



DATING & RELATIONSHIPS SERIES

BREAKUP DIGITAL-SAFETY CHECKLIST

SAFETY FIRST

If a current or former partner may be monitoring your devices or could react dangerously when access is removed, consider the safety impact before changing settings. When appropriate, use a safer device and speak with an advocate or law enforcement about a safety plan.

ACCOUNTS & PASSWORDS

- ☐ Change important passwords and use unique passwords or passphrases.
- ☐ Turn on multifactor/two-factor authentication where available.
- ☐ Review recovery email addresses and phone numbers.
- ☐ Review devices/sessions signed into important accounts and sign out unknown or unwanted access.

LOCATION & SHARING

- ☐ Review Apple/Google location sharing, family-sharing features, shared calendars, photos, fitness apps, and other services that reveal routine or location.
- ☐ On iPhone, review Apple Safety Check if available.
- ☐ Check whether shared accounts or devices are still giving another person access.

HOME, VEHICLE & DEVICES

- ☐ Review smart locks, cameras, video doorbells, alarms, garage apps, and smart-home administrators.
- ☐ Review connected-vehicle apps and authorized users.
- ☐ Check phone plans, cloud storage, password managers, shopping/financial accounts, and shared subscriptions.

PRESERVE EVIDENCE

- ☐ Before deleting threatening or unwanted contact, consider preserving texts, emails, voicemails, screenshots, dates/times, and unexpected appearances.
- ☐ Document patterns when it is safe to do so.
- ☐ If you believe technology is being used to stalk or monitor you, seek individualized safety planning.

DIGITAL ACCESS CAN BE A SAFETY ISSUE

Changing a password is useful, but it may not end access through location sharing, smart-home controls, family accounts, vehicle apps, or other connected services. Review the whole ecosystem.