

# Tech Safety Checklist

- ☐ Change ALL passwords
- ☐ Create a new and safe email account
- ☐ Check for any tracking devices (including, but not limited to Airtags, Airpods, Tiles, etc.)
- ☐ Document any form of unwanted communication
- ☐ Disable your location on Find My Friends application
- ☐ Disable your location on applications that share location (including, but not limited to Snapchat, Instagram, etc.)
- ☐ Disable location tracking on applications on children's phones
- ☐ Shared photos (sometimes document the location the photo was taken)
- ☐ Shared iCloud accounts
- ☐ Shared banking information
- ☐ Shared email accounts
- ☐ Medical and health provider portals

