This doesn't have anything to do with the latest discussion, but there have been a lot of bits and pieces in posts where characters are worried about "lying to their families" or "letting things slip".

To help combat this, I suggest that a character could set up a private blog, one only accessible by immediate family. There they can control what they're telling their family, and it gives the impression of transparency. It also allows for selected pictures to be shown, as pictures are a touchy issue when dealing with IR and the recognition factor.

It also gives the character something to do on those off hours.

Just a suggestion.