Digital And Technology Safety Workbook

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

A printable reflection and practice resource

Digital Safety Without Blame

A careful guide to safer devices, passwords, shared accounts, location tracking, social media, impersonation, unwanted contact, evidence preservation, and digital recovery.

Workbook 03

Safety, Advocacy & Recovery Education

Created by Michelle D. Elder, MSW, LMHC Free therapeutic-style education - not therapy, legal advice, medical care, or emergency response My Reflective Collective - Safety, Advocacy & Recovery Education Page 1 Before you begin This is a person-centered, trauma-informed workbook. You decide what to read, write, print, share, skip, or stop.

You do not need to prove that something is bad enough before seeking support. A worksheet should never be used to pressure someone to leave, stay, report, confront, forgive, remember more, or take legal action.

Immediate danger or medical emergency: call 911 in the U.S. or Canada. For suicide or mental-health crisis support in the U.S. or Canada, call or text 988. For relationship-abuse support in the U.S., contact the National Domestic Violence Hotline at 800-799-SAFE (7233), text START to 88788, or visit thehotline.org. Services, privacy practices, and emergency-response policies vary by location.

Technology safety: if someone may monitor your device, accounts, vehicle, home network, or location, use a safer device or location when possible. Private browsing and deleting history do not erase every record. Changing access or settings may alert a person who is monitoring you or erase evidence, so consider confidential technology-safety support before making changes.

This workbook provides general education, not legal advice, representation, investigation, diagnosis, psychotherapy, medical care, crisis response, or an individualized safety plan. Laws, court procedures, evidence rules, deadlines, confidentiality, and available remedies differ by place and situation. Consult a licensed attorney, legal-aid program, tribal legal service, court self-help program, or trained advocate for guidance that fits your circumstances.

Choice and pacing

- Keep your eyes open, work in short sections, use initials, leave blanks, ask an advocate to sit with you, or stop.

Store or dispose of completed pages only in ways that support safety. Do not investigate, confront, or test another person because of a worksheet.

What would help this feel safer or more manageable today? _____

_____

__ _____

_____ My Reflective Collective - Safety, Advocacy & Recovery Education Page 2 My support and safety page Write only what is safe to keep. Consider neutral contact names or an advocate's guidance if discovery is a _____

_____ _____

_____ **concern.**

Immediate emergency plan Confidential advocate or hotline Attorney, legal aid, or court self-help Medical or mental-health support Trusted person and code word Safer device or location Transportation, children, pets, language, or accessibility needs My Reflective Collective - Safety, Advocacy & Recovery Education Page 3

1. Pause before changes

Sudden password, location, or device changes can alert someone, erase evidence, or escalate behavior.

Begin

by considering a safer device and confidential technology-safety support.

Could this device be monitored?

_____

_____ What change might be noticed? _____

_____ Where can I seek advice privately? _____

_____ My Reflective Collective - Safety, Advocacy & Recovery Education Page 4

2. A safer device strategy

A safer device is one the other person has not accessed, configured, paid for, or linked to shared accounts.

Public and borrowed devices have privacy limits. Avoid signing a safer account into a possibly monitored device.

Pause point: If this section increases fear, confusion, dissociation, or urgency, stop. Orient to the date and place, move toward support, and use emergency or crisis services when needed.

Possible safer devices or locations Accounts that should never connect A safe way to remember access My Reflective Collective - Safety, Advocacy & Recovery Education Page 5

3. Passwords and recovery

Unique passwords, secure recovery information, and multi-factor authentication can help when changes are safe. Review recovery email, phone numbers, trusted devices, backup codes, questions, and password managers.

Highest-priority accounts Recovery paths another person may control A safe sequence for changes My Reflective Collective - Safety, Advocacy & Recovery Education Page 6

4. Shared accounts and cloud data

Family plans, photos, calendars, app stores, browser sync, health portals, school apps, and payment services may reveal activity, devices, purchases, or locations.

Shared services I use Information each could expose What to preserve before separating access

_____

_____ My Reflective Collective - Safety, Advocacy & Recovery Education Page 7

5. Location and connected devices

Phones, vehicles, watches, earbuds, tags, cameras, doorbells, speakers, and smart-home systems may share location or activity. If a tracker is suspected, consider documenting it in place and getting advice before removal.

Devices or vehicles to review Unexpected alerts or account notices Who can help inspect safely My Reflective Collective - Safety, Advocacy & Recovery Education Page 8

6. Social media

Privacy settings reduce exposure but cannot control screenshots or information shared by others. Review tags, check-ins, old posts, mutual contacts, and whether public responses could increase contact.

Information that reveals routines People who can avoid tagging me A reporting or boundary plan My Reflective Collective - Safety, Advocacy & Recovery Education Page 9

7. Impersonation

Preserve the URL, handle, screenshots, dates, messages, platform reports, and impacts. Tell trusted contacts how to verify communication. Avoid posting private identity documents publicly.

_____

_____ How others can verify me _____

_____ What the false account is doing _____

_____ Platforms or institutions to notify My Reflective Collective - Safety, Advocacy & Recovery Education Page 10

8. Digital evidence

Capture full context when safe: URL, username, date/time, thread, headers, metadata, and how content arrived.

- Keep an unchanged original and working copy. Ask about admissibility and recording laws.

Original source and date Protected storage A factual naming method

9. Digital recovery map

Prioritize accounts that unlock others: primary email, carrier, financial accounts, device account, and password manager. Record what changed, when, and from which safer device.

First three accounts Professional support needed Check-in plan after changes My Reflective Collective - Safety, Advocacy & Recovery Education Page 12 One-page action map

- Choose only steps that fit your safety, legal advice, capacity, culture, privacy, and real life.

What I know right now

What I want help understanding

Most urgent safety consideration One person or service I may contact A step from a safer device or place A step I am intentionally not taking yet Date to review Resources and scope guidance that fits your circumstances.

National Domestic Violence Hotline (U.S.) thehotline.org | 800-799-SAFE | text START to 88788 988 Suicide & Crisis Lifeline Call or text 988 in the U.S. or Canada Emergency services Call 911 for immediate danger or medical emergency in the U.S./Canada WomensLaw womenslaw.org - U.S. legal information and referrals Legal Services Corporation lsc.gov - U.S. civil legal-aid finder NNEDV Safety Net techsafety.org - technology-safety education 211 211.org - community-resource connections in many areas Copyright and sharing attribution, or present this material as individualized professional advice. Resource listings are starting points, not endorsements or guarantees.

Safety, Privacy & Educational Use

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If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

Privacy and safer searching If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

monitored. Do not use a worksheet or website form as an emergency message.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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