Tech Safety Plan Questions

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

1. I can increase my safety on social media by:_____
    (locking down privacy; uninstalling unknown apps)
    Lock down your privacy on Facebook, Instagram, etc.: Go into the settings and change
    everything from "Public" to "Friends Only" or "Private" – not just your posts, but also your
    photos and your friends list.
    Why You Should Do This: This will ensure that only people whom you give permission to can see
    your posts. For instance, if you post on Facebook that you're taking your kids to the zoo on
    Saturday, you wouldn't want your abuser to find out.

    To **Turn Off Facebook Apps**:
    *   On Facebook, to uninstall apps that may be using your info:
    *   Log into your Facebook account. Click the down arrow on the top toolbar and click the
        option for Settings.
    *   In the Settings screen, click the setting for Apps. Facebook displays a list of all the apps
        to which it's connected.
    *   Hover over an app that you want to modify or remove.
    *   Click the Edit Settings icon. Review the settings for the app and make any changes you
        feel are needed. For example, you can change the audience who can see that you use
        this app as well as who can see any posts that the app makes on your behalf. Scroll
        down the screen further, and you may be able to turn off other settings, such as
        whether the app can post certain information on your behalf.
    *   Click Save after you've made your changes.
    *   If you wish to remove an app entirely (this is what we recommend), hover over it and
        click the Remove button (X). Facebook will explain what happens if you remove the app
        and ask for confirmation to get rid of it. Click the check mark to delete all activity for the
        app and then click the Remove button. Facebook then removes the app.
    Why You Should Do This: Apps that let you log in with Facebook sometimes track everything
    you do, even when you're not using Facebook. This is true whether you're using your phone or
    a computer.

2. I can increase my safety on the internet by:_____
    (Using incognito mode in my browser; clearing my browser history; using a secret email
    account.)
    Incognito Mode: Go into the menu on the toolbar of your browser. This is usually, but not
    always, in the upper right corner. There should be a menu option for using a private, or
    incognito window.
    Why You Should Do This: To keep anyone who looks at your browser from knowing what sites
    you've visited.
    Clearing browser history: In the same menu, there should be a link to clear your history. You
    may have to go into "Settings" to find it. If you want more information about how to do this,
    ask your advocate.
    Why You Should Do This: To keep anyone who looks at your browser from knowing what sites
    you've visited.

Creating a secret email account: Create a new email account at Hotmail.com. (They won't ask you to connect a phone number to your account. A connected phone number can end up letting your abuser know the account exits.) You'll need to pick a user name, and pick a password that can't be easily guessed. Don't tell anyone that this email account exists.
Why You Should Do This: So that you can send emails relating to your situation without your abuser finding out. If they don't even know the account exists, they won't try to hack into it.

3. I can increase my financial safety by:_____
   (Freezing my credit so my abuser can't open accounts in my name.)
   Freezing your credit: contact the three major credit agencies (Equifax, Experian and TransUnion) and ask to have your credit frozen. Ask your advocate if you need more information.
   Why You Should Do This: so that no one can open any new debt in your name without your permission.

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.)
   Turning off location services and **resetting the phone to factory** settings will both be done in the "Settings" section of your phone.
   Why You Should Do This: When you turn off location services, you disable the ability for someone to track you through your phone. Resetting the phone to factory settings will remove any apps designed to stalk your location or your activities on your phone.
   To install Telegram on your phone, find the app in your phone store and follow the instructions for downloading and installing it. In order to be able text someone using this app, they must also have Telegram installed. To send a text, tap the icon in the upper right corner, and then tap "New Secret Chat". In the message window/texting box, tap the icon that looks like a clock. You can then pick how long you want your tests to last before they self-destruct. You can choose a time limit anywhere between 1 second and one week. All messages are also encrypted.
   Why You Should Do This: Anyone who looks at your phone won't be able to see the texts you've sent, because they will have disappeared.

5. To protect myself when I feel I'm in physical danger, I can:_____
   (Install a panic button on my phone.)
   Noonlight app: Go to your app store, and download and install the NoonLight app, and follow the set up procedures. You'll need to pick a four digit PIN. You'll be given the opportunity to test the app, so you'll know how to use it. NoonLight is a button that you tap if you need emergency services. If you tap the button, they immediately send police to your location. (You turn on your location services on your phone, so the app will know where you are.) Your advocate can give you additional information about using the app if you need it.
   Why You Should Do This: You will be able to contact police immediately, without dialing 911, and without your abuser/stalker even knowing that you've done so. There is even a widget so you can use the button without unlocking your phone.