harassment, foreign influence operations, cybersecurity and privacy. Hire Uyghur language speaking staff to address content that targets Uyghurs.
- ➔ Strengthen privacy settings and adopt secure protocols including end to end encryption. Offer free of charge safety and protection settings to activists who are at risk of digital attacks.
- ➔ Create and offer resources on protection from digital attacks and reporting and removing harmful content to activists.
- ➔ Include Uyghur NGOs, such as the Uyghur Center for Democracy and Human Rights, the World Uyghur Congress, the Uyghur Human Rights Project and others as trusted organizations for flagging content that is classified as or contributes to transnational repression.
- ➔ Give Uyghur activists access to online tools that allow them to filter, review, report, and document transnational repression in a convenient way.
- ➔ Use information collected from the aforementioned tools and documentation to inform company policies on how to deal with transnational repression.

## About the YouTube Trusted Flagger program

The YouTube Trusted Flagger program helps provide robust tools to government agencies and non-governmental organisations (NGOs). These agencies and NGOs are particularly effective at telling YouTube about content that violates Community Guidelines.

The YouTube Trusted Flagger program includes:

1. A web form that government agencies and NGOs can use to contact YouTube directly
2. Visibility into decisions on reported content
3. Prioritised flag reviews for increased actionability
4. Ongoing discussion and feedback about YouTube content areas
5. Occasional online trainings

# Affiliated and Partner Organisations of The World Uyghur Congress

## Australia

- Australian Uyghur Association (affiliated)
- Uyghur Association of Victoria (affiliated)
- Uyghur Academy Australia (partner)
- Shukr Foundation(partner)
- Australian Uyghur Tangritagh Women's Association (affiliated)

## Austria

- Austria Uyghur Association (partner)

## Belgium

- Belgium Uyghur Association (affiliated)

## Canada

- East Turkistan Association of Canada (affiliated)
- Uyghur Rights Advocacy Project (affiliated)
- Alberta Uyghur Association (affiliated)

## France

- Uyghur Association in France (partner)
- European Uyghur Institute (partner)

## Finland

- Finland Uyghur Association (partner)
- Uyghur Cultural Center in Finland (partner)

## Germany

- East Turkestan Information Center (partner)
- Uyghur Democracy and Human Rights Center (affiliated)
- East Turkestan Union in Europe (affiliated)
- Uyghur Cultural Center in Frankfurt (partner)
- Kutatgu Bilig Institute (partner)
- Uyghur Cultural and Educational Union in Germany (affiliated)

## Japan

- Japan Uyghur Association (affiliated)
- United Kingdom:
  - UK Uyghur Community (affiliated)
  - Stop Uyghur Genocide (affiliated)

## Kazakhstan

- Kazakhstan Uyghur National Association (partner)
- Uyghur Cultural Center in Kazakhstan (partner)
- Uyghur Youth Union of Kazakhstan (affiliated)
- Euroasian Uyghur Academy (partner)

## Kyrgyzstan

- Kyrgyzstan Uyghur Association "Ittipaq" (affiliated)

## Netherlands

- European East Turkistan Educational Association (partner)
- Dutch Uyghur Human Rights Foundation (affiliated)

## Norway

- Norwegian Uyghur Committee (affiliated)
- Uyghur transitional justice database(partner)
- Uyghur Mother Language Education Center in Norway (affiliated)

## Pakistan

- Umer Uyghur Trust (affiliated)

## Sweden

- International Uyghur Writers Association (partner)
- Swedish Uyghur Union (affiliated)

## Switzerland

- Swiss Uyghur Association (affiliated)

## Türkiye

- World Uyghur Congress Foundation (affiliated)
- Uyghur Research Institute (affiliated)
- The Muslim Scholars Union of East Turkistan (partner)
- Uyghur Academy Turkey (partner)
- Isa Yusuf Alptekin Foundation (affiliated)
- East Turkistan Foundation (affiliated)
- East Turkistan Youth Union (affiliated)
- Teklimakan Uyghur Publication Center(affiliated)

- Turkey's Education and Delevopment Foundation (partner)

- Research and Education Institution (partner)

- Institute of China Studies (partner)

- Ili Meshrep Development and Service Foundation (partner)

## USA

- Uyghur Projects Foundation (affiliated)
- Uyghur Academy USA (partner)
- Campaign for Uyghurs (affiliated)
- Uyghur American Association (affiliated)
- Uyghur Human Rights Project(affiliated)

## Uzbekistan

- Uyghur Cultural Center of Uzbekistan (affiliated)

# OUR CONTACTS

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