

NOT MY GIRLS

TOOLKIT

TIPS TO KEEP YOURSELF AND YOUR COMMUNITY SAFE

Set Up SOS Emergency settings on your phone

These settings can quickly share your location with emergency contacts and emergency services

Avoid isolated areas and distractions

Try to stay on busier, well-lit streets. Plan your route ahead of time to avoid looking down at your phone or not paying attention to your surroundings.

Carry a portable battery charger

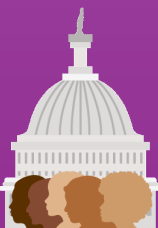
Keeping your phone charge will allow you to always stay connected.

Stay connected

Keep family or friends privately aware of your location either by telling them where you're going, sharing plans or sharing your phone's location.

Educate

Tell friends and family how to keep themselves safe.



THE CONGRESSIONAL CAUCUS ON
BLACK WOMEN & GIRLS

CO-CHAIRS REP. BONNE WATSON DOLEMAN, REP. ROBIN KELLY AND REP. YVETTE D. CLARKE

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Be careful online

Avoid posting personal information, your location or plans on social media.

Be cautious

Avoid model calls at undisclosed locations, video auditions, or parties with secret locations

Ride smart

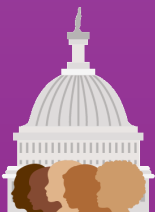
Always verify car make and model, license plate number, and driver photo when taking rideshares like Uber and Lyft. Ask your driver who they're picking up before getting in the car & share your ETA with friends.

Switch up your schedule

Try to avoid daily predictable routes that would be easy for someone to track.

Drive smart

Do not pull over for disabled vehicles – instead call authorities once you safely reach your destination. Park in well-lit areas.



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HELPFUL RESOURCES

Safe Online Surfing

Teach your children or students how to safely interact on the internet. Visit: <https://sos.gbi.gov>

National Human Trafficking Resource Center

Call: 1-888-373-7888

Text: 233733

Chat: www.humantraffickinghotline.org/chat

National Center for Missing and Exploited Children

Call: 1-800-843-5678

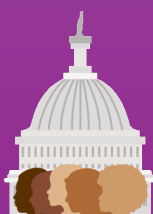
Visit: www.missingkids.org

National Domestic Violence Hotline

Call: 1-800-799-7233

Text: START to 88788

Chat: www.thehotline.org



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HELPFUL RESOURCES

A Long Walk Home

Call: 773-801-7110

Email: info@alongwalkhome.org

Girls for Gender Equity

Call: 718-857-1393

Visit: www.ggenyc.org

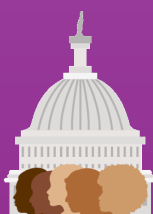
The Dreamcatcher Foundation

Call: 773-936-9898

Visit: www.thedreamcatcherfoundation.org

Submit a Tip to the Chicago Police Department

Visit: home.chicagopolice.org/services/tipsubmit



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