



Safety Plan

Technology Safety

- I will block my abuser on all forms of social media. I will also navigate my profiles and update my viewing permissions. These are the accounts I will have to block him on:
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- I will block my abuser from contacting my current phone number
 - If my abuser continues to contact my phone number through other individuals or other apps, I will contact my phone provider and get a new phone number
- I will not put my phone number or address on any form of social media, and if it is on my social media currently, I will remove it.
- If my abuser has location services activated between our phones, I will change the settings or remove the apps that allow them this access. Common apps are: Find My Friends, AirDroid, and Life 360.
 - I will change these permissions on my children's phones as well
- I will avoid tagging my location in social media posts and ask that my peers refrain from this as well.
- I will be aware of location markers in pictures that I post that may disclose my current location.
- I will keep a record of harassing or abusive messages, posts, or comments, and consider reporting them to the site's administrators.
 - These records can be useful in obtaining a Protection Order or proving violations.