

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

