Building Stronger Communities

Community Health Report 2020:
Survey questions

Released July 2021

Survey questions

The following is the plain text copy of the survey questions collected through Typeform.

Survey close date: 7 March, 2021

Welcome!

Team CommUNITY @ ARTICLE 19, the organisers behind the Internet Freedom Festival, are conducting this survey so we can better identify stressors faced by digital rights / Internet freedom communities.

Your responses are confidential and anonymous and will only be reported in the aggregate. Feel free to skip any questions you do not want to answer.

If you choose to participate, your responses will contribute to:

• The first-ever Community Health Report focusing on the Internet freedom / digital rights communities.

• Recommendations on ways to strengthen the health of our communities.

If you have any questions about the survey, please email us: team@digitalrights.community

PGP: 2E1D CC33 A362 0BD6 236E 540A F60A 89AD 6FF9 7A2F

[Let's go!]

S1 Before we start, some important definitions and distinctions:

The terms "digital rights community" and "Internet freedom community" are used interchangeably.

We see the **GLOBAL** Internet freedom / digital rights community as being made up of hundreds of diverse **LOCAL** groups, networks and organisations that:
• fight online censorship and surveillance
• advocate for an Internet that protects and prioritises people's privacy, security, safety, and freedom of expression
• believe that digital rights are human rights

"Stressor" is defined as: events or environments that individuals might consider challenging and/or threatening individual safety.

[Continue]

1. Your connection to this space

The following questions will help us understand your relationship to the Internet freedom / digital rights communities,

1a. Please select an option that best captures your response to this statement:
The GLOBAL Internet freedom / digital rights space is:
• Not a community
• A community but I do not belong to it
• A community and I belong to it

1b. Please select an option that best captures your response to this statement:
My LOCAL Internet freedom / digital rights space is:
• Not a community
• A community but I do not belong to it
• A community and I belong to it

1c. Please indicate the number of years you have been part of the Internet freedom / digital rights space.
You can include 0 as well.

S2 Assessing for risk factors

The following questions will help us identify stressors that are impacting the psychological wellbeing of individuals that are part of Internet freedom / digital rights communities.

2. Experience with COVID-19
[On a scale 0–5]

Please rate the level of stress you have experienced due to Covid-19. Zero indicates you did not experience the stressor, 1 indicates you experienced it, but it was not stressful and 5 indicates that it was extremely stressful. In the past year, I encountered:

2a Loss of work and/or financial security

2b Adjusting and adapting to new work realities, such as switching to virtual work or managing employees under a pandemic

2c Being expected to maintain the same levels of productivity at work in a pandemic

2d Inability to share, present or complete your work due to limitations resulted from Covid-19

2e Uncertainty e.g. inability to make plans, not knowing what the future holds, and/or financial uncertainty

2f Cancellation of in-person conferences and festivals leading to loss of bonding and connection

2g Inability to travel or move

2h Seeing my people and individuals I care about affected and struggling due to pandemic conditions

2i Friends or family passing away

2j Increase in family responsibility, such as working from home and taking care of children

3. Other stressors
[On a scale 0–5]

Please rate the level of stress you have experienced in the last year due to:

3a Loss of funding for projects and/or actively looking for work or funds

3b Experiencing discrimination because of an aspect of your identity such as racism, sexism, homophobia, iIslamophobia, transphobia, or ableism

3c Local or regional political instability e.g. protests, attacks on protesters, etc

3d Economic collapse locally or regionally

3e Natural disasters such as fires, hurricanes, cyclones, etc

3f Witnessing or experiencing an increase in surveillance, censorship, media blackout or hate speech locally or globally

3g Witnessing or experiencing human rights abuses such as unlawful detainment, torture, police brutality, etc

3h Experienced toxicity or abuse in professional settings e.g. being mistreated by those who have power/privilege; being gaslighted; being denied opportunities; your work not being credited, not being paid fairly, etc

3i Lack of freedom of movement due to visa struggles, being in exile, or unable to go home

3j Major health problems unrelated to Covid-19

3k Friends or family experiencing major health problems or passing away due to challenges unrelated to Covid-19

3l Stressors related to health insurance or lack of health care

3m Housing insecurity or uncertainty in living situation

3n Stressors in my physical environment e.g. lack of physical safety, lack of electricity, lack of water, etc

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S3 Wow! You've filled out a lot of questions.

A little bit more to go....

4. Assessing psychological wellbeing

The following questions assess the psychological and emotional health of members of the Internet freedom / digital rights communities. This will help us understand the psychological impact of the previously mentioned stressors.

In the last year, rate how often you have experienced the following as a result of one or more of the stressors mentioned previously.
[On a scale, 1 being not often at all to 5 very often]

4a Worry or nervousness

4b Isolation and loneliness

4c Loss of motivation or interest

4d Low or depressed mood

4e Diminished concentration or inability to concentrate

4f Fatigue and burnout

4g Anger or frustration

4h Changes in sleep cycles and/or eating habits

4i Excessive crying

4j Feeling overwhelmed: a sense that too much is happening at once

4k Engaging in behaviour such as binge eating, drinking, binge watching

4l Helplessness

4m Hopelessness

4n Body symptoms such as muscle tension or skin irritation

4o Hypervigilance: state of increased alertness

4p Intrusive thoughts: unwanted repetitive thoughts that can pop into our heads without

warning causing distress

4q Dissociation: the experience of being disconnected or separated from thoughts, feelings or surroundings

4r Nightmares

5. As a consequence of COVID-19, my mental health and wellbeing has:

• Suffered and regressed
• Stayed the same
• Improved

6. I have a healthy support system that I leaned on in the last year.

[Likert / rating]
• Strongly agree
• Agree
• Neutral
• Disagree
• Strongly disagree

S4. You're almost done

The following questions assess community health.

For this segment, we will ask you to pick one community out of three listed, and then answer the following questions keeping this community in mind.

We understand that you may belong to several communities, many of which may be intersecting with each other. If you are familiar with all three communities listed, then pick the community you want to assess.

7. Please select the community that you are most familiar with.

Please note that you will answer the following questions based on the community you select in this question. We encourage you NOT to pick the IFF community unless that is the only community you are familiar with.

- The larger GLOBAL Internet freedom / digital rights community
- My LOCAL Internet freedom / digital rights community
- The Internet Freedom Festival (IFF) community

8. Diversity and inclusion

Evaluate the community you selected in the previous question on the following statements [Likert / opinion rating: strongly agree -- strongly disagree]

8a This community is able to attract new members and talents from different and diverse backgrounds

8b This community is able to successfully integrate new members and talents into the community

8c In this community, I rarely feel like I am "the only one"

8d In this community, I am recognised and valued for my work

8e There are opportunities for people like me in this community to develop and lead conversations and strategies that impact us

8f If I raise a concern to members and leaders in this community, I am confident that I would be treated fairly and taken seriously

8g Members of this community use diversity and inclusion tools and strategies to empower and lift voices from vulnerable communities

8h This community would benefit from having more training and tools on diversity and inclusion

8i I consider myself as being part of the GLOBAL Internet freedom / digital rights community

8j The GLOBAL Internet freedom / digital rights community has diverse culture and values, rather than just being Western and US/Europe centric

9. Healthy relationships: Trust

Evaluate the community you selected on the following statements:

9a I trust the intentions and actions of members of this community

9b I am not concerned with the presence of infiltrators in this community

9c I believe leadership does what they say they will do in this community

10. Healthy relationships: Safety

Evaluate the community you selected on the following statements:

10a I feel accepted without judgement in this community

10b In this community, I do not have to hide parts of myself to be accepted

10c I trust that my vulnerability will not be used against me in this community

10d I can speak up and use my voice without fear of negative consequences in this community

10e I can count on and lean on members of this community

10f I experience this community/space as supportive and not competitive

11. Healthy relationships: Bonding

Evaluate the community you selected on the following statements:

11a There are opportunities for bonding with members of this community/space over non-work social activities

11b The positives and wins in this community are celebrated

12 Communication

Evaluate the community you selected on the following statements:

12a There is active and consistent communication between members of this community

12b Members use communication channels and mechanisms that facilitate effective communication in this community

12c There is open and transparent communication, especially when addressing conflict in this community

12d There is room for respectful and honest confrontation and feedback in this community

12e Members, including myself, are held accountable when needed in this community

12f I hold others accountable when needed in this community

12g Members of this community / space are able to have difficult yet necessary conversations to strengthen the community

12h There are protocols and processes in place that address toxic communication and hold people accountable in this community

13 Conflict resolution

Evaluate the community you selected on the following statements:

13a Members of this community are able to name and acknowledge conflicts and challenges that are occurring with the community and to the community

13b When faced with internal or external challenges, members of this community are able to come together to reflect and process the impact of the challenges

13c We are able to mobilise and problem solve collectively when faced with problems in this community

13d In this community, we are able to learn from the challenges they experience and better themselves

13e After being faced with challenges, there is an increase in authentic and mature relationships between members of this community

13f There is continuous effort to improve identified dysfunctions within this community /space

14. Sustainability:

Evaluate the community you selected on the following statements:

14a This community is sustainable because money and funds are being allocated in needed places

14b This community is sustainable in its ability to address burnout symptoms and maintain morale and drive

14c This community is sustainable due to its ability to organise itself and strategise towards its goal

14d This community is sustainable due to its ability to develop and update tools, strategies and processes that protect the community

14e I am responsible, active, and committed to the health of this community

15. In your opinion, what are the barriers that prevent members from engaging in the digital rights / Internet freedom space?

o Burnout

o Experiencing toxicity and discrimination in the space

o Feeling like an outsider in the space

o Imposter Syndrome or self-censorship

o Lack of access to Internet and connectivity

o Language

o Screen or Zoom fatigue

o Westernisation of space and lack of diversity

o There are no barriers

o Other

16. What do you think is needed in order to improve the health of the digital rights / Internet freedom community?

o Building conversations, collaborations and networks between members across regions and disciplines

o Conflict mediation resources

o Increased efforts to onboard members from under-represented communities

o Mental health support

o More community leaders

o More funding

o More opportunities for leadership for people from Global South

o Providing guidance and information to new members joining the community

o Safe spaces to have difficult yet necessary facilitated conversations around issues within the community

o Spaces for members of the community to talk and connect over non-work related matters

o Specific resources for members in emergency areas, E.g. legal support, advocacy, physical security, etc

o Other

S5. LAST PORTION and you'll be done!

17. Your demographic

These questions are optional and you may skip if you don't feel like sharing.

17a Select the group(s) you identify with (check all that apply)

o Black / Afro-Diaspora

o Part of refugee, displaced, or exile community

o Child of a refugee, displaced or exiled community

o Indigenous / Native

o Marginalised ethnic or tribal group

o Marginalised religious group

o Person of colour / BIPOC

o Rural community

o Prefer not to say

o None of these apply

17b Your country of origin (dropdown list of countries)

17c Gender identification: to the extent you feel comfortable, please indicate which of these gender identities best describes you.

o Man

o Non-binary (agender, gender non-conforming)

o Woman

o Other

o I choose not to disclose

17d Do you identify as a person of transgender experience?

o Yes

o No

o I choose not to disclose

17e Sexual orientation: to the extent you feel comfortable, please indicate if you identify as a member of the lesbian, gay, bisexual, queer, or questioning community.

o Yes

o No

o I prefer not to disclose

17f What is your age group?

o 25 or younger

o 26 - 35

o 36 - 45

o 46 - 55

o 56 - 65

o 66 +

17g What is your highest level of education?

o No formal education

o High school / secondary school diploma

o Some higher education, no degree

o Vocational training or community college

o Bachelor's degree (e.g. BA, BS)

o Master's degree (e.g. MA, MS, MEd)

o Professional degree (e.g. MD, DDS, DVM)

o Doctorate degree (e.g. PhD, EdD, JD)

17h Select the option that most closely describes the work you do (select all the apply)

o Advocacy

o Arts & Culture

o Communications

o Community Management

o Cryptography

o Data Science

o Design

o Digital Security Trainer

o Education

o Frontline Activism

o Information Security

o Journalism and Media

o Philanthropic / Grantmaking

o Policy / Internet Governance

o Program Management

o Research/Academia

o Social Sciences

o Software Development

o Student

o System Admin

o Web Development

o Other

17i What is your current employment status?

o Employed full-time

o Employed part-time

o Freelance / consulting

o Retired

o Seeking opportunities

o Unable to work

o Prefer not to say

17j What region is your work focused on?

o Global

o Middle East and North Africa

o Sub-Saharan Africa

o Central Asia and the Caucasus

o East Asia

o South Asia

o Southeast Asia

o Oceania / Pacific

o Mexico, Central America and/or Caribbean

o South America

o North America

o Europe

17k Income level: to the extent you feel comfortable, please indicate the level of income as determined by the living standards of your country / region

o Under the poverty level

o Low income

o Middle income

o High income