DIGITAL TECHNOLOGY FOR SAFETY PLANNING

—

Technology Discovery and Recommendations for the City of Missoula

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Memorandum of Transmittal

To: Shantelle Gaynor, Director of the Missoula County Community Justice Department
From: Dawn Hayden, Student at Pennsylvania State University
Subject: Digital Technology and Safety Planning
Date: August 31, 2022

Dear Shantelle,

In May, when we spoke of this project, you stressed the importance of safe, secure, digital technology for use by both advocates and survivors for safety planning. Patty Murphy, Program Manager of the YWCA Missoula, seconded your opinion.

The report that follows is prepared for the Community Justice Department. It provides an overview of digital technology and safety considerations, the findings of discovery on potential apps currently available, other possible digital solutions, feedback from survivors, and recommendations.

In undertaking this project, I reached out to you and Patty at the YWCA. I conducted interviews with leading experts in cybersecurity, conducted hours of desk research, tested every available app I could locate, and created a survey which has been distributed directly to known survivors of relationship violence. As we move forward together, we can do our best to listen to the voices of survivors and advocates and update information.

The one thing that surprised me the most is 100% of the survey respondents said they wanted a mobile app for safety planning. The other thing that surprised me is the number of apps that either were on the market and are no longer available or are currently on the market that do not include an actual safety plan feature. This confirmed my initial hypothesis that there are no viable safety planning apps available. There is one web-based interactive safety planning tool available through the Hotline website that is a great starting point.

I would like to thank you for your continued commitment to the people of Missoula County. For creating and holding space for survivors until they find their voice. I would also like to thank Patty Murphy for her unbridled enthusiasm and open mind. Lastly, I would like to recognize that Cindy Weese, Executive Director of the YWCA, is retiring this year. I will miss her knowing she is not there in her office. I wish her all the best in her future endeavors. Her vision, patience, and guidance have served all of us well.

Should you have any questions, please email me at dch44@psu.com or contact me by phone (504) 7253.

With sincere thanks,

Dawn Hayden

DIGITAL SOLUTIONS FOR SAFETY PLANNING AND IMPROVED SERVICES FOR

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Executive Summary

This report includes recommendations to introduce digital technology to the Community Justice Department to support safety planning and services for survivors of relationship violence. Other beneficiaries of this report include survivors of sexual violence, stalking, human trafficking, advocates, program staff, and others affected by gender-based violence.

Gender-based violence affects all of us. Each community member in Missoula either is a survivor, knows a survivor, or works with a survivor. As the world continues to adopt additional digital technologies, the intersections of service provision and services being sought through technology will continue to grow. It is a responsible and forward-thinking decision for the Missoula County Community Justice Program to seek digital technology solutions to improve services to survivors of relationship violence, sexual violence, stalking, and trafficking.

Just as digital technology expands its reach on users across communities, abusers have expanded their control tactics to include abuse of digital tools. Cybersecurity is a priority for victims of abuse as many report that their abusers use digital tools such as cell phones, laptops, social media, and GPS to track them, harass them, threaten, and intimidate them.

Through safety planning, many survivors can address potential scenarios and identify safe solutions. While it is best for a survivor to work with an advocate, safety planning tools are now available through mobile and interactive web technology to empower the survivor to access their situations and make decisions for their personal safety.

The National Domestic Violence Hotline has an interactive web application that can be used on a safe computer with or without an advocate, there are other apps available on the market designed to store documents, alert authorities if assistance is required, to collect evidence for sexual assault survivors, and provide education and resources related to gender-based violence. An app prototype is under development and may be continued as per the request of Missoula County. The National Network to End Domestic Violence can test the app prior to release to check for security, safety, and make recommendations.

Through the discovery process undertaken for this report additional resources were identified and are included for consideration. These include potential funding opportunities, other partners in Montana working with apps and donors, webinars, and websites.

It is the finding of this report that although apps are not listed directly in app stores as safety planning apps for gender-based violence, there are digital tools available in both the cloud as untraceable mobile apps and as web-based apps to improve response and decision-making for survivors. A list of recommendations is included first of which is training for advocates and staff on digital safety. The second is to begin to implement using the Hotline's web-based interactive safety plan while other apps are explored.

Management will need to decide how to proceed with the information. Digital tools are available. Each provide different benefits and carry different risks or responsibilities for the users.

Introduction

Missoula County consistently looks for innovative ways to provide services to survivors. The Missoula County Community Justice Department requested a mobile app with safety planning features for advocates and survivors to improve service provision. This report is designed to

With nearly one-third of Missoula County residents living in rural communities, many residents "face significant barriers to receiving help after experiencing domestic or sexual violence or stalking. Rural victims are more likely to lack access to jobs, public assistance, social services, transportation, and affordable housing. This makes it harder to leave an abusive partner to gain safety for themselves and their children." (Rural program. Missoula County, MT, n.d.)

The county is also home to the University of Montana located in Missoula downtown home to 9,500 enrolled students as of Spring 2021. (UM, 2021) Dating violence and intimate partner violence are often at their highest for women who are between the ages of 18-24. (CDC, 2021)

Individuals in abusive relationships navigate dangerous situations that change at any time. Safety planning provides survivors with tools to be safer in violent relationships. This paper explores digital technology and safety planning for survivors to improve service delivery by advocates and empower independent planning by survivors in Missoula County for the Community Justice Department.

Gender Based Violence and Digital Technology: An Overview

Figure 1. Digital services for survivors

Gender-Based Violence is a global epidemic. Worldwide, one in three women experience physical or sexual violence in their lifetime. (UNWOMEN n.d.) According to the CDC, "Over 1 in 3 women (35.6%) and 1 in 4 men (28.5%) in the US have experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime." One in two trans people (50%) are reported to be abused by an intimate partner in the latest VAWnet report on trans and non-binary people. (VAWnet, 2021)

Relationship violence knows no barriers and deeply affects all of us either directly or indirectly. While there are risk factors that increase the likelihood of experiencing gender-based violence, such as being a woman, being between the ages of 18-25, living in a rural area, and being economically dependent, the fact is gender-based violence can happen to anyone regardless of ability, gender, socio-economic class, education level, ethnicity, sexual orientation, or faith. It is the hidden crime that is happening every three seconds in America.

Digital technology provides opportunities to reach survivors where they spend their time accessing resources-primarily through their phones and the internet. It also provides the means to upload digital records, improve the ability to adapt safety plans to situational changes, and to bring decisions directly into the hands of the survivor.

It also comes with risks. There has been a rise of digital abuse and misuse by abusers. Abusers exert power and control over their victims through digital technology. It is important for advocates and survivors alike to be versed on considerations and concerns.
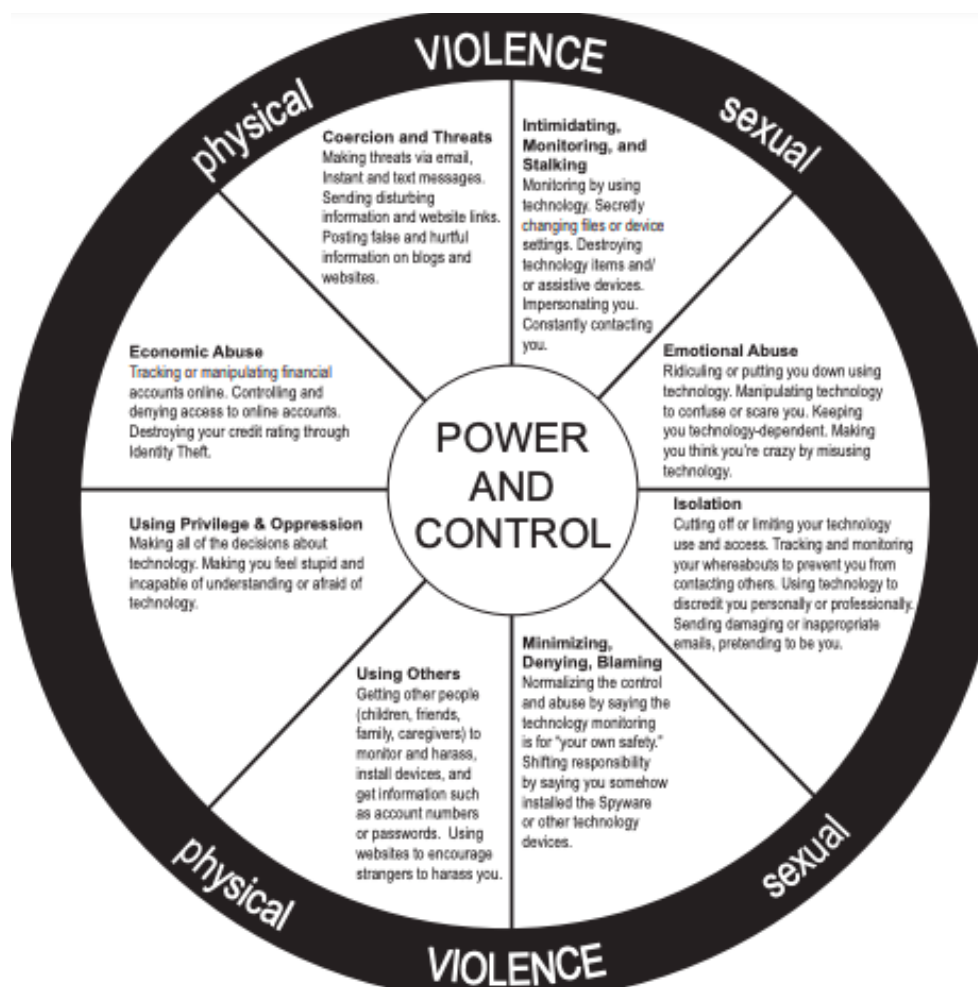
Figure 2 Technology and Abuse P&C Wheel © 2006, 2008 NNEDV Safety Net Project nnedv.org/safetynet

Cybersecurity Considerations

With so many risks on the digital landscape it can be confusing and overwhelming for advocate programs to know where to start when helping survivors. The reality is that there is no single direct path to a right answer. We must listen to survivors like we do every day, and we need to trust their intuition. When working with survivors to identify digital abuse, try to use specific examples.

What steps can multi-disciplinary programs take to assist survivors?

The Safety Net Project published a series on Spyware Evidence which includes information on the steps below.

- Believe the Survivor-help them document events to identify patterns
- Identify what information the abuser accesses-is it GPS locations, messages, email
- Consider friends and acquaintances-not everyone understands safety
- Ask about shared apps, calendars, phone accounts
- Information shared on social media
- Look for evidence of spyware

Safety Net also produced a web-based app Tech Safety App that is available for download that is extremely helpful for walking survivors through tangible steps they can take to secure their phone, apps, and accounts. There is more information about it in the resources section. (Tech Safety, n.d.)

If the survivor believes their partner has installed spyware on their phone, a full factory reset will normally remove it. However, this comes with risks. The individual tracking the survivor will know that it has been removed. "One of the safest things the survivor can do is use the phone as though nothing is wrong. Normal use will avoid tipping off the abusive person of suspicions, allowing more time to collect evidence before it is destroyed. It is important to speak with survivors about the pros and cons of this strategy, as well as strategies to use their devices in more secure ways. Some people may feel safest getting rid of the device or doing a factory reset to try to rid of the spyware." (*Spyware and stalkerware: Phone surveillance.* Safety Net Project, n.d.)

As digital use and technology abuse increase, our responses must also improve. While there are many resources included at the end of this document, Technology Safety Plan: A Guide for Survivors and Advocates will be helpful for those on the frontline.

Domestic Violence Experts are not alone in improving services

The latest cybersecurity news is an update from Apple. "In June 2022, Apple worked with NNEDV (the National Network to End Domestic Violence), NCVC (National Center for Victims of Crime) and Australia's WESNET (Women's Services Network) to develop a new suite of features to help people in abusive relationships who need to drop off the radar for their own safety.

Safety Check is a new section is settings where you can do a quick review of who sees what. Within the tool, there is a detailed, customizable set of sharing and access settings, but more importantly, there's an emergency button that resets all access that anybody might have to your messages, app access, location tracking and other crucial info. (Kamps, H.J., 2022)

Safety Planning

Victim-centered or survivor-centered approaches to safety planning are critical for the well-being of victim. There are real dangers to leaving and the survivor is the expert in the situation and knows best. There are three types of safety planning: 1. Immediate-what does the

survivor need today 2. Short-term-what does the survivor need within the next few weeks to a month and 3. Long-term-what does the survivor need long-term? (this includes emotional well-being, dealing with loneliness, grief, staying safe at child visitations, finding housing, financial resources, employment, etc).

The best remedy for someone who has had their power taken away is to give them power back. Safety Planning is defined by the Maine Coalition to End Domestic Violence is "an ongoing process of assessing risk and implementing strategies to minimize risk; flexible, non-linear, and individual; and at its core, safety planning is a kind of **sensibility** that goes far beyond a concrete 'plan'." (Maine Coalition Against Sexual Assault, 2020)

When is a good time to make a safety plan?
There are four main timeframes to consider in safety planning:

1. During a violent incident,
2. When preparing to leave,
3. While at home, and
4. At work or in public.

Safety plans should also consider what to pack in a go bag, include a document checklist and potentially digital storage, a section on code words, and how to identify digital abuse and improve safety. (Washington State Coalition, 2018)

Discovery
At the onset of report development, a hypothesis was held that there were no safety planning apps available on the market. While there are no specific safety planning apps available on either IOS or Android App Stores, there are a variety of mobile apps and web-based applications that have been developed. Each have their own unique features, strengths, and weaknesses. Some are still advertised and no longer available.

Each app has been personally tested by the author who is a survivor. There are no guarantees any one of these apps will keep a survivor safe. The survivor is the expert in her/his/their life. Working with an advocate and going through an app together is highly encouraged. A brief description of what each app features and how it might apply is included for consideration.

The Senior Technology Safety Specialist from the National Network to End Domestic Violence (NNEDV), Mr. Chad Sniffen, also provided direct feedback to a direct inquiry summarizing the paper. Mr. Sniffen included a list of apps for consideration with an equal disclaimer that "they each have different approaches and different things they are good and not good at." The NNEDV does not recommend any of the apps per se including their own. He is available for a follow-up meeting.

The NNEDV does mobile app testing, provides training to service providers and are considered the international leaders in the intersection of technology and domestic violence.

The Hotline: Web-Based Safety Plan
The National Domestic Violence Hotline offers an interactive, web-based safety plan. It takes the user through a comprehensive safety planning process which also includes safety planning for pets and children. It also considers special needs. What makes this safety plan

special is that it links the user to local resources, it offers to connect the user to an advocate if they are not with one, and provides hotline numbers. It can be completed with an advocate in person or over the phone and then printed on paper. It can also be used to lead a conversation and not filled in if there are safety concerns. All data is deleted after 24 hours. The survivor has an option to create a new email address with a safe password to have the safety plan sent to them at a secure location or to send it to someone they trust. To do a run through, Create a Safety Plan. (The Hotline, 2022)

Sanctuary Prototype

In spring 2022, Ms. Hayden, Penn State University, designed a prototype in response to a request from Shantelle Gaynor. The app, called Sanctuary, was originally designed as a double-blind app to present on the first initial sign in as a self-care app with options to meditate, journal etc. The survivor can then enter a promo code "SAFERNOW22" into the box at the bottom of the homepage to be taken to the actual app and enter a secure email and password unknown to the abuser to be taken to the backend of the app for safety planning.

The second obstacle is that safety plans are individualized based on unique experiences and circumstances. It is best to have an advocate to talk through a safety plan with an individual to link them to resources, but not every domestic violence survivor is going to contact a shelter. To overcome the logistical barriers of too much text, videos will explain safety planning components to the user and the user can fill them in. The Maine Coalition to End Domestic Violence created an excellent video that has a runtime of over 17m, "I'm ready to leave my abuser, now what." Video examples will be added to each of the topic pages as it is built out over the next two semesters before handover to Missoula County. Other next steps for the Sanctuary app based on Missoula County Community Justice Department interest include:

Figure 3 Sanctuary Prototype Screenshot

Focus group discussions for UX/UI development
Complete focus groups in Missoula with various groups including SARC, CJP, YWCA, CVA, with representation from a diverse group of stakeholders.

Testing
Testing to be completed by developers and NNEDV as well as by survivors and advocates. This will be followed by iteration and re-testing.

Funding
- Researching previous grants for tech that have been awarded through DOJ
- Identifying corporate sponsors that support ICT efforts in raising awareness and creating apps to address gender-based violence including Bumble, Verizon, and others. Potentially partnering with Calm, Insight Timer, or Headspace.
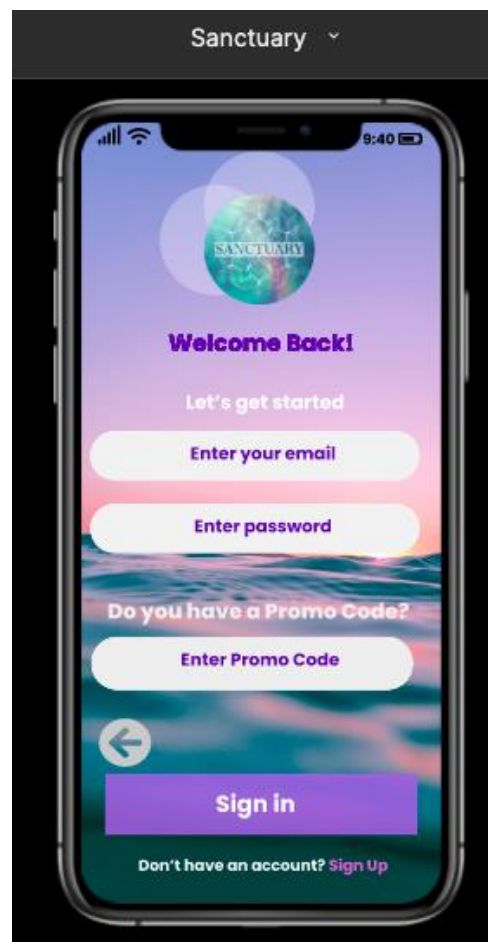
Brief video excerpt draft from introduction: not narrated
Sanctuary Mobile App video presentation

Survey

A survey was conducted with a total of fifteen survey questions. Ten survivors responded. The survey can be reopened to collect additional respondents. Unexpected results include 100% of respondents believe a safety planning mobile app will be helpful. Also 80% of respondents rated digital space to store documents a 10 on a scale from 1-10 with the two other respondents rating it an 8/10.

These results definitively suggest survivors are ready to use digital tools and technology to address their safety issues and to take back control in certain areas of their lives. While 60% are somewhat concerned about their safety and privacy, they are still willing to trust people and use technology. Detailed responses are provided at the end of Appendix A. The survey should continue to be administered to residents as they enter the shelter on a volunteer basis to broaden the baseline and can be expanded to the University SARC program when fall semester begins at the end of the month to provide a more comprehensive understanding of survivors. (See Appendix A)

Resources

Apps on the Market

Noonlight
https://www.noonlight.com/noonlight-app

Noonlight is a mobile app that "gets you home safe". This app contacts 911 with your exact location with the release of a button if you do not enter your pin. Great for a walk home or if you do not check in.

DocuSAFE
https://www.techsafety.org/docusafe

Docusafe is created by the National Network to End Domestic Violence (NNEDV). The app provides survivors a way to collect and store evidence of abuse. Survivors can log individual incidents through photos, screenshots, or video. It does show on phones as being called DocuSAFE if an abuser searches a phone.

VictimsVoice

https://victimsvoice.app/the-app/
"VictimsVoice is built for legal admissibility so users can document information that holds up in court, investigators can collect the relevant evidence, and the prosecution can build a stronger case. It's built to meet HIPAA, VAWA, VOCA, and FVPSA regulations, ensuring the most strict privacy and security standards are upheld."

It is not in the app store. It is accessible from all devices with nothing to download therefore nothing to be discovered by an abuser when not in use.

The annual cost per user is $39.95. Currently, Haven in Gallatin County, MT is a partner offering victims a one-year free membership to the app.[1] There are other options available to offset costs for victims including becoming a partner agency to cover costs, applying for scholarship funds individually, etc. All are available at the website. There is a webinar available for additional information.

https://www.youtube.com/watch?v=E4t5x9sVZNM&t=1s

The Ohana App
https://www.ohanalink.tech/ohanalinkpurple

Ohana Link Purple-A Private Mobile Solution Custom Designed to Support Victims of Domestic Violence, Agencies and Community-Based Services
According to Chad Sniffen, Senior Technology Safety Specialist, Safety Net Project, this app is widely used in Pennsylvania as a digital interface between DV advocates and the survivors. There is a webinar registration available

This app is cloud based so it is also not discoverable on a phone by an abuser. There are no cookies, no text messages, no phone calls, it is not traceable according to their Chief Technology Officer. The survivor determines when it is safe to receive and send messages and use the app.

This app is designed:
To expand advocate/survivor services in rural areas;
to provide services for those who are unable to come in for in person meetings; and
to maintain communication between meetings.

This app can also provide follow-up services for survivors as they transition from shelter to transitional/permanent housing options or post-court proceedings.

As of June 21, 2022, there were 14 domestic violence agencies that have completed on boarding of the app and/or were in the process of user training. (DiMuccio-Zgela, L., 2022)

MyPlan

https://webapp.myplanapp.org/

The MyPlan App has a variety of tools to assist the survivor. According to Chad Sniffer from NNEDV, Safety Net,it is used in many places as an intermediary step between advocates and survivors. The app includes a variety of assessments to determine if a relationship is healthy, toxic, or abusive; mental health questions, risk assessments, a video for safety planning, and other tools which are designed to develop personalized tools. The App was designed by John Hopkins University.

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[1] *Giving victims a legal voice.* VictimsVoice. (2022). Retrieved August 10, 2022, from https://victimsvoice.app/

Seek Then Speak

Figure 4 Digital Tech Recommendations

https://www.seekthenspeak.app/

"SEEK THEN SPEAK is a tool for sexual assault survivors and support people. In SEEK, you can privately gather information and explore your options for medical care, supportive services, and reporting to police. If you choose, you can even begin the process of reporting to police by completing a self-guided interview in SPEAK."

It is available in more than 100 languages. The questions are printed in English, and answers are printed in the native language of the speaker ready for translation. The questions are available for preview prior to answering them. The app can be used on a phone or on a safe computer. Nothing is saved. There are a variety of other safety features. It is thorough and survivor focused. (End Violence Against Women International, n.d.)

TechSafety App

https://techsafetyapp.org/home

"This app was developed for survivors, their families, and victim service providers to understand how technology can be misused to harass, abuse, or stalk someone in the context of domestic violence, sexual assault, or stalking. There is also information on what someone can do when technology is being misused as a tactic of abuse. Although this app contains safety and privacy tips, this app is not meant to be a comprehensive safety planning tool."

The TechSafety App Website is the online version of the TechSafety App created by Safety Net through the NNEDV. It provides educational information and resources about:

1. Phone Safety
2. Device Safety
3. Harassment
4. Impersonation
5. Location Safety
6. Online Harassment

The app also provides help hotline phone numbers, information for attorneys and victim service providers. Safety Net is internationally recognized as experts on the intersection of technology and domestic violence, sexual assault, trafficking, and stalking. Since 2002, Safety Net has provided more than 115,000 trainings and offers consultation and help to victim service providers, technology companies, and survivors. For more information about Safety Net, visit nnedv.org/safetynet or TechSafety.org.

National Domestic Violence Hotline, Create a Safety Plan, Interactive Web-based Tool
https://www.thehotline.org/plan-for-safety/create-a-safety-plan/

This is an interactive, web-based safety plan. It takes the user through a comprehensive safety planning process which also includes safety planning for pets and children. It also considers special considerations. Very thorough and interactive. Can be completed with an advocate and then printed on paper. It can also be used to lead a conversation and not filled in. All data is deleted after 24 hours. The survivor has an option to create a new email address with a safe password to have the safety plan sent to them at a secure location or to send it to someone they trust.

e-Bodyguard
https://ebodyguard.org/

e-Bodyguard works with citizens, law enforcement, and the criminal justice system. It is designed to be FBI CJIS compliant regarding chain of custody from before dispatching 911 calls through to the court system.

For a list of potential funding opportunities, webinars, and websites please see Appendix B.

Recommendations

1. ## Use the interactive web-based safety planning platform
   The National Domestic Violence Hotline has an interactive safety plan available on their website. This is a great place to start for advocates working with survivors. Survivors can print their safety plan or send it to a safe, secure email address. It is not stored on a server so it cannot be updated.

2. ## Network with other agencies
   Find out what other agencies in MT and across the country are doing with digital technology and survivors. Talk to programs referenced in the report. Have dialogues. Get creative.

3. ## Provide training for advocates, staff, and survivors
   Safety Net provides training for programs throughout the year. There are webinars available from a variety of sources. Identify local needs and create your own. According to the YWCA, advocates and staff have not recently received training on digital technology. Make recommendations for SARC, the YWCA, and CVA and all JUST partners to include it in their training.

4. ## Recruit tech savvy volunteers and staff
   Identify staff who lean towards tech and encourage them to learn and share about it. Do a weekly tech update at meetings.

5. ## Experiment with Digital Tech Apps
   There are more apps on the market than initially realized. See if any of these meet the needs of the program. Identify gaps. Communicate a wishlist for further development.

Conclusion

There are avenues to introduce digital technology to the Community Justice Department using the mobile apps and web-based apps currently available to support safety planning and services for survivors. The discovery undertaken as an exercise of this report generated resources including funding opportunities, potential activities such as training and staff development, and improvement to direct services.

Digital technology must be utilized with care. Above all else, we must listen to the survivor. There is no single solution that is guaranteed to be completely safe just as no safety plan can guarantee the physical, emotional, or sexual safety of an individual experiencing violence. Steps must be taken with care and consideration with safety at the forefront.

The mobile app, Sanctuary, will continue to be under development this year. This is not a timely solution for the needs of Missoula County. Other solutions such as the Ohana App, Seek Then Speak, MyPlan, and the Hotline's Web-based interactive safety planning app are all good exploratory starting points.

Survey

A survey was conducted with a total of fifteen survey questions. Ten survivors responded. The survey can be reopened to collect additional respondents. Unexpected results include 100% of respondents believe a safety planning mobile app will be helpful. Also 80% of respondents rated digital space to store documents a 10 on a scale from 1-10 with the two other respondents rating it an 8/10.

These results definitively suggest survivors are ready to use digital tools and technology to address their safety issues and to take back control in certain areas of their lives. While 60% are somewhat concerned about their safety and privacy, they are still willing to trust people and use technology. Detailed responses are provided at the end of Appendix A. The survey should continue to be administered to residents as they enter the shelter on a volunteer basis to broaden the baseline and can be expanded to the University SARC program when fall semester begins at the end of the month to provide a more comprehensive understanding of survivors

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Appendix A: Survey Responses

1. Please describe how you identify as a survivor.

(N=10)

A survivor in a violent relationship.	0%
A survivor thinking about leaving a violent relationship.	0%
A survivor of gender based violence.	30%
A survivor who left an abusive relationship.	60%
A survivor in transition.	10%
Other (Please specify)	0%
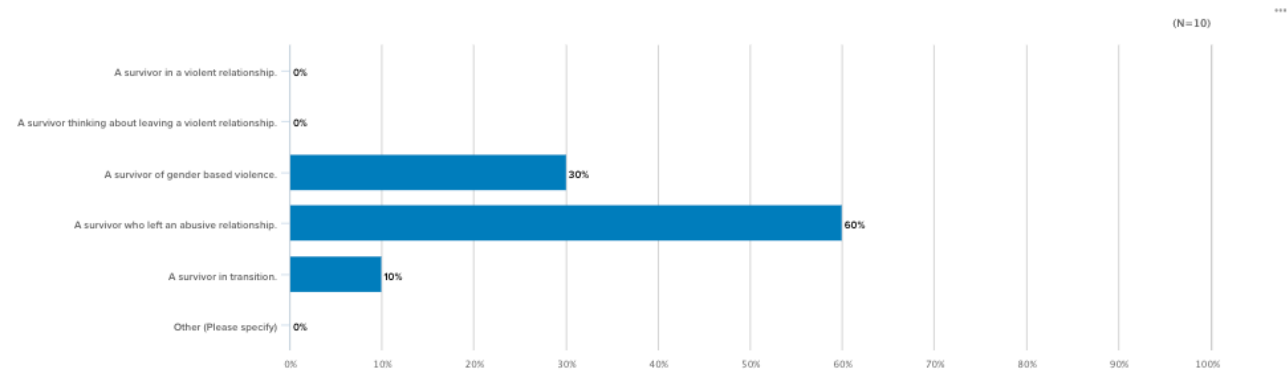
2. How would you rate your knowledge of digital safety as it pertains to cell phones, computers, and gps tracking?
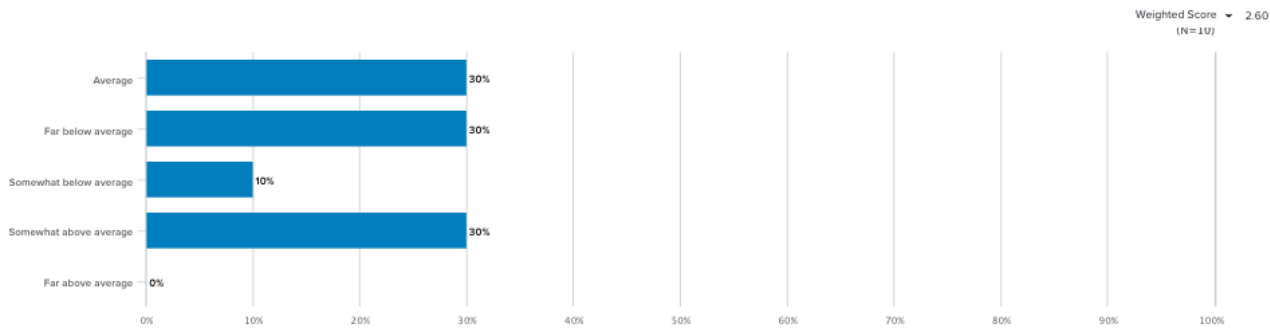
Weighted Score ▾ 2.60
(N=10)

Average	30%
Far below average	30%
Somewhat below average	10%
Somewhat above average	30%
Far above average	0%

3. Access to a safety plan on a mobile device would be helpful

Weighted Score ▾ 10.00
(N=10)

1	0%
2	0%
3	0%
4	0%
5	0%
6	0%
7	0%
8	0%
9	0%
10	100%

4. Having a safe, digital place to store documents would be beneficial.

Weighted Score ▾ 9.60
(N=10)

Score	Percentage
1	0%
2	0%
3	0%
4	0%
5	0%
6	0%
7	0%
8	20%
9	0%
10	80%
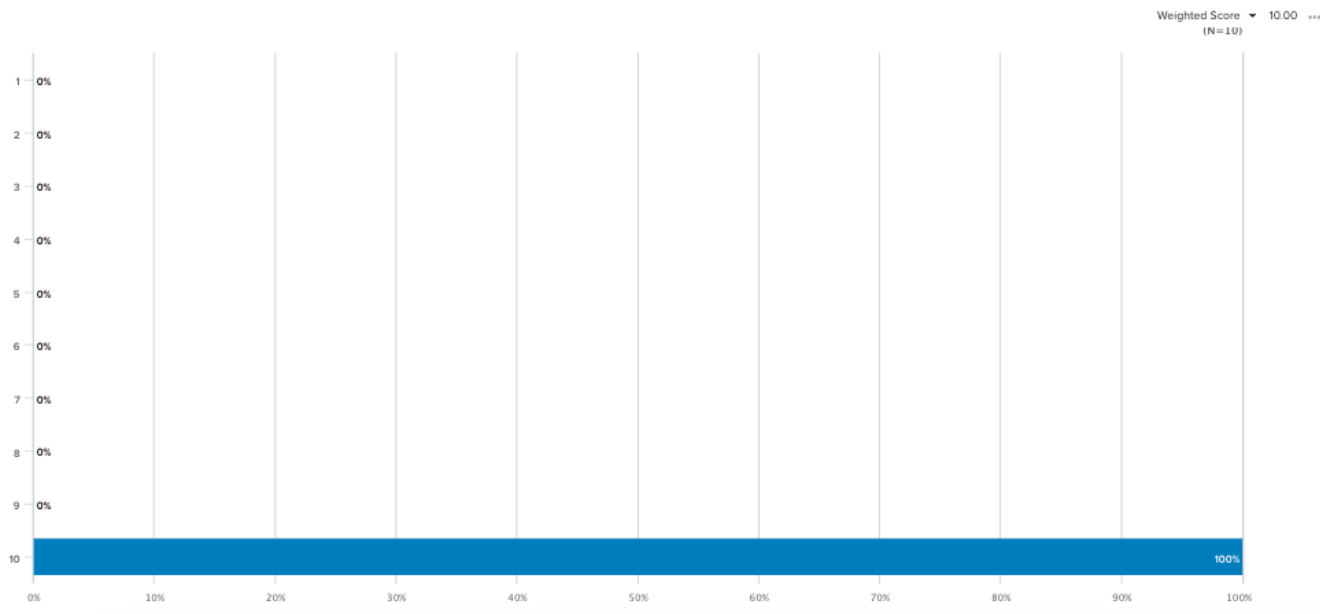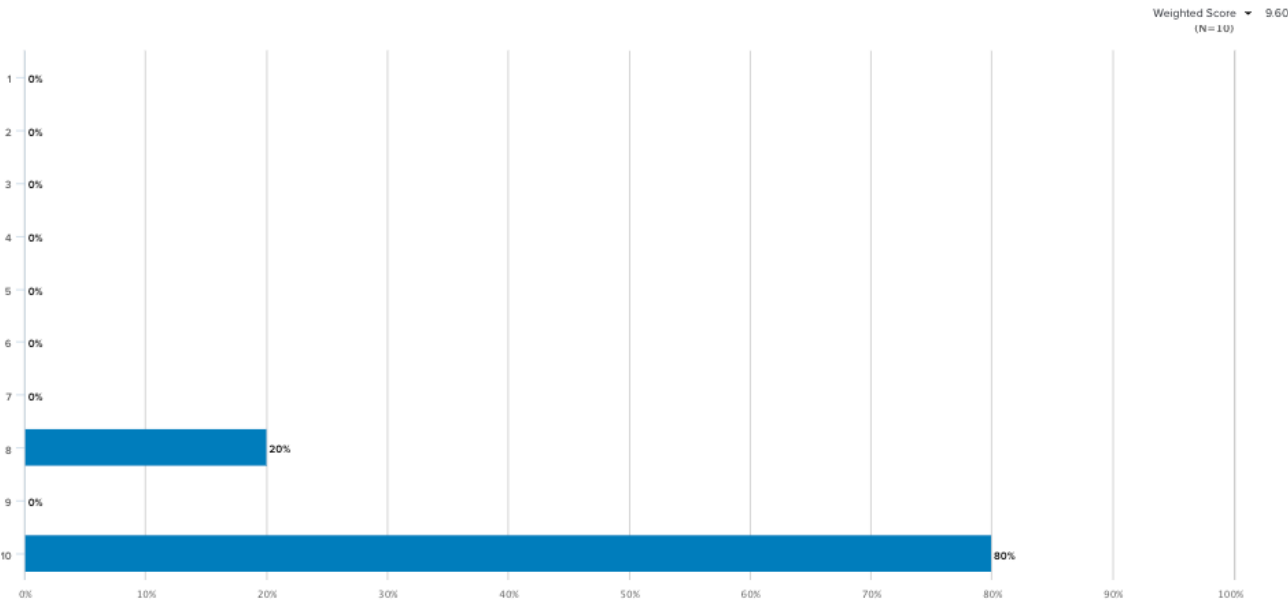
5. I worry about digital safety because of my abuser.

Weighted Score ▾ 7.60
(N=10)

Score	Percentage
1	0%
2	0%
3	0%
4	0%
5	10%
6	30%
7	10%
8	20%
9	0%
10	30%
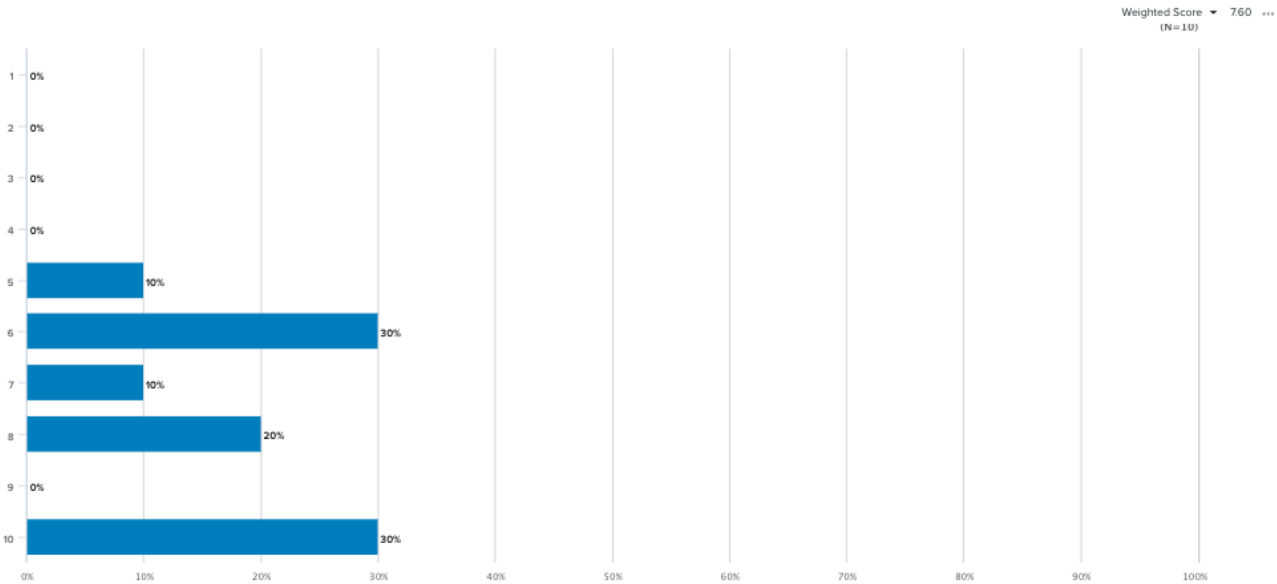
6. Are you concerned about your ability to continue using technology while maintaining your safety and privacy?

Weighted Score ▾ 3.40
(N=10)

Response	Percentage
Not Concerned	10%
Somewhat Concerned	60%
Very Concerned	30%
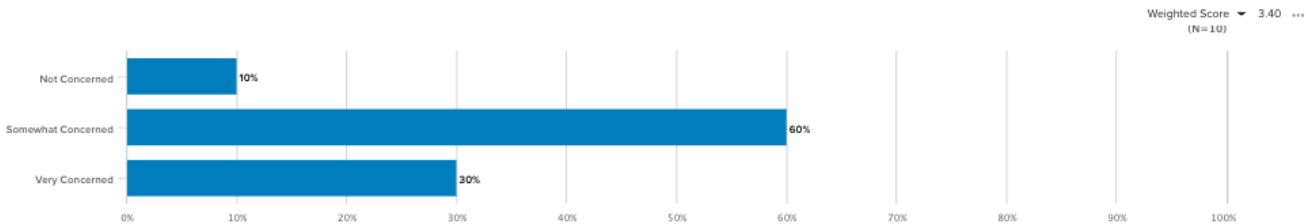
7. Do you have specific concerns that your abuser is currently using technology to track your location or monitor your communications using any of the below?

(N=10)

Category	Percentage
Cell phone	10%
Computer	0%
GPS device	0%
Friends, Family, or Someone at Work	10%
All of the Above	40%
Other (Please specify)	40%
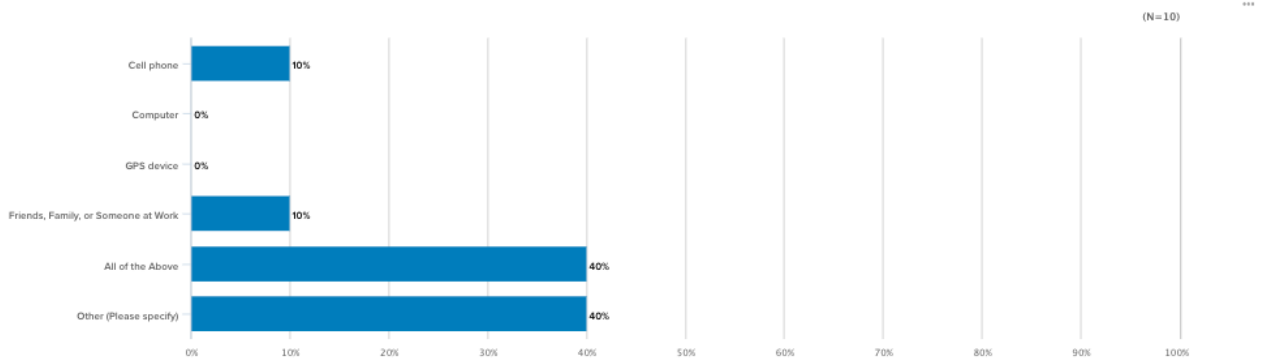
8. Have you ever found malware or spyware on your cell phone?

(N=10)

Category	Percentage
Yes	30% (3)
No	40%
I am not sure	20%
Other (Please specify)	10%
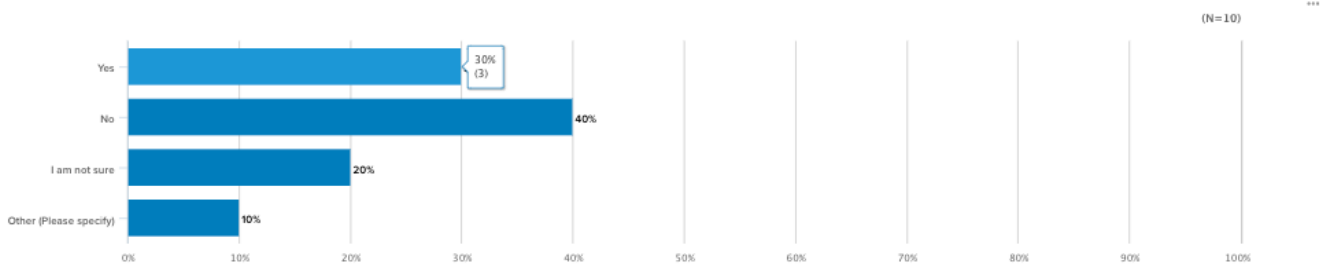
9. Would you feel safe installing an app that looked like a meditation app? The meditation app would have regular meditation app features and a page where you could insert a special promo code that would take you to a second login page. The second login page allows the user to enter a different, secure email address and password to access a safety planning app with a quick exit back to the meditation app. Please rate your response on a scale of 1-10 below.

Weighted Score ▾ 9.30
(N=10)

Rating	Percentage
1	0%
2	0%
3	0%
4	0%
5	0%
6	10%
7	10%
8	0%
9	0%
10	80%
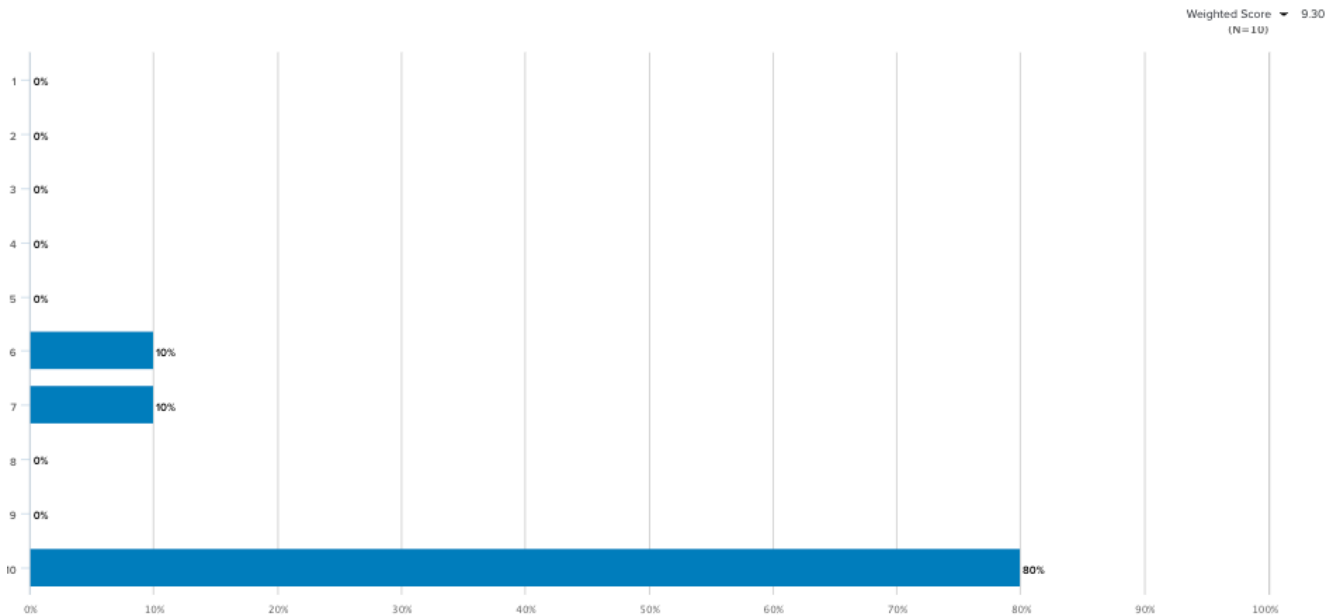
10. Please include any comments below.

Participant ID 1
Love love love this idea!

Participant ID 10
A Dropbox type option would be ideal.

Participant ID 7
This would be so helpful. I could see this as a huge help for DV victims. I would've loved to have this and still would love an app like this as I still feel I am being tracked by my abuser.

12. Please tell us if you agree or do not agree each item in the list should be included in a safety plan mobile application.

Weighted Score ▾ 4.33

Item	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
A checklist of documents	20%	20%	30%		30%
Digital storage for documents	20%	10%	20%		50%
What to do before and after an attack	10%	20%			70%
Access to local resources	10%				90%
What to do when preparing to leave	10%	10%			80%
How to improve digital safety	10%	10%	20%		60%
How to take plan for pet safety	10%	10%	20%		60%
How to plan for child safety	10%	10%			80%
How to create an emergency contact list	10%	20%			70%
How to talk with an advocate	30%				70%

Legend: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree

11. Please rate the following statements.

Weighted Score ▾ 3.27

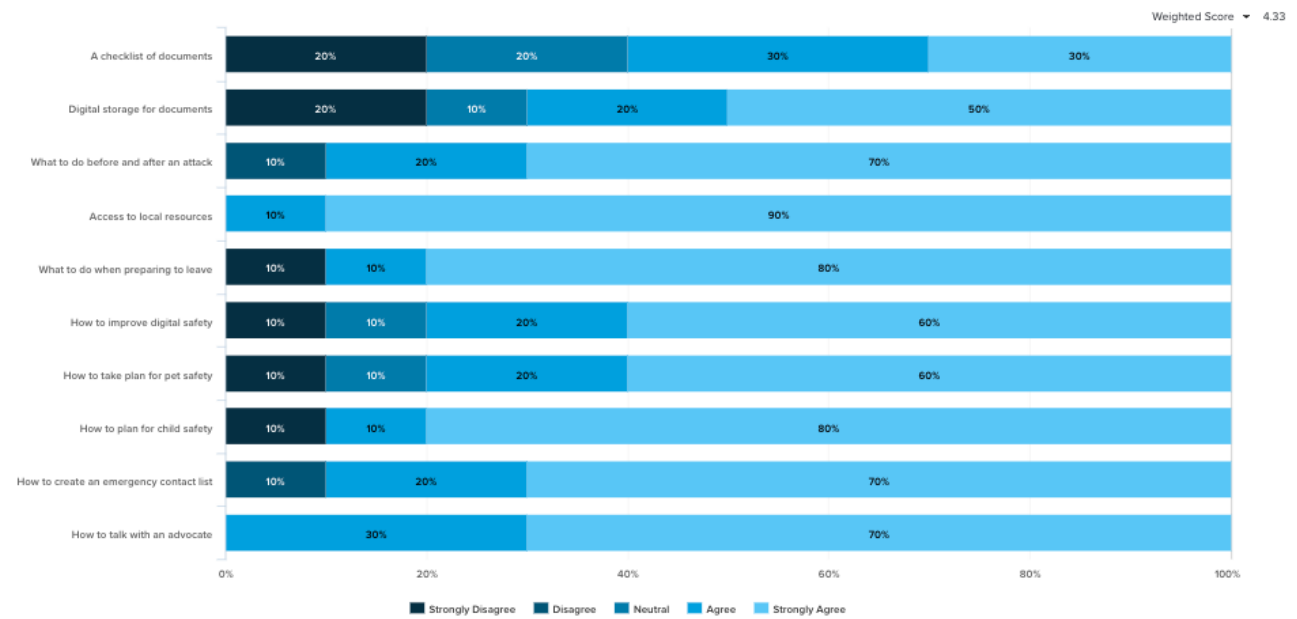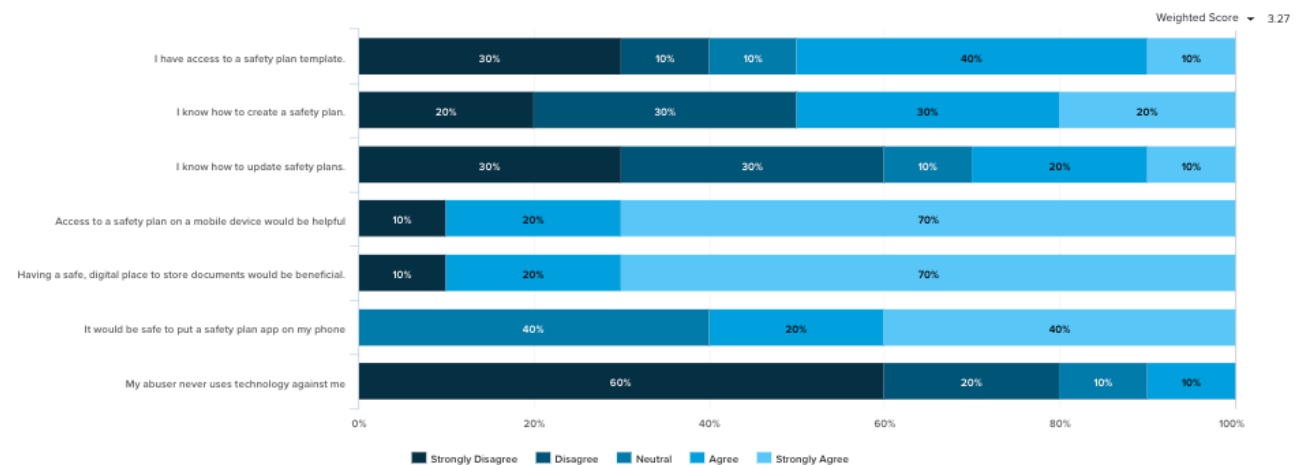| Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I have access to a safety plan template.	30%	10%	10%	40%	10%
I know how to create a safety plan.	20%	30%	30%	20%	
I know how to update safety plans.	30%	30%	10%	20%	10%
Access to a safety plan on a mobile device would be helpful	10%	20%			70%
Having a safe, digital place to store documents would be beneficial.	10%	20%			70%
It would be safe to put a safety plan app on my phone		40%	20%	40%	
My abuser never uses technology against me	60%		20%	10%	10%

Legend: Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree

13. Please provide any additional information you would like to see included in a safety plan that would help you feel safer in the text box below.

Participant ID 2

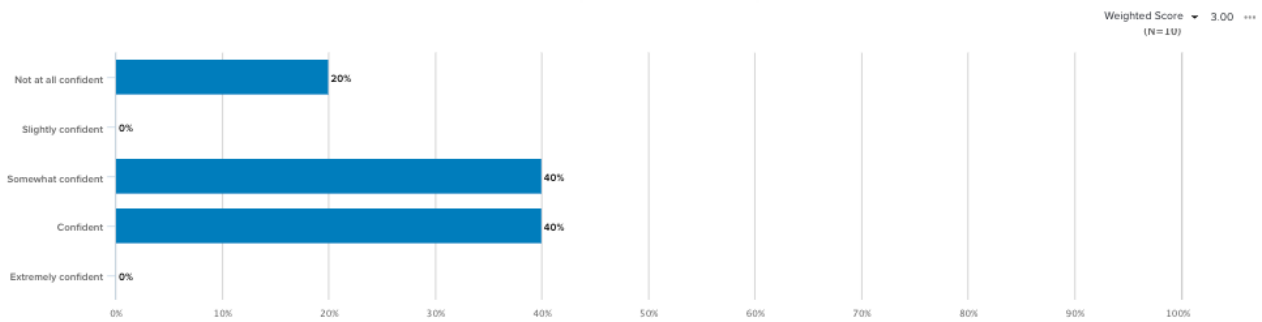Numbers of current'/past psychiatrists, therapists, and mental health meds. As well as a person to access the plan in...

Participant ID 7

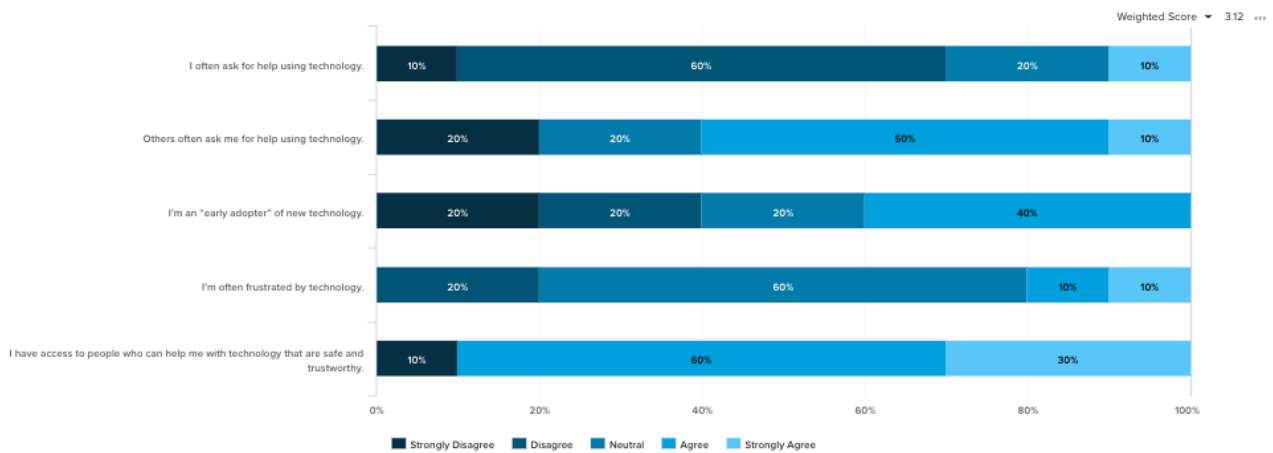Contact for self defense classed/therapy groups.

Participant ID 10

A safe place to store documents, pictures, recordings. Also encouragement and resources for customs who won't leave because of pets. It is not widely discussed the lack of resources and how few leave when they cannot take a pet, because of fear for that pet.

14. How would you describe your confidence in using technology?

Weighted Score ▾ 3.00
(N=10)

Response	Percentage
Not at all confident	20%
Slightly confident	0%
Somewhat confident	40%
Confident	40%
Extremely confident	0%

15. Please rate your level of agreement with the following statements.

Weighted Score ▾ 3.12

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I often ask for help using technology.	10%	60%		20%	10%
Others often ask me for help using technology.	20%	20%		50%	10%
I'm an "early adopter" of new technology.	20%	20%	20%	40%	
I'm often frustrated by technology.	20%	60%		10%	10%
I have access to people who can help me with technology that are safe and trustworthy.	10%		60%		30%

■ Strongly Disagree ■ Disagree ■ Neutral ■ Agree ■ Strongly Agree

Appendix B: Funding, Webinars, and Website
Potential funding opportunities

https://nonprofitgrowth.com/16-technology-grants-for-nonprofits/

https://www.verizon.com/about/responsibility/giving-and-grants

https://about.att.com/csr/home/reporting/issue-brief/community-engagement.html

https://evawintl.org/grants/ [2]

Training Webinars

Women's Advocates, Digital Violence 101 Webinar Recording
https://www.youtube.com/watch?v=wqVgkjrzV8k&list=PLnJmUziwXRys4nmgGRyG1AdrccU7Vqvf5&index=74

Woman's Advocates Digital Violence 101 Webinar Slides
https://www.wadvocates.org/wp-content/uploads/2021/04/Digital-Violence-Webinar-Slides.pdf

Maine Coalition Against Sexual Assault "Safety Planning and Sexual Violence Webinar."
https://www.youtube.com/watch?v=MHm295zcDxg.

Washington State Coalition "Safety Planning with Domestic Violence Survivors: Core Concepts."
https://www.youtube.com/watch?v=nCfCJ2ZjfbI

All About Safety Planning (ASL Interpretation Provided)
https://www.youtube.com/watch?v=FvKYSgYHq9E&list=PLnJmUziwXRys4nmgGRyG1AdrccU7Vqvf5&index=10

Websites:
Coalition Against Stalkerware
https://stopstalkerware.org/information-for-survivors/

National Network to End Domestic Violence Safety Net Project
https://nnedv.org/content/technology-safety/

Link to NNEDV Resources (examples: Spyware and Safety, Selecting a Database, Social Networking and Privacy Tips for DV and SV Programs, Mobile Apps, GPS etc.)
https://nnedv.org/resources/?mdocs-cat=mdocs-cat-8#content

Safety Net Toolkits: Survivor Toolkit, Agency Toolkit, Legal Systems Toolkit, Confidentiality Toolkit, and App Safety Center

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[2] The Williamsen Family Foundation Grant includes awards for the "StartbyBelieving.Org" campaign. This campaign includes the app Seek Then Speak which is designed to support survivors of Sexual Violence. Both Red Lodge and Custer Network Against Domestic Violence in Miles City are on their active campaign map list. It is not confirmed whether these organizations have simply run community campaigns or if they have also used the app in their communities.

https://www.techsafety.org/resources/

Safety and Privacy in a Digital World: VAWNet Special Collection Menu
https://vawnet.org/sc/safety-privacy-digital-world

HeartMob Technical Safety Guide
https://iheartmob.org/resources/tech

Cyber Civil Rights Initiative, Online Removal Guide
https://cybercivilrights.org/online-removal/

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