

# Managing risks

## Safety and security in human rights work

### Holistic security

Risk management efforts should be applied to all aspects of security: physical, digital, and psychological. Adopting a holistic approach to security means integrating the physical, digital, and psychological implications of safety and security into the strategies and measures we develop to protect ourselves, and taking into account how they relate to each other.

Physical, digital, and psychological security do not stand alone. They are interconnected, influence each other, and require attention and resources. Because they inform each other, they must all be managed holistically.

#### Physical security

A set of strategies and measures intended to better protect us from threats or harm to our physical integrity, property, equipment, information and resources.

#### Digital security

A set of strategies and measures intended to better protect us from threats to the confidentiality, integrity and availability of our digital information, communication, data and equipment.

#### Psychological safety & well-being

A set of strategies and measures intended to better protect us from negative feelings and emotions, psychological harm and traumatic experiences, and to preserve our psychosocial well-being.

