

CHECKLIST FOR CREATING A SAFETY AND PRIVACY PLAN FOR YOURSELF, FAMILY, LOVED ONES, AND FRIENDS

This worksheet is part of the Survivor Storytelling Workbook. The full workbook is available at the [NSN website's resource library](#).

- **Tell** interviewers or event organizers if you have any specific safety concerns (i.e. anonymity, blurred background in video, potential attendees, etc).
- **Schedule** time to rest afterward.
- **Decide** in advance if you'd like to turn your phone off or not check social media after the event.
- **Consider** managing filters on your email and social media to block messages with specific words (i.e. curse words, slurs, etc.).
- **Schedule** an appointment with your therapist if you can shortly after the event.
- **Try** to delete any social media photos that might identify where you live, and avoid posting social media photos that might have your street view reflected in your glasses or eyes, or any mail with your address in the background.
- **Set** up a separate mailbox if possible to receive payments, etc.
 - **Talk** to an accountant about the laws and regulations around registering your business etc. with an address different than your home.
- **If** your state offers it, apply for your state's address confidentiality program so you can do things like registering to vote without your address being public record.
- **Consider** subscribing to a service like DeleteMe to help delete your address, phone number, and other information from the internet.
- **Alert** event organizers of any safety concerns you have, or of any specific people who you are concerned might show up to the event and pose a safety issue.
- **Talk** to your friends, family, and loved ones about your safety plan so that they can help uphold it as well (i.e. not post photos that could compromise your safety and privacy, etc).
- **Consider** boundaries regarding your family and children. Some survivors may not have disclosed their full story to their entire families or children. There may also be safety concerns regarding your children after you share your story. These are all things to consider in advance.

Notes:
