### SOCIAL MEDIA SAFETY

- Make sure that all of your accounts are set to private. “Friends only” is the most secure setting.
- Take the time to really look at your privacy. It takes up to 30 clicks to have a secure Facebook!
- Limit your friends to people you really know. Use the “Touch Rule.” If you have not touched someone (handshake, hug, pat on the back, etc.), be careful how much info you share with them!
- Use secure passwords for your accounts and do not share them.
- Use a different password for every account—even a variation of the same password is more secure.

### For additional assistance, please contact:

**WCA Victim Advocate**  
**FACES Family Justice Center**  
417 S. 6th Street  
Boise, ID 83402  
208.577.4498

24-Hour Domestic Violence Hotline:  
208.343.7025

**Online Resources:**
- wcaboise.org
- nnedv.org
- loveisrespect.org

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**SAFETY AND TECHNOLOGY**

**HELPFUL APPS**

**LOCATION AND PRIVACY**

**WHEN TO SEEK HELP**
**APPS FOR SAFETY**

Before using any personal safety app, be sure to test it to make sure it’ll work for you in an emergency. Also, if you add anyone to your contacts, have a conversation with them so they know what to do.

**Aspire*** is an app that looks like a news app. When you press the help button on the menu, it takes you to a different page. From that page you can prerecord text messages and enter the numbers of people you trust. Once set up, all you have to do is tap the toolbar of the news three times and the message will be secretly sent out.

**Circle of 6*** is an app that requires choosing six contacts that you trust to contact in an emergency. Based on the icon that you select (car, phone or talk bubble) the app will simultaneously send all 6 of your contacts a help message. For example, tapping the car sends the message “Come get me. I need help getting home safely”.

**SafeTrek** puts a large blue dot on your screen for you to hold your thumb on. Once you remove your thumb the app will ask for a password. If you do not put in a password within a certain amount of time, the app will call 911 for you.

**911** is an app that allows you to call 911 by simply tapping the app twice. The app will call over WiFi if a cell signal is unavailable.

**Secret Life Pro** is an app that looks like a tic tac toe game. If you press and hold the center button, the app will ask for a password. Once you put in the password you will taken to a secret storage area on your phone. Here you can keep pictures, contacts or apps that you do not want someone else to find.

**LOCATION AND PRIVACY**

Location services on your phone or tablet can be very helpful at times, but can also compromise privacy—especially if someone has access to your device or passwords.

Here are some tips for using location services safely.

- Know how to turn location on and off on your device. For all devices, you should be able to access location in “Settings”. For Android devices, it is also on the top drag-down screen.
- Be aware and use caution when allowing apps to access to your location. Facebook, Instagram, Twitter and many others may publish your locations!
- If you turn your location off, 911 dispatchers will still be able to track your location. That is a mechanism on your phone that you cannot turn off.
- If you are able, always tell the dispatcher where you are so they know your exact location.

* Actual icon not shown here

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**WHEN TO SEEK HELP WITH YOUR TECHNOLOGY**

- When someone knows things about you that they should not know, such as exact locations, content of text messages, or information from private conversations.
- If you suspect that your technology is being used to stalk you.
- If you are trying to preserve or collect evidence of electronic stalking.

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