

**Name:**  
**Date:**

**The following steps are my plan for increasing my safety online and on my phone.  
To increase my safety, I can do (some or any of) the following:**

1. I will set all my online profiles to be as private as they can be.
2. I will save and keep track of any abusive, threatening or harassing comments or posts.
3. I will never give my password to anyone.
4. I will change my usernames, email addresses, passwords and/or cell phone number if the harassment does not stop.
5. I will delete/block any followers who harass me
6. I will only accept friend requests/followers from people I know
7. I will not share my phone number or home address on my profile
8. I will report fake profiles
9. I will only post things that I am comfortable with the public seeing
10. If someone posts a private photo of me online without my permission I will: report it to the police, tell a teacher/counselor, tell a parent/ guardian, call a crisis line, report online, other:

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11. I will not answer calls or text messages from unknown, or blocked numbers.
12. I will see if my phone company can block my abusive partners' phone number from calling my phone.

13. When he calls and I feel threatened I will: (Screen your calls with voice mail?)(Change your phone number?) \_\_\_\_\_

14. I will save any information that suggests a violent threat

15. If I choose to contact the police I will do my best to provide specific details such as any tangible evidence collected.

16. Telephone Numbers I Need to Know:

RCMP/ Local Police Department: \_\_\_\_\_

Counselor: \_\_\_\_\_

Victim Service Worker: \_\_\_\_\_

Battered Women's Programs: \_\_\_\_\_

Crisis Line: \_\_\_\_\_

Work Number: \_\_\_\_\_

Lawyer: \_\_\_\_\_

Other: \_\_\_\_\_



**BUSINESS LINE 604.687.1868**

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