CYBER SAFETY PLAN

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Because Everyone Deserves a
Healthy Relationship

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What is a Safety Plan?

A safety plan is a practical guide that helps lower your risk of being harmed by someone who has abused you in the past. It is designed specifically for you and your lifestyle so you can stay safe. A safety plan can help you navigate harmful situations you may encounter online and when you are using your phone or other device.

Why do I need a Safety Plan?

Everyone deserves to be part of a fun and supportive online community. If you are experiencing harmful interactions online or on social media, it is important to know that cyber abuse is never your fault. It is also important to start thinking about ways to keep yourself safe from cyber abuse. While you can't control everything that happens to you online, you can take action to keep yourself as safe as possible.

How do I make a Safety Plan?

Take some time for yourself and go through this safety plan guide. You can complete it on your own or with someone you trust.

Keep in Mind:

- For a safety plan to work, you must fill in personalized answers so that you can use the information when you need it most.
- Once you complete the safety plan, keep it in a secure place where you can always access it. You may want to give a copy to a friend, take a picture of it on your phone, or keep a copy in your email.
- Getting support from someone who has experience working with students in abusive relationships can be very useful. Keep in mind that Break The Cycle is always here to help you.
- It may be unsafe to abruptly change your digital routine so use your best judgement.

Things I can do to keep myself safe from Cyber Abuse:

☐ I can control what I post knowing that anything I post can be reposted or screenshot.

☐ I can make my profile private so that I can screen who follows me and control who has access to my page.

☐ I can be mindful of any suspicious accounts and report them as necessary.

☐ I can choose not to engage with any harmful accounts or posts.

☐ I can ask my friends not to tag me in any social media posts or pictures.

☐ I can read the terms and agreements of websites so that I understand their privacy conditions.

☐ I can chose not to use my real name or any other important biographical information while interacting with people online.

☐ I can use this resource to learn how to turn off my GPS location/geolocation services while using apps.

☐ I can choose to keep my password information to myself and myself only.

☐ I can stop engaging or communicating with an abuser across all platforms.

☐ I can block him/her on all social media and messaging apps.

☐ I can have friends report their page.

☐ I can save and keep track of any abusive, threatening, or harassing comments, posts, or texts.

☐ I can change my passwords, usernames, email addresses or phone number if I need to.

☐ I can access a computer with a different IP address when necessary to avoid being tracked.

☐ I can take time away from social media if it becomes too triggering.

☐ I can look into getting a protection order against them.

Staying Safe Emotionally:

My abuser often makes me feel bad by doing this online:

_____

When my abuser does this, I will stay safe by:

_____

I will do things I enjoy like:

_____

During an emergency or if I feel confused, scared, or depressed, I can call the following friends or family members:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

I Can Also Contact These Organizations For Help:

For Emergencies

CALL
911

www.loveisrespect.org
National Teen Dating Abuse Helpline

Break the Cycle
Because Everyone Deserves a
Healthy Relationship

www.loveisrespect.org
Text: LOVEIS to 22522

https://www.breakthecycle.org/

Police Station:

Phone: _____   Location: _____

Health Center:

Phone: _____   Location: _____

Women's or LGBTQ Center:

Phone: _____   Location: _____

Local Free Legal Assistance:

Phone: _____   Location: _____

- You may encounter abusive content on Facebook in your timeline, or in ads, events, groups, messages, pages, photos, videos, or other posts.
- The best way to report abusive content on Facebook is by using the "Report" button that appears next to the content itself.
- You can also block[1] the abusive user.
- Click here[2] for more information on how to report different types of abusive content on Facebook or fill out this form.[3]

- Abuse can happen over Instagram too. The app has a guide[4] for what to do if you are experiencing abuse.
- Click here[5] to learn how to report abuse over Instagram or fill out this form.[6]
- To block another user that is abusing you, follow this link.[7]
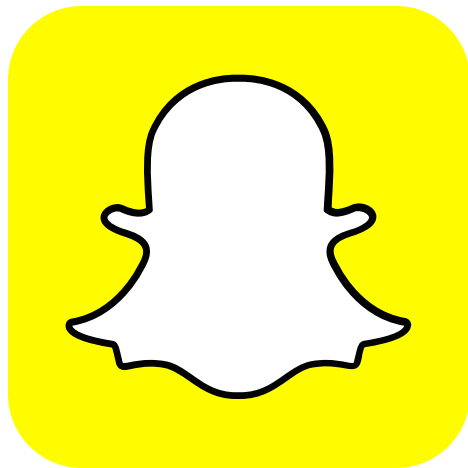
- If you see inappropriate conduct on Snapchat, you can click here[8] to report it.
- There are also ways you can report on Snapchat harassment,[9] spam,[10] a hacked account,[11] or other safety concerns[12] you may have.

[1] https://www.facebook.com/help/168009843260943   [2] https://www.facebook.com/help/reportlinks   [3] https://www.facebook.com/help/contact/274459462613911   [4] https://help.instagram.com/527320407282978
[5] https://help.instagram.com/165828726894770   [6] https://help.instagram.com/   [7] https://help.instagram.com/426700567389543   [8-12] https://support.snapchat.com/en-US/i-need-help

- To report someone engaging in abusive behavior on Twitter, click here.[13] To block that person, click here.[14]

- To report account impersonation, click here.[15]

- If you experience abusive behavior on Tumblr, you can report it by clicking here.[16]

- If you're being harassed on Tumblr, click here.[17]

- To block another user, click here.[18]

- Youtube has a form you can fill out if you experience abuse or feel content is unsafe.[19]

- For more information on how to report abuse on Youtube, click here.[20]

[13] https://help.twitter.com/forms/abusiveuser [14] https://help.twitter.com/en/using-twitter/blocking-and-unblocking-accounts [15] https://help.twitter.com/forms/impersonation [16] https://www.tumblr.com/abuse

[17] https://www.tumblr.com/abuse/harassment [18] https://tumblr.zendesk.com/hc/en-us/articles/231877648-Blocking-users [19] https://www.youtube.com/reportabuse

[20] https://support.google.com/youtube/answer/2802027?hl=en