



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.