

# 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

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## Choose Safe Contacts

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

03

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## Create Code Words

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

02

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## Use Encrypted Apps

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

04

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## 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](https://csnp.org)

**Resources:** [csnp.org/resources](https://csnp.org/resources)

ALL PROGRAMS FREE

COMMUNITY SUPPORT

