

SPRING INTO SAFETY

Safety Toolkit | March 2025

Women are disproportionately targeted in digital spaces. Safeguard yourself with these essential steps:

- **Secure Accounts:** Use strong passwords and enable two-factor authentication.
- **Handle Harassment:** Block, report, and document threats or unwanted advances.
- **Protect Privacy:** Limit profile visibility, disable location tracking, and share cautiously.
- **Stay Safe Dating:** Verify identities, inform a friend, and meet in public.



WOMEN'S CYBERSAFETY

WOMEN'S SAFETY

Navigating Events



Large gatherings can be both exciting and risky. Stay prepared:

- **Plan & Communicate:** Share your location and emergency contacts with a trusted person.
- **Stay Aware & Assertive:** Avoid distractions like excessive phone use and trust your instincts if a situation feels wrong.
- **Drink Safety:** Never accept open drinks from strangers and always keep an eye on your own.
- **Carry Personal Protection:** A whistle, pepper spray, or a personal safety app can be critical in emergencies.

Professional environments should be safe and respectful for all women. Be proactive in protecting yourself:

- **Know Your Rights & Resources:** Familiarize yourself with workplace policies on harassment, discrimination, and safety.
- **Report Misconduct:** Use HR channels or anonymous reporting tools.
- **Enforce Personal Boundaries:** Set clear expectations for workplace interactions, whether in meetings or social settings.
- **Safe Commuting Strategies:** Walk with confidence, park in well-lit areas, and trust your instincts when using rideshares.



WORKPLACE SAFETY

WORKPLACE SCAMS



Women are often targeted in financial and employment scams. Stay alert with these safeguards:

- **Trust but Verify:** Research employers and double-check job listings.
- **Beware of "Urgent" Requests:** Scammers pressure victims into quick decisions. Take your time to validate requests.
- **Avoid Suspicious Links & Emails:** Always confirm the sender before clicking links or sharing sensitive information.
- **Recognize Manipulative Tactics:** Be aware of workplace coercion, emotional manipulation, or financial exploitation schemes.