



SAFE HARBOR

“Am I Ready to Reach Out?” Checklist

Emotional Readiness

- I feel unsafe and need support.
- I feel overwhelmed and want someone to talk to.
- I am unsure what to do next and need guidance.

Safety Considerations

- I am in a private place where I can talk safely.
- My devices are safe or monitored.
- I know how to delete call or browser history if needed.

Planning to Reach Out

- I know who I want to contact first.
- I know what I want to ask or say.
- I know it's okay if I don't have all the answers.