
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)**

F. 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)

G. 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)

H. 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)

ABOUT YOUR COMMUNITY

A. 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)

B. Does your community consider politics "men's work," "dirty," "dangerous" or otherwise inappropriate for women?

- Yes (2)
- No (0)

C. 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)

D. 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)

E. 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)

F. 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)*

Country	Moderate	Elevated	Severe
Afghanistan	13 - 42	43 - 102	103 - 173
Albania	13 - 73	74 - 133	134 - 173
Algeria	13 - 62	63 - 122	123 - 173
Angola	13 - 54	55 - 114	115 - 173
Argentina	13 - 73	74 - 133	134 - 173
Armenia	13 - 73	74 - 133	134 - 173
Australia	13 - 90	91 - 150	151 - 173
Austria	13 - 88	89 - 148	149 - 173
Azerbaijan	13 - 66	67 - 126	127 - 173
Bahamas	13 - 63	64 - 123	124 - 173
Bangladesh	13 - 67	68 - 127	128 - 173
Belarus	13 - 60	61 - 121	122 - 173
Belgium	13 - 84	85 - 144	145 - 173
Benin	13 - 62	63 - 122	123 - 173
Bahrain	13 - 62	63 - 122	123 - 173
Bhutan	13 - 69	70 - 129	130 - 173
Bolivia	13 - 68	69 - 128	129 - 173
Bosnia and Herzegovina	13 - 74	75 - 134	135 - 173
Botswana	13 - 74	75 - 134	135 - 173
Brazil	13 - 67	68 - 127	128 - 173
Bulgaria	13 - 78	79 - 138	139 - 173
Burkina Faso	13 - 66	67 - 126	127 - 173
Burundi	13 - 60	61 - 120	121 - 173
Cambodia	13 - 63	64 - 123	124 - 173
Cameroon	13 - 55	56 - 115	116 - 173
Canada	13 - 97	98 - 157	158 - 173
Cape Verde	13 - 81	82 - 141	142 - 173
Central African Republic	13 - 44	45 - 104	105 - 173
Chad	13 - 57	58 - 117	118 - 173
Chile	13 - 81	82 - 141	142 - 173

Country	Moderate	Elevated	Severe
China	13 - 64	65 - 124	125 - 173
Colombia	13 - 72	73 - 132	133 - 173
Comoros	13 - 69	70 - 129	130 - 173
Congo (Brazzaville)	13 - 52	53 - 112	113 - 173
Congo, DRC	13 - 43	44 - 103	104 - 173
Costa Rica	13 - 79	80 - 139	140 - 173
Côte d'Ivoire	13 - 62	63 - 122	123 - 173
Croatia	13 - 80	81 - 140	141 - 173
Cuba	13 - 65	66 - 125	126 - 173
Cyprus	13 - 80	81 - 140	141 - 173
Czech Republic	13 - 79	80 - 139	140 - 173
Denmark	13 - 93	94 - 154	155 - 173
Djibouti	13 - 61	62 - 122	123 - 173
Dominican Republic	13 - 70	71 - 130	131 - 173
Ecuador	13 - 72	73 - 132	133 - 173
Egypt	13 - 65	66 - 125	126 - 173
El Salvador	13 - 69	70 - 129	130 - 173
Equatorial Guinea	13 - 51	52 - 111	112 - 173
Estonia	13 - 81	82 - 141	142 - 173
Ethiopia	13 - 64	65 - 124	125 - 173
Eritrea	13 - 59	60 - 119	120 - 173
Fiji	13 - 64	65 - 124	125 - 173
Finland	13 - 92	93 - 152	153 - 173
France	13 - 84	85 - 144	145 - 173
Gabon	13 - 54	55 - 114	115 - 173
Gambia, The	13 - 63	64 - 123	124 - 173
Germany	13 - 87	88 - 147	148 - 173
Georgia	13 - 79	80 - 139	140 - 173
Ghana	13 - 73	74 - 133	134 - 173

Country	Moderate	Elevated	Severe
Greece	13 - 77	78 - 137	138 - 173
Guatemala	13 - 69	70 - 129	130 - 173
Guinea	13 - 59	60 - 119	120 - 173
Guinea-Bissau	13 - 56	57 - 116	117 - 173
Guyana	13 - 70	71 - 130	131 - 173
Haiti	13 - 64	65 - 124	125 - 173
Honduras	13 - 72	73 - 132	133 - 173
Hungary	13 - 71	72 - 131	132 - 173
Iceland	13 - 99	100 - 169	170 - 173
India	13 - 75	76 - 135	136 - 173
Iran, Islamic Rep.	13 - 55	56 - 115	116 - 173
Iraq	13 - 50	51 - 110	111 - 173
Ireland	13 - 91	92 - 151	152 - 173
Israel	13 - 70	71 - 130	131 - 173
Jamaica	13 - 78	79 - 138	139 - 173
Japan	13 - 83	84 - 143	144 - 173
Jordan	13 - 69	70 - 129	130 - 173
Indonesia	13 - 73	74 - 133	134 - 173
Italy	13 - 81	82 - 141	142 - 173
Kazakhstan	13 - 64	65 - 124	125 - 173
Kenya	13 - 60	61 - 121	122 - 173
Korea, Rep.	13 - 73	74 - 133	134 - 173
Kuwait	13 - 69	70 - 129	130 - 173
Kyrgyzstan	13 - 65	66 - 125	126 - 173
Lao PDR	13 - 68	69 - 128	129 - 173
Latvia	13 - 76	77 - 136	137 - 173
Lebanon	13 - 55	56 - 115	116 - 173
Lesotho	13 - 69	70 - 129	130 - 173
Liberia	13 - 60	61 - 121	122 - 173
Libya	13 - 52	53 - 112	113 - 173
Lithuania	13 - 78	79 - 138	139 - 173
Luxembourg	13 - 90	91 - 150	151 - 173
Macedonia, FYR	13 - 73	74 - 133	134 - 173

Country	Moderate	Elevated	Severe
Madagascar	13 - 64	65 - 124	125 - 173
Malawi	13 - 67	68 - 127	128 - 173
Malaysia	13 - 66	67 - 126	127 - 173
Mali	13 - 66	67 - 126	127 - 173
Malta	13 - 84	85 - 145	146 - 173
Mauritania	13 - 60	61 - 121	122 - 173
Mauritius	13 - 82	83 - 142	143 - 173
Mexico	13 - 71	72 - 131	132 - 173
Moldova	13 - 66	67 - 126	127 - 173
Mongolia	13 - 72	73 - 132	133 - 173
Montenegro	13 - 72	73 - 132	133 - 173
Morocco	13 - 66	67 - 126	127 - 173
Mozambique	13 - 59	60 - 119	120 - 173
Myanmar	13 - 64	65 - 124	125 - 173
Namibia	13 - 72	73 - 132	133 - 173
Nepal	13 - 66	67 - 126	127 - 173
Netherlands	13 - 89	90 - 149	150 - 173
New Zealand	13 - 93	94 - 153	154 - 173
Nicaragua	13 - 77	78 - 137	138 - 173
Niger	13 - 63	64 - 123	124 - 173
Nigeria	13 - 62	63 - 122	123 - 173
Norway	13 - 99	100 - 169	170 - 173
Oman	13 - 62	63 - 122	123 - 173
Pakistan	13 - 62	63 - 122	123 - 173
Panama	13 - 73	74 - 133	134 - 173
Papua New Guinea	13 - 65	66 - 125	126 - 173
Paraguay	13 - 72	73 - 132	133 - 173
Peru	13 - 74	75 - 134	135 - 173
Philippines	13 - 76	77 - 136	137 - 173
Poland	13 - 78	79 - 138	139 - 173
Portugal	13 - 84	85 - 144	145 - 173
Qatar	13 - 73	74 - 133	134 - 173
Romania	13 - 73	74 - 133	134 - 173

Country	Moderate	Elevated	Severe
Russian Federation	13 - 58	59 - 118	119 - 173
Rwanda	13 - 82	83 - 142	143 - 173
Saudi Arabia	13 - 58	59 - 118	119 - 173
Senegal	13 - 73	74 - 133	134 - 173
Serbia	13 - 75	76 - 135	136 - 173
Sierra Leone	13 - 60	61 - 121	122 - 173
Singapore	13 - 89	90 - 149	150 - 173
Slovak Republic	13 - 76	77 - 136	137 - 173
Slovenia	13 - 89	90 - 149	150 - 173
South Africa	13 - 76	77 - 136	137 - 173
Spain	13 - 88	89 - 148	149 - 173
Sri Lanka	13 - 75	76 - 135	136 - 173
Sudan	13 - 52	53 - 112	113 - 173
Suriname	13 - 74	75 - 134	135 - 173
Swaziland	13 - 58	59 - 118	119 - 173
Sweden	13 - 96	97 - 156	157 - 173
Switzerland	13 - 95	96 - 155	156 - 173
Syria	13 - 34	35 - 94	95 - 173
Tanzania	13 - 68	69 - 128	129 - 173
Taiwan	13 - 72	73 - 132	133 - 173
Tajikistan	13 - 66	67 - 126	127 - 173
Thailand	13 - 62	63 - 122	123 - 173
Timor-Leste	13 - 78	79 - 138	139 - 173
Togo	13 - 60	61 - 121	122 - 173
Trinidad and Tobago	13 - 76	77 - 136	137 - 173
Tunisia	13 - 72	73 - 132	133 - 173
Turkey	13 - 62	63 - 122	123 - 173
Turkmenistan	13 - 68	69 - 127	128 - 173
Uganda	13 - 68	69 - 128	129 - 173
Ukraine	13 - 64	65 - 124	125 - 173
United Arab Emirates	13 - 73	74 - 133	134 - 173

Country	Moderate	Elevated	Severe
United Kingdom	13 - 85	86 - 145	146 - 173
United States	13 - 78	79 - 138	139 - 173
Uruguay	13 - 83	84 - 143	144 - 173
Uzbekistan	13 - 70	71 - 130	131 - 173
Venezuela	13 - 54	55 - 114	115 - 173
Vietnam	13 - 59	60 - 119	120 - 173
Yemen	13 - 46	47 - 106	107 - 173
Zambia	13 - 66	67 - 126	127 - 173
Zimbabwe	13 - 58	59 - 118	119 - 173

SAFETY PLAN GUIDANCE

MODERATE RISK

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.
4. Do not label your keys with specific identifiers.

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 a location for your political activities.
2. Do the same for your immediate family, staff, and team members.

YOUR SURROUNDINGS

1. Always assess your surroundings when carrying out political activities. Check for easy exits and ask that a path be kept clear if there isn't one.
2. Review the physical security of your home, workplace or political location. Ensure that measures - e.g. perimeter lighting, alarms, cameras - are in place at your home, workplace and political office, to prevent unauthorized access.

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 to be 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 passwords every 3 months. Do not share security codes or passwords. Do not store passwords or sensitive information in your internet browser.
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 on your phone, computer or apps. Turn off location services on apps and social media. Clear your browser history regularly.
4. Back-up important information or sensitive digital files in a secure place.

5. Create a public email account for your political work so that your personal account remains private.
6. Install a firewall and anti-virus/malware software on your computer, and keep it updated.
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.
8. 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.

SUPPORT SERVICES

1. 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.
2. Ensure your travel companions or trusted contact(s) are also aware of these services, and your contacts at these organizations.

DOCUMENT

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.

2. Tell your trusted contact(s) about the violence and where to find the documentation.
3. 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. Make sure they know what to do in an emergency.
2. Ensure that family and friends are not unintentionally undermining your safety plan - for example by posting personal information about you/ themselves publicly.
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.
4. 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. Remind people of this phrase or fact without making it obvious.
5. 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.

ELEVATED RISK

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 medicines you may need, an ID document, and money or a bank card with you, in case you cannot go home.
5. Let your trusted contact(s) know if you are not able to go home and that you will stay in contact with them. It may not be safe for them or for you to tell them where you are.

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.

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
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 that they have unimpeded access to them.

YOUR SURROUNDINGS

1. Always check a location for your political engagement/event in advance of the date. Assess your surroundings when carrying out political activities and ask for changes to be made if you are uncomfortable with anything about the environment. Check for easy exits and ask that a path be kept clear if there isn't one.
2. Review the physical security of your home, workplace or political location. Ensure that measures - e.g. perimeter lighting, alarms, cameras - are in place at your home, workplace and political office, to prevent unauthorized access.
3. 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.

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. 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 to be and when you will return home.

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. Access your laptop with dual-factor ID. Change your passwords every month. Do not share security codes or passwords. Do not store passwords or sensitive information in your internet browser.
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. Avoid keeping sensitive information in your phone's memory. Review and update your privacy settings on your phone, computer or apps every two weeks. Turn off location services on apps and social media. Clear your browser history daily.
5. Back-up important information or sensitive digital files in a secure place.
6. Create a public email account for your political work so that your personal account remains private.
7. Install a firewall and anti-virus/malware software on your computer, and keep it updated.
8. 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.

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

10. 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.

SUPPORT SERVICES

1. Identify and note the details of any local or nearby support services that might be available to you. For example women's shelters, legal clinics, or influential local leaders.
2. Ensure your travel companions or trusted contact(s) are also aware of these services, and your contacts at those organizations.
3. Check-in with these support services from time to time, so that you are not a stranger if you need to approach them in a crisis.
4. In case you need to, work out the best way to reach these places by different methods - walk, drive, public transport - at different times of day/night.

DOCUMENT

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

away from your home, workplace or political office.

2. Tell your trusted contacts about the violence and where to find the documentation. Remember if the documentation is password protected or encrypted, you will need to provide this to your trusted contacts.
3. 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. Make sure they know what to do in an emergency.
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, either restrict or 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 three months.
4. Think of a phrase or personal fact (e.g. your favorite song) that your family or designated contacts would recognize 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 month, to make sure it is up to date. Remember to let your trusted contacts know about any important changes.

SEVERE RISK

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.
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 methods - walk, drive, public transport, international travel - at different times of day/night.

Be ready to switch between the different methods if you have to.

3. Make sure that you have a key or easy access to these places without needing to coordinate with someone.
4. Plan that you may have to seek refuge for an extended period of time (at least a week). Always have a stock of food and water, any medicines you may need and an ID document with you. You should also have access to a sufficient amount of money or credit if you need to take refuge for an extended period or travel outside the country at short notice.
5. Let your trusted contacts know if you are not able to go home and that you will stay in contact with them. It may not be safe for them or for you to tell them where you are.
6. You should plan to be able to move to another safe location if the threat persists.

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. Do not 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 that they have unimpeded access to them. If you have a set outside the country, you may need to give someone the ability to access that set if you need them to.

YOUR SURROUNDINGS

1. You may need to consider undergoing security training yourself and having some level of trained security support available to you. Ensure that measures - e.g. perimeter lighting, alarms, cameras - are in place at your home, workplace and political office, to prevent unauthorized access.
2. Always have a security check of a location for your political engagement/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.
3. You may need to seek enhanced security advice from professionals like the police or private sector security companies.

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. Use encrypted conversation applications for your phone calls.
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 about you.
9. Take screenshots of any malicious communications you receive through social media or the internet. Review these daily 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.

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, perhaps even outside the country.

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.
3. Check-in with these support services from time to time, so that you are not a stranger if you need to approach them in a crisis.
4. In case you need to, work out the best way to reach these places by different methods - walk, drive, public transport, international travel - at different times of day/night. You should also have access to a sufficient amount of money or credit if you need to take refuge with one of these services for an extended period or travel outside the country at short notice.

DOCUMENT

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 away from your home, workplace or political office.
2. Tell your trusted contacts about the violence and where to find the documentation. Remember if the documentation is password protected or encrypted, you will need to provide this to your trusted contacts.
3. Provide a copy of your documentation to a lawyer or human rights organization, with instructions about how it is to be used.

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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.

