

IF ONLINE SAFETY IS A CONCERN, MAKE CHANGES SLOWLY

Sudden changes can sometimes increase risk. These are optional steps you can take if it feels safe to do so:

- Sign out of work accounts on shared or personal devices when possible
- Remove access from old or shared devices
- Change personal passwords and privacy settings
- Take steps at a pace that feels safe for you



HELP NOW

If you are not safe:
Call 911 or a crisis line.

