

Digital Safety Guide for Your Journey to Freedom



A comprehensive resource to help you protect your digital privacy and plan safely. You deserve security, freedom, and peace of mind.

CONFIDENTIAL RESOURCE

YOUR SAFETY MATTERS

Safe Device Access: Your First Step

Use Safe Devices

Access this guide from a library, friend's phone, or work computer. Avoid devices your partner has access to or may monitor.

Private Browsing

Use incognito/private mode and clear your browsing history. Consider using a public computer for sensitive searches and planning.

Check for Monitoring

Be aware of stalkerware, GPS tracking apps, or shared accounts. If unsure, assume your device may be monitored.

- **24/7 Support:** National DV Hotline: 1-800-799-7233 | Text START to 88788 | Cyber Safety Hotline: 1-833-CYBER-17



Creating Safe Digital Accounts

New Email Account

- Create a new email your partner doesn't know about
- Use a password unrelated to your current life
- Don't access it from shared devices
- Consider using a privacy-focused provider

Password Security

- Use unique passwords for each account
- Avoid personal information (birthdays, names)
- Write passwords on paper kept in a safe place
- Enable two-factor authentication when safe

Secure Communication Strategies

01

Choose Safe Contacts

Identify trusted friends or family who can help. Share your safety plan only with those you completely trust.

03

Create Code Words

Establish code words or phrases with trusted contacts to signal when you need immediate help without alerting your partner.

02

Use Encrypted Apps

Signal or WhatsApp offer encrypted messaging. Install on a safe device and delete conversations frequently.

04

Avoid Digital Trails

When possible, communicate in person or through trusted intermediaries. Be mindful of message notifications on shared devices.

Financial Preparation

Open a Safe Account

Open a bank account at a different institution using your new email. Choose paperless statements and a P.O. box or trusted address for correspondence.

Build Emergency Funds

Gradually save cash in a secure location your partner doesn't know about. Even small amounts add up and provide critical resources.

Secure Important Cards

Keep copies of credit cards, IDs, and insurance cards in a safe place. Consider a safety deposit box or trusted friend's home.



Essential Document Collection

Critical Documents to Gather

- Birth certificates (yours and children's)
- Social Security cards
- Passports and immigration documents
- Marriage license and divorce papers
- Medical records and prescriptions
- School records for children
- Vehicle titles and registration
- Lease agreements or mortgage documents

Store originals safely outside your home with a trusted person or in a safety deposit box. Take photos of all documents and save securely.



Pro Tip: Upload encrypted copies to a secure cloud service accessible only from your safe device.

Location Safety & Privacy

1 — Disable Location Tracking

Turn off location services on all apps. Check for hidden GPS trackers in your car, purse, or belongings. Review "Find My" device settings.

2 — Plan Your Destination

Research domestic violence shelters or safe houses. Have multiple backup locations. Don't share your plans digitally unless using secure methods.

3 — Change Digital Footprints

Once safe, update passwords, security questions, and recovery emails. Remove your partner from shared accounts and adjust privacy settings on social media.



Preserving Evidence Safely



Document Everything

Take photos of injuries, property damage, and threatening messages. Save to a secure cloud account your partner cannot access. Date all evidence clearly.



Save Communications

Screenshot threatening texts, emails, and social media messages. Don't delete original messages. Store copies in multiple secure locations outside your home.



Keep a Journal

Document incidents with dates, times, and witnesses. Write in a safe location or use a password-protected digital journal on a device your partner doesn't access.

Day of Exit: Your Safety Checklist

1

Pack Your Essentials

Keep a bag with clothes, medications, documents, cash, and keys ready. Store it at a trusted friend's home or accessible hiding spot.

2

Choose Your Moment

Leave when your partner is away if possible. Have transportation arranged in advance. Trust your instincts about timing and safety.

3

Activate Your Network

Contact your trusted support person. Call the hotline if needed. Don't hesitate to call 911 if you're in immediate danger.

4

Protect Your Trail

Take your devices or leave them behind. Vary your route. Head to your predetermined safe location without announcing your plans digitally.



Remember: Your safety is the priority. Plans may need to change quickly, and that's okay. Trust yourself.

About Cybersecurity Non-Profit

"Making cybersecurity knowledge accessible to everyone through education, community, and practical resources."

Our Programs

- Business & Non-Profit Security
- Family Cybersecurity
- Kids Safety Online
- Senior Digital Safety
- Women's Security & Privacy
- Resources for Parents & Educators

Free Resources Available

Everything we offer is completely free because everyone deserves access to digital safety education and support.

Website: csnp.org

Resources: csnp.org/resources

[ALL PROGRAMS FREE](#)

[COMMUNITY SUPPORT](#)

