



RECOVERY | FIELD GUIDE

A safer personal-information check

Review what someone can see without trying to fix every account today.

A note from Victoria

Digital safety can feel enormous. We can take one careful step. If an abusive person may monitor your device or accounts, use a safer device and get individualized help before changing settings.

What to do

Start with one account: check recovery email, shared devices, location sharing, and who can view posts. Avoid sudden changes that could increase danger without a plan. Keep a private record of suspicious activity if safe. A domestic-violence advocate can help sequence changes.

Words you can use

"I may be monitored. Can you help me review my digital safety from a device that is not shared?"

One useful step I can take today:

I could start with: Identify the safest device or place to seek help before opening account settings.

The strength I see in you

You are taking your privacy seriously, and that matters.

Peer support and education, not therapy, legal advice, or an individualized safety plan. If you are in immediate danger, contact local emergency services or a domestic-violence advocate.



RECOVERY | WORKSHEET

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Use this page in your own words. You can leave any part blank.

An account or device I am concerned about

What could change risk if I act suddenly

A safer place or person to help me review it

My next manageable step

A person, service, or place I can turn to (if useful)

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