ABOUT

This tool is designed to provide women who participate in politics with a confidential way to assess their individual security and make a plan to increase their safety.

Violence against women in politics is a specific type of violence meant to discourage women from engaging in all political activities: political discussions, voting, running for office. This violence can take many forms, including:

- Persistent harassment or discrimination, such as being shamed in the media;
- Threats and psychological abuse - in person or online, such as using vulgar or demeaning language;
- Physical and sexual assault, such as inappropriate touching, punches or slaps;
- Economic violence, such as threatening divorce or destroying campaign materials; and
- Pressuring women to leave politics, including if they are elected officials.

If you are in danger or feel threatened, and it is safe to do so, we encourage you to contact the police or another responsible agency.

This tool cannot predict all your risks, but it will provide you with guidance on measures that you can take to enhance your safety. If you are politically-active, we recommend you reassess your risk levels regularly, as situations can change and you may need to update your safety plan.

A few points to note before you start:

- Do you feel safe enough where you are right now to answer this questionnaire? If not, consider a different time and location.
- You should keep the results of the assessment private, and only release details as suggested by the safety plan itself. This may mean hiding information even from family members, destroying any paper copies, or clearing your online browser history once you have completed the exercise.
- Your answers are not being collected or stored.

Disclaimer: The think10 tool developed by the National Democratic Institute for International Affairs (NDI) provides guidance on actions politically active women can take that may enhance their safety. This tool cannot predict or eliminate all of the risks a politically active woman may face. By using this tool, the user acknowledges that she is doing so voluntarily and agrees that NDI is not liable for any claims, loss or damage arising from the use, misuse, or reliance on the think10 tool.
QUESTIONNAIRE

INSTRUCTIONS

1. Answer **ALL** the questions on the questionnaire. Answer them honestly and to the best of your ability.

2. Add up all of the points (in brackets) from your answers to determine your **Total Score**. Your score will be a number between 13 and 173.

3. Once you obtain your **Total Score**, go to the country that you currently live in and find where your score falls in one of the three ranges provided.

4. The range where your score falls is the safety planning level - Moderate Risk or Elevated Risk or Severe Risk - indicated by your answers to the questionnaire and the country that you live in.

5. Read through the safety plan guidance provided to you. It provides suggestions, based on your score, about how to enhance your safety when you are politically-active.

6. Take immediate action to enhance your safety by following the guidance provided.

7. Share the tool with your friends to help them stay safely engaged in politics.

8. Remember to review and modify your safety plan from time to time.

ABOUT YOU

A. **How politically active are you?**
   - Very active - You participate in some kind of political activity daily (for example, you are an elected office holder or community organizer) (3)
   - Active - You participate in some kind of political activity weekly, such as advocating on an issue in person and/or online (2)
   - Somewhat active - You participate in some kind of political activity monthly, such as attending a local town hall meeting or periodically calling your elected official about an issue (1)

B. **Select all of the roles below that apply to you at the moment.**
   - Activist (1)
   - Political party member (1)
   - Election worker (1)
   - Political party leader (2)
   - Candidate (2)
   - Voter (2)
   - Elected representative (any level) (3)
   - Civil servant (2)
   - Government minister (3)

C. **Are you a member of the governing party/coalition or of an opposition party/coalition?**
   - Neither (0)
   - Governing (1)
   - Opposition (2)

D. **How do you usually engage in politics? (Select all that apply)**
   - I am new to politics and still looking for how best I can contribute (2)
   - I post anonymously online (1)
   - I post and comment online with my true identity (3)
   - I attend regular meetings and town halls (1)
   - I vote in local or national elections (1)
   - I promote my cause on the street (for example, handing out flyers, going door to door, canvassing) (2)
   - I participate in protests and rallies (2)
I work behind the scenes; I am known by many in my organization/party, but am not well known in my community (1)
I engage in public decision-making (3)
I participate in public events as a primary or the only speaker (3)
I am involved in many activities as a political leader; I am prominent in my organization/party and my community (3)

E. Are you the first woman in your family to engage in political activity?
- Yes (3)
- No (1)

F. Are you aware of women's legal rights in your country (for example: the right to vote or run for office, laws outlawing violence against women)?
- Yes (1)
- Some of them (2)
- No (3)

G. Do you advocate on women's issues?
- Yes (2)
- No (0)

H. Do you advocate on issues that people think are sensitive or controversial issues?
- Yes (3)
- No (0)

I. What is your political organization like?
- I am an individual activist (3)
- I work with an organization of men and women (2)
- I work with an organization of mainly women (2)
- I am a political party member (2)
- I am a member of a women's political party (3)

J. Do you feel safe while participating in politics?
- Yes (1)
- Sometimes (2)
- No (3)

K. Have you experienced any of the following in, or as a result of, your political work? (Select all that apply)
- I have experienced some harassment, such as name-calling, repeated phone calls, disruption of my events, persistent or unwanted comments (2)
- I have been repeatedly harassed (3)
- People have spread rumors about my private life, such as my sexual orientation, or claimed that I slept with men to advance my career or my political goals (2)
- I have been threatened with economic violence, such as job loss (2)
- I have been threatened with divorce (2)
- I have received threats of violence or retribution (3)
- Members of my family (such as my children) have been threatened (2)
- I have been smeared in the media (2)
- I have been physically attacked (3)
- I have been stalked, either in-person or online (for example, someone has repeatedly shown up to follow me or my family, or has done or said threatening things to me or my family) (3)
- I have been threatened, harassed or attacked by a family member (3)
- I have been detained or questioned by the police or security forces (3)
- No, I have never experienced any harassment, threats, or attacks (0)

L. Have you witnessed any violence directed toward any other women in politics?
- Yes (3)
- No (0)

M. Are the threats, harassment or physical attacks getting worse as you become more active in politics?
- Yes (3)
- No (0)
- I have not experienced any threats, harassment or physical attacks as a result of political activity (0)
N. Do you have a supportive network?
- Yes (for example: my family, friends and coworkers support my political activity) (1)
- Mixed (for example: some family, friends and coworkers disapprove of my political activity) (2)
- No (for example: my family, friends and coworkers all disapprove of my political activity) (3)

O. Do you identify as any of the following? (Select all that apply)
- Under 30 years old (1)
- Racial, ethnic or religious minority (1)
- Member of an indigenous group (1)
- Poor (1)
- Rural (1)
- Basic education or not literate (1)
- Pregnant (1)
- Financially dependent on someone else (1)
- Lesbian (1)
- Bisexual (1)
- Transwoman (1)
- Disabled (1)
- Single/divorced/widowed (1)
- Mother (1)
- Primary means of support for children or other dependents (1)

ABOUT POLITICS AND THE LAW

A. Are women in politics where you live often sexualized or presented as sexual objects? For example, are they assumed to be using sex to move forward in position, or can they be used as decorations to add “sex appeal” to political events? (Select all that apply)
- Yes, women in politics are often presented as sexual objects (2)
- Yes, women in politics are often assumed to be seeking more power by using sex (2)
- Not specifically in politics, but women are often depicted as “sexy” or as sexual objects in other public spaces, such as advertisements (1)
- No, women in politics are not sexualized or presented as sexual objects publicly (0)

B. Are any of the following political activities currently occurring in your country? (Select all that apply)
- An election (1)
- A referendum (1)
- Political transition (2)
- Implementation of a controversial policy or a controversial court case (2)
- Disputes over land rights or access to natural resources (3)
- Political uprising (3)
- Violent conflict (3)
- None of these are currently happening (0)

C. What type of legal/judicial system operates in your community?
- Formal justice system with police, courts and prisons (1)
- Informal justice system, such as a council of elders, that relies more on mediation and reconciliation (2)
- Both (2)

D. What type of law enforcement primarily operates in your community?
- Police (1)
- Other formal or state security force, such as the military (2)
- Informal community organization, such as a local militia (3)
- None (3)

E. Is violence against women a crime where you live? (Select all that apply)
- Yes, any type of violence against women is against the law (1)
- It is not illegal to threaten or harass a woman at her work, school, on the street or in other public places (2)
- It is not illegal for a family member or any person to threaten or harass a woman in her home or another private space (2)
- It is not illegal for any person to physically attack a woman (2)
- I don’t know (1)
If violence against women is a crime, do the police respond to women's security needs in accordance with the law?

◯ Yes, I feel they respond (1)
◯ I feel they sometimes respond (2)
◯ No, I do not feel the police respond to women's security needs (3)
◯ Women do not call the police (2)

Are there other institutions or groups, such as community or religious leaders or political party mechanisms or NGOs, that you can count on to respond effectively to your security needs or offer protection?

◯ Yes (1)
◯ I don’t know (2)
◯ No, there are no other institutions that respond to my security needs (3)

Are there services, such as emergency shelters, safe houses, a hotline or support groups that provide a safe place or support for women in danger or who are victims of violence?

◯ Yes (1)
◯ I don’t know (2)
◯ No, there are no services for victims of violence (3)

Which phrase best describes your community?

◯ My community believes a woman should only do her domestic duties in the home and not be in public for any reason (3)
◯ My community believes a woman may work outside the home with the permission of her husband or family (2)
◯ My community believes a woman may engage in politics if she has permission from her husband or family (2)
◯ My community believes a woman may engage in work and politics as long as her domestic duties remain a priority (1)
◯ My community believes a woman may freely choose to engage in politics regardless of permissions or domestic duties (1)

Does your community consider politics “men's work,” “dirty,” “dangerous” or otherwise inappropriate for women?

◯ Yes (2)
◯ No (0)

Are women’s daily lives restricted in your community?

◯ Women are not supposed to leave the home (3)
◯ Women can be in public space, but their travel and attire are restricted (2)
◯ Women face no societal/social restrictions to their daily lives (0)

Are women often sexualized or presented as sexual objects? For example, in advertisements, in music or in the media generally.

◯ Yes, women are often presented as sexual objects (2)
◯ No, women are not sexualized or presented as sexual objects publicly (0)

Do women in your community commonly experience some form of harassment, abuse or violence? (Select all that apply)

◯ Yes, women in my community commonly experience harassment, such as catcalls and persistent or unwanted comments (2)
◯ Yes, women in my community are routinely insulted or defamed (for example, through false accusations made against their morality) (2)
◯ Yes, women in my community commonly experience threats, including threats of physical harm (3)
◯ Yes, women in my community commonly experience assaults, such as pushing, groping or unwanted touching (3)
◯ I don’t know (1)
◯ No, most women I know have never experienced harassment, abuse or violence (0)

Do male family members experience shame or dishonor as a result of a woman’s political activity?

◯ Yes (3)
◯ No (0)
◯ I am not sure (1)
G. In your community, do women experience abuse or harassment when they perform roles that men usually occupy or when women are considered to be disobeying their family’s wishes? For example, if a woman decides to be a car mechanic or goes to a political rally.

◯ Yes (3)
◯ No (0)

H. In your community, are the police generally trusted to respond to claims of harassment or violence against women?

◯ Yes (1)
◯ No (2)

I. Is there a safe place you can go to if you are in immediate danger?

◯ Yes (1)
◯ No (2)

J. Which of the following statements best describes your community?

◯ It is a very peaceful place with minimal crime (1)
◯ There are some acts of vandalism, violence (1)
◯ There are widespread incidences of violence by individuals (2)
◯ Violence is common and there are gangs and armed groups present (2)
◯ The community is experiencing political or sectarian or extremist violence (3)
◯ Everyone has been a victim of violence or knows someone who has (3)

K. In your community, is it common for men to hit their wives?

◯ Of course, it is their right to do so (3)
◯ Yes, even though it is against the law (2)
◯ Sometimes, in certain circumstances (1)
◯ It is common, but socially unacceptable (1)
◯ No, this behavior is socially unacceptable (1)

L. Is it common for women to be beaten or disciplined by people other than their husbands (for example fathers, brothers or in-laws)?

◯ Of course, it is their right to do so (3)
◯ Yes, even though it is against the law (2)
◯ Sometimes, in certain circumstances (1)
◯ It is common, but socially unacceptable (1)
◯ No, this behavior is socially unacceptable (1)

Add up all of the points (in brackets) from your answers to determine your Total Score. Your score will be a number between 13 and 173.

TOTAL SCORE:
FINDING YOUR SAFETY PLAN

TOTAL SCORE:

Go to the next page and find the country that you currently live in.

COUNTRY:

Identify where your Total Score appears in one of the three ranges of numbers provided.

The range where your score falls is the level of your safety planning guidance, based on your answers to the questionnaire and the country that you live in.

For example, if your Total Score is 74 and you live in the United Kingdom, then your score would fall in the first range of numbers for the United Kingdom, and your safety planning guidance would therefore be for a Moderate level of risk.

WHAT IS YOUR RANGE?

WHAT IS YOUR SAFETY PLANNING GUIDANCE LEVEL?

NEXT STEPS:

1. Read through the safety planning guidance provided to you. It provides suggestions, based on your score, about how to enhance your safety when you are politically-active.

2. Take immediate action to enhance your safety by following the guidance provided.

3. Share the tool with your friends to help them stay safely engaged in politics.

4. Remember to review and modify your safety plan from time to time.
## Country Scores (As of 1 September 2018)

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<th>Elevated</th>
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</tr>
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<tr>
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<td>13 - 42</td>
<td>43 - 102</td>
<td>103 - 173</td>
</tr>
<tr>
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<td>13 - 73</td>
<td>74 - 133</td>
<td>134 - 173</td>
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<td>13 - 62</td>
<td>63 - 122</td>
<td>123 - 173</td>
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<td>13 - 54</td>
<td>55 - 114</td>
<td>115 - 173</td>
</tr>
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<td>13 - 73</td>
<td>74 - 133</td>
<td>134 - 173</td>
</tr>
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<td>13 - 73</td>
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<td>13 - 63</td>
<td>64 - 123</td>
<td>124 - 173</td>
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<td>13 - 67</td>
<td>68 - 127</td>
<td>128 - 173</td>
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<td>123 - 173</td>
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<td>63 - 122</td>
<td>123 - 173</td>
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<td>70 - 129</td>
<td>130 - 173</td>
</tr>
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<td>69 - 128</td>
<td>129 - 173</td>
</tr>
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<td>13 - 74</td>
<td>75 - 134</td>
<td>135 - 173</td>
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<td>13 - 74</td>
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<td>135 - 173</td>
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<td>68 - 127</td>
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<td>79 - 138</td>
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<td>64 - 123</td>
<td>124 - 173</td>
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<td>56 - 115</td>
<td>116 - 173</td>
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<td>13 - 97</td>
<td>98 - 157</td>
<td>158 - 173</td>
</tr>
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<td>13 - 81</td>
<td>82 - 141</td>
<td>142 - 173</td>
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<td>13 - 44</td>
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<td>105 - 173</td>
</tr>
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<td>13 - 57</td>
<td>58 - 117</td>
<td>118 - 173</td>
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<td>13 - 81</td>
<td>82 - 141</td>
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</tr>
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<td>13 - 64</td>
<td>65 - 124</td>
<td>125 - 173</td>
</tr>
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<td>13 - 72</td>
<td>73 - 132</td>
<td>133 - 173</td>
</tr>
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<td>13 - 69</td>
<td>70 - 129</td>
<td>130 - 173</td>
</tr>
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<td>13 - 52</td>
<td>53 - 112</td>
<td>113 - 173</td>
</tr>
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<td>13 - 43</td>
<td>44 - 103</td>
<td>104 - 173</td>
</tr>
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<td>13 - 79</td>
<td>80 - 139</td>
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<td>63 - 122</td>
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<td>140 - 173</td>
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<td>13 - 93</td>
<td>94 - 154</td>
<td>155 - 173</td>
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<td>123 - 173</td>
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<td>13 - 70</td>
<td>71 - 130</td>
<td>131 - 173</td>
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<td>120 - 173</td>
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<td>117 - 173</td>
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<td>76 - 135</td>
<td>136 - 173</td>
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<td>56 - 115</td>
<td>116 - 173</td>
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SAFETY PLAN GUIDANCE
TRUSTED CONTACTS
1. Identify 1-2 trusted, reliable people or organizations that you could contact for support in different situations.
2. Memorize their contact details so that you can reach them at any time. If you cannot memorize the details, find a way to disguise them in your phone, address book, or something that is always with you.

SAFE PLACES
1. Identify 1-2 safe places you can escape to in an emergency. Where you choose for this purpose will depend on whether or not you need to consider children or family as well.
2. Work out the best way to reach these places by different methods - walk, drive, public transport.
3. Always have a snack and some water, as well as any medicines you may need, an ID document, and money or a bank card with you, in case you cannot go home.

PERSONAL INFORMATION
1. Keep your personal information private and only available to those close to you.
2. Ask your family and friends not to share your personal information without your consent. This includes in/through social media postings and conversations.
3. If your home address or personal phone number is routinely listed publicly, take steps to make it private. Be in place at your home, workplace and political office to prevent unauthorized access.
4. Review the physical security of your home. Ensure that a path does not lead directly to your front door.

YOUR SURROUNDINGS
1. Always assess your surroundings when carrying out political activities. Check for easy exits and ask that your beloved be able to be those close to you.
2. Do not leave your devices unattended, and if you are not using them switch them off.
3. Do not leave your devices unattended, and if you are not using them switch them off.
4. Let your trusted contacts know where you are going and the times that you travel. Your political activities.

IMPORTANT DOCUMENTS
1. Keep a set of your ID documents, medical, school or political records in a safe place that is not your home, workplace or political location. Ensure that a path does not lead directly to your front door.
2. Do the same for your immediate family, staff, and coworkers in your political activities. Check for easy exits and ask that your beloved be able to be those close to you.
3. Review the physical security of your home, workplace or political location. Ensure that a path does not lead directly to your front door.

TRAVELING
1. Take someone you trust with you as you go about your political activities.
2. Identify and use safe transportation routes. Vary the routes and the times that you travel.
3. Let your trusted contacts know where you are going and when you will return home.

DIGITAL FOOTPRINT
1. Ensure your mobile phone has a lock code. Access your laptop with dual-factor ID. Change your password every 3 months. Do not share your passwords. Do not store passwords on your laptop or anywhere else.
2. Do not leave your devices unattended, and if you are not using them switch them off.
3. Avoid keeping sensitive information in your phone’s memory. Review and update your privacy settings regularly.
4. Do not label your keys with specific identifiers.

SAFE PLACES
1. Identify 1-2 safe places you can escape to in an emergency. Where you choose for this purpose will depend on whether or not you need to consider children or family as well.
2. Work out the best way to reach these places by different methods - walk, drive, public transport.
3. Always have a snack and some water, as well as any medicines you may need, an ID document, and money or a bank card with you, in case you cannot go home.

TRUSTED CONTACTS
1. Identify 1-2 trusted, reliable people or organizations that you could contact for support in different situations.
2. Memorize their contact details so that you can reach them at any time. If you cannot memorize the details, find a way to disguise them in your phone, address book, or something that is always with you.

PERSONAL INFORMATION
1. Keep your personal information private and only available to those close to you.
2. Ask your family and friends not to share your personal information without your consent. This includes in/through social media postings and conversations.
3. If your home address or personal phone number is routinely listed publicly, take steps to make it private. Be in place at your home, workplace and political office to prevent unauthorized access.
4. Review the physical security of your home. Ensure that a path does not lead directly to your front door.
Create a public email account for your political work so that your personal account remains private.

Install a firewall and anti-virus/malware software on your computer, and keep it updated.

Ask your family and friends not to share information about your location or personal images of you publicly or through social media.

Take screenshots of any malicious communications you receive through social media or the internet. Review these periodically to see if there is a pattern to those who are sending them. Report any online harassment, abuse or threats you receive to the police or relevant authorities.

Identify and note the details of any local support services that might be available to you. For example, women’s shelters, legal clinics, or influential local leaders.

Ensure your travel companions or trusted contact(s) are also aware of these services and your contacts at these organizations.

Think of a phrase or personal fact (e.g. your favorite song) that your family can recognize if you are in trouble and need a safe place. Teach and practice a signal for your team/staff to use when you’re in danger or need a safe place.

Review your safety plan at least every 3 months to make sure it is up to date and relevant to your current situation.

Document any violence that you experience as a result of your political activity. For example, save voice messages, keep a journal of incidents, take photos of injuries, and store this information securely.

Tell your trusted contacts about the violence and where to find the documentation.

Seek out others who may be experiencing similar situations and develop a dynamic support network.

Discuss your safety plan with one person you trust. Make sure they know what to do in an emergency.

Ensure that family and friends are not unintentionally undermining your safety plan — for example, by posting personal information that makes you more vulnerable. Make sure they know what to do in an emergency.

Teach and practice a signal for your team/staff to indicate if you or they are in trouble and need a safe place.

Think of a phrase or personal fact (e.g. your favorite song) that your family or designated contact would recognize which you can use as a proof of life in case you go missing. Teach and practice a signal for your team/staff to use when you’re in danger or need a safe place.

Remind people of this phrase or fact without making it obvious.

Review your safety plan at least every 3 months to make sure it is up to date. Remember to let your trusted contact(s) know about any important changes.
TRUSTED CONTACTS

1. Identify 1-2 trusted, reliable people or organizations both inside and outside your country that you could contact for support in different situations.

2. Memorize their contact details so you can reach them at any time. If you cannot memorize the details, find a way to disguise them in your phone, address book, or something that is always with you.

SAFE PLACES

1. Identify 1-2 safe places you can escape to in an emergency. Where you choose for this purpose will depend on whether or not you need to consider children or family as well.

2. Work out the best way to reach these places by different methods - walk, drive, public transport - at different times of day/night.

3. Make sure that you have a key or easy access to these places without needing to coordinate with someone.

4. Always have a snack and some water, as well as any medicine you may need, an ID document, and money or a bank card with you in case you cannot go home.

PERSONAL INFORMATION

1. Keep your personal information private and only available to those close to you.

2. Ask your family and friends not to share your personal information without your consent. This includes in or through social media postings and conversations. If someone is not abiding by this rule, either restrict or cut-off their access to your personal information.

3. Rent a post box or receive mail and communications at your office or somewhere away from your residence to keep your home address confidential.

4. Do not label your keys with specific identifiers. Do not provide keys to your home, car, or workplace to more people than absolutely necessary, particularly if your domestic or office staff change regularly. Change your locks.
trusted contacts know about any important changes.

4. Discuss with your trusted contacts how they should react if you have not arrived at your anticipated location or are out of reach for an agreed period of time.

**DIGITAL FOOTPRINT**

1. Ensure your mobile phone has a lock code.

2. Create a public email account for your political work so that your personal account remains private.

3. Install a firewall and anti-virus/malware software on your computer, and keep it updated.

4. Ask your family and friends not to share information about your location or personal images of you publicly on the internet or through social media. If someone is not abiding by this rule, either restrict or cut-off their access to your personal information.

5. Search for your name online periodically to ensure your personal information does not appear on public searches about you.

6. Take screenshots of any malicious communications you receive through social media or the internet. Review these periodically to see if there is a pattern to those who are sending them. Report any online harassment, abuse or threats that you receive to the police or relevant authorities. Provide a copy to your trusted contacts.

7. Keep your trusted contacts about theidence and support of your political activity. Store your contact details safely and have a backup stored somewhere else.

**SUPPORT SERVICES**

1. Document any violence that you experience as a result of your political activity. For example, save voice messages, keep a journal of incidents, photograph any evidence of physical injuries. Store this securely and have a backup stored somewhere else. Keep a record of any messages, emails or incidents.

2. Tell your trusted contacts about your political activity does not appear on public searches. Provide a copy of your political activity if they are not a stranger if they need to approach them in a crisis.

3. In case you need to work at the desk away to each transport - at different times of day.

4. Think of places of personal (e.g. your favouite)

5. Teach and practice a signal for your team/members of your safety plan.

6. Discuss your safety plan with one person you trust.

7. Ensure that family and friends are not unintentionally undermining your safety plan. For example, do not share your political activity or support services that might be available to you.

8. Keep your trusted contacts informed of your political activity, but do not share personal information.

9. Review your safety plan at least every month, to make sure it is up to date. Remember to let your trusted contacts know about any important changes.

10. Your trusted contacts know about any important changes.
1. Identify 1-2 trusted, reliable people or organizations both inside and outside your country that you could contact for support in different situations.

2. Memorize their contact details so you can reach them at any time. If you cannot memorize the details find a way to disguise them in your phone, address book, or something that is always with you.

3. Establish regular (at least weekly) safe and secure check-in mechanisms with these contacts.

4. At least one of your trusted contacts needs to know details of your safety plan. Do not give them a full copy on paper by email or by text. They will need to have some of the essential details in case of a crisis. It would be best if they memorized them or disguised any notes they have on their phone or laptop or notepad.

SAFE PLACES

1. Identify 2 safe places you can escape to in an emergency. Where you choose for this purpose will depend on whether or not you need to consider children or family as well. You may decide that one of these places may need to be away from your town or community or outside the country.

2. Work out the best way to reach these places by

   - different modes of transport;
   - different times of day/night;
   - the safest option or to disguise the fact you are leaving.

   If these places may need to be away from your children or family as well you may decide that one is located in a different country or outside your country. Choose wisely when you choose for this purpose will enable security.

PERSONAL INFORMATION

1. Ask your family and friends not to share your personal information without your consent. This includes in or through social media postings and conversations. If someone is not abiding by this rule cut off their access to your personal information.

2. Rent a post box somewhere away from your residence to keep your home address confidential.

3. Never label your keys with specific identifiers.

IMPORTANT DOCUMENTS

1. Keep a set of your ID documents, medical, school or political records in more than one secure location that is not your home, workplace or a location for your political activities. You may decide that at least one of these is outside the country.

2. Do the same for your immediate family, staff, and team members.

3. Let one of your trusted contacts know where one set of documents is kept and make sure they have access to it if you need to go away.

4. Check-in mechanisms with these contacts.

5. At least one of your trusted contacts needs to know your location if the threat persists.

6. You should plan to be able to move to another location where you are safe.

PERSONAL INFORMATION

1. Establish a regular (at least weekly) safe and secure check-in mechanisms with your contacts.

2. Let one of your trusted contacts know where one set of documents is kept and make sure they have access to it if you need to go away.

3. Make sure that you have a key or easy access to these places if

   - you need to seek refuge for an extended period of time (at least a week);
   - you need to seek refuge for a sufficient amount of money or
   - you need to take refuge for an extended period of time (at least a week).

YOUR SURROUNDINGS

1. You may need to consider undergoing security training yourself and having some level of trained security personnel to provide you with support. Ensure that security support is available to you.

2. Let your security personnel know where you will be staying.

3. Always have a security check of a location or event done in advance of the date. Once the surroundings have been assessed, make sure that any necessary changes are made to enhance your safety and that of the general public.

4. Address issues or concerns that arise.

5. Contact for support in different situations.

   - dont disclose and outside your country that you could use.
   - dont disclose and outside your country that you could use.

TRUSTED CONTACTS

1. Do not let your contacts know you have left for another location if the threat persists.

2. Rent a post box somewhere away from your residence to keep your home address confidential.

3. Do not let your contacts know you have left for another location if the threat persists.

4. Rent a post box somewhere away from your residence to keep your home address confidential.
TRAVELING

1. Take someone you trust with you as you go about your political activities. Ensure that they are aware of your trusted contacts and safe places.

2. You and any regular travel companions may need to undergo security training.

3. Identify and use safe transportation routes. Vary the routes and the times that you travel. Consider having a dedicated driver.

4. Let your trusted contacts know where you are going to be. Ensure that you check in with them at pre-agreed intervals for the duration of your political activity and until you return home or to base.

5. Discuss with your trusted contacts how they should react if you have not arrived at your anticipated location or are out of reach for an agreed period of time.

DIGITAL FOOTPRINT

1. Ensure your mobile phone has a lock code. Access your laptop with dual-factor ID. Change your passwords weekly. Do not share security codes or passwords.

2. Avoid using public wireless internet connections or hotspots to prevent tracking of your information and reduce the potential of hacking.

3. Do not leave your devices unattended, and if you are not using them switch them off.

4. Review and update your privacy settings on your phone, computer or apps weekly. Turn off location services on apps and social media. Clear your browser history daily.

5. If your devices are likely to be hacked, confiscated or searched, encrypt the files on your device and store an encrypted backup in a separate and secure place. Let your trusted contacts know where this is.

6. Install a firewall and anti-virus/malware software on your computer, and update it weekly.

7. Ask your family and friends not to share information about your location or personal images of you publicly on the internet or through social media. If someone is not abiding by this rule, cut-off their access to your personal information online and in person.

8. Search for your name online periodically to ensure your personal information does not appear on public searches.

9. Take screenshots of any malicious communications or communications that are about you. Review these daily to see if there is a pattern to who is sending them. Report any online harassment or abuse that you receive through social media or the internet.

SUPPORT SERVICES

1. Identify and note the details of any support services that might be available to you. For example, women’s shelters, legal clinics, or influential local leaders. The best resources for you may need to be located beyond the area where you live or your usual geographic area of political activity. Beyond your usual support services, identify and note the details of any support services that might be available to you.

2. Ensure your travel companions or trusted contacts have the exact details of where these services are, and who your contacts are at those organizations. These people are in a good position to work out the best way to reach them in a crisis.

3. In case you need to work out the safest way to reach them, ensure you are not a stranger if you need to check in with these support services from time to time.

4. Ask your family and friends to check in with these support services on your behalf if you need to.

5. Do not restart your communication application for your phone and other devices. Use your current communication application for your phone and other devices. When you need to communicate, let your trusted contacts know where this is.

6. Ensure your travel companions or trusted contacts are also aware of these arrangements.

7. The best resources for you may need to be located beyond the area where you live or your usual geographic area of political activity. Beyond your usual support services, identify and note the details of any support services that might be available to you.

8. Remember to keep your mobile phone has a lock code. Access your laptop with dual-factor ID. Change your passwords weekly.

9. Clear your browser history daily.
4. Seek out others who may be experiencing similar situations, and develop a dynamic support and advocacy network.

**YOUR SAFETY PLAN**

1. Discuss your safety plan with one person you trust. This person may have to be outside of the country. Make sure they know what to do in an emergency. Remember they may need to take other actions on your behalf (like pick up your children) or to have quick access to keys and/or money and/or documents for you.

2. Ensure that family and friends are not unintentionally undermining your safety plan - for example by posting personal information about you/themselves publicly. If someone is not abiding by this rule, cut-off their access to your personal information online and in person.

3. Teach and practice a signal for your team/staff or family to indicate if you or they are in trouble and to activate your emergency plan - for example to go to a safe place. Change the signal every week.

4. Think of a phrase or personal fact (e.g. your favourite song) that your family or designated contact would recognise which you can use as a proof of life. Remind people of this phrase or fact without making it obvious.

5. Review your safety plan at least every week, to make sure it is up to date. Remember to let your trusted contacts know about any important changes in your situation and in the safety plan.
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