

Date:

## Technology Safety Plan Template

### Step 1: Devices and Accounts

List every device and account you use.

- **My devices:**
    - Phone
    - Laptop/computer
    - Tablet/e-reader
    - Smart home devices (e.g., Alexa, CCTV, thermostat)
    - Other devices: \_\_\_\_\_
  
  - **My online accounts:**
    - Email accounts: \_\_\_\_\_
    - Social media: \_\_\_\_\_
    - Banking/financial: \_\_\_\_\_
    - Shopping/Commerce: \_\_\_\_\_
    - Cloud storage: \_\_\_\_\_
    - Other important accounts: \_\_\_\_\_
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### Step 2: What Might Be at Risk

Reflect on possible risks or concerns.

- Does anyone else know my passwords?  
 Yes     No    Details: \_\_\_\_\_
  
- Am I sharing any devices or accounts with someone I don't trust?  
 Yes     No    Which ones: \_\_\_\_\_
  
- Are there apps, devices, or logins I don't recognize?  
 Yes     No    Notes: \_\_\_\_\_

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### Step 3: Passwords and Security Settings

Record what needs updating.

- Accounts that need new passwords:  

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- Two-factor authentication to turn on (list accounts):  

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- Shared access or unknown devices to remove:  

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### Step 4: App Permissions and Location Settings

Identify what to review or change.

- Apps with unnecessary access (location, camera, mic, contacts):  

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- Permissions I want to turn off or adjust:  

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- Location settings to review:  

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### Step 5: Emergency Planning

Think about what you need if something urgent happens.

- How I can quickly log out or lock accounts:  

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- Emergency contacts (names only):

1. 

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2. 

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3. \_\_\_\_\_

- Where I will store evidence safely (screenshots, messages):

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- People or services I can reach out to for help:

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## Step 6: Support & Safer Habits

Plan for safer technology use.

- How I will contact support services (phone, email, in-person):

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- Safer devices I can use if mine feels monitored (e.g., library computer):

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- Habits I want to change or strengthen (e.g., logging out, checking permissions):

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## Step 7: Self-Care

Identify grounding or regulating activities that help you stay steady.

- Activities that help me feel calm or safe:

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- People or places that help me feel supported:

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- Reminders for myself during stressful moments:

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