

## **Technology Safety Plan**

- Google your name on the internet
  - Do this prior to safety planning this will help identify where you exist online and guide you on what and where you need to make changes
    - i.e. if your Facebook photo comes up on google images you know your Facebook is not fully secure
- Consider using a safer device
  - A device that someone isn't monitoring i.e. a friend's phone or library computer when open and available
- Check your cell phone settings
  - If you are using a phone owned by the abuser consider turning it off when not in use
  - Clear data and cache history after use through phone settings
  - Turn location service off
- Create new e-mail / password to communicate with service providers, family and friends
  - Use non-identifying information i.e. [greentree@gmail.com](mailto:greentree@gmail.com) not yourrealname@gmail.com
  - Access e-mail only through browser
  - Delete history and caches after each use
- Social Media
  - Check settings to ensure every account is private and secure
  - Do not add abuser or anyone who has that person as a mutual friend
  - Do not post location on statuses or pictures
  - When reaching out to family and/or friends use apps such as snapchat to ensure the data is erased
    - At the end of each conversation clear the data and caches from the apps settings and your phone settings
    - Turn the apps location service off i.e. SnapMaps
    - Do not post images or videos near a hot spot i.e. the Fairgrounds or Woodland Hills Mall
- Document the incidents
  - Save and keep log of any communication
    - If it is a call, screenshot the call log and save to files or photos
    - If abuser has access to your phone save in a secure photo hide app
- When safe to do so use Family360 app to share location with a trusted friend or family vs. using location sharing through social media platforms
- Consider downloading safety apps like ASPIRE
  - Aspire is a secret app disguised as a news app.
    - Allows you to add a safe person to the settings

- If you are in danger you can double tap a news article in the app and it will send out an SOS text with your location to your trusted friend or family member.
- Report!
  - Use evidence you have collected through screenshots and saved messages to report to police
  - If abuse is happening online report through each online platform
- Most importantly, follow your instincts