

## Tech Safety Plan Questions

To increase my safety I can do all of some of the following:

1. Increase my safety on social media by: \_\_\_\_\_  
(locking down privacy, uninstalling unknown apps)
2. Increase my safety on the internet by: \_\_\_\_\_  
(Using incognito mode in my browser, clearing my browser history, using a secret email account.)
3. I can increase my financial safety by: \_\_\_\_\_  
(Freezing my credit so my abuser can't open accounts in my name.)
4. I can prevent cyberstalking by: \_\_\_\_\_  
(Turning off location services on my phone, resetting my phone to factory settings to remove spy apps, installing a secure texting app, such as Telegram.)
5. To protect myself when I feel I'm in physical danger, I can: \_\_\_\_\_  
(Install a panic button, such as NoonLight, on my phone.)