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.
NOT MY GIRLS
TOOLKIT

TIPS TO KEEP YOURSELF AND YOUR COMMUNITY SAFE

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.
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