

APPLE SAFETY CHECK TIPSHEET

What is Apple Safety Check?

[Safety Check](#) is a recent feature on Apple iPhones running iOS 16 or later that allows users to quickly view and reset information sharing and access with people, apps, and devices. The feature also has a hard reset that can stop all sharing. If personal safety is at risk, Safety Check can help verify multiple settings related to privacy all at once - such as seeing what information is being shared with specific contacts, restricting Messages and FaceTime to only the individual iPhone (as opposed to other devices like a laptop), resetting permissions like Location Services for apps, and more.

How Can Safety Check Help Survivors?

Safety Check allows survivors to check sharing privacy concerns related to their iPhones by giving them an easy way to view and update the information shared and data gathered from apps, networks, features, as well as the contacts in an iPhone that have access to specific data.

An abusive partner could easily make changes to many smart phone settings without a survivor noticing, or force them to make these changes, such as sharing location services through [the Find My app](#) or adding an app that can track the survivor's activity without them knowing. Safety Check empowers survivors to control what information they share and who they share it with.

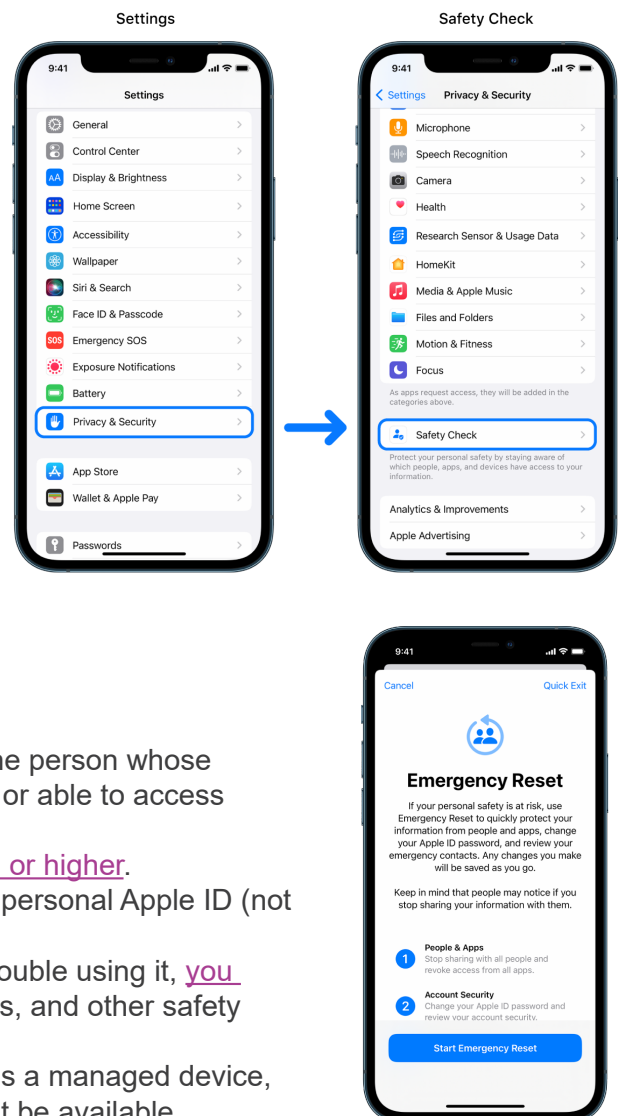
As well as being able to manage individual sharing, Safety Check offers an efficient [Emergency Reset](#) process where a survivor can immediately stop sharing with all current apps, networks, and features. Emergency Reset also includes a step for changing an Apple ID password and reviewing emergency contacts. This feature can be particularly helpful for a survivor who is attempting to leave an abusive situation.

What Should Survivors Know About Safety Check?

- Any changes made in Safety Check may be noticed by the person whose access has been changed if they are no longer receiving or able to access information from the survivor's devices.
- Safety Check is only available on [iPhones running iOS16 or higher](#).
- To use Safety Check, the device must be connected to a personal Apple ID (not a [managed Apple ID](#)).
- If you don't have access to Safety Check or are having trouble using it, [you can still change](#) your sharing settings, access permissions, and other safety measures in your iPhone's settings
- If your iPhone has Screen Time restrictions turned on or is a managed device, Safety Check will still work but some functionality may not be available.

How Does Safety Check Work?

1. Go to Settings on your iPhone
2. Go to Privacy & Security
3. Scroll down to the "Safety Check" option
4. You will have two options:
 - a. [Emergency Reset](#): This option will immediately stop all types of sharing. It also allows you to review and reset settings associated with your Apple ID.
 - b. [Manage Sharing & Access](#): Allows you to manage sharing and access for specific people and apps, and review account security.
5. Choose the option you want and follow the on-screen instructions.
6. If at any time you need to exit Safety Check quickly, tap "Quick Exit" at the top right of the screen.



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The victim/survivor tells you that they are planning on leaving their abusive partner but are concerned that their partner has installed an app on their iPhone to track their activity. They can use Safety Check to see what apps they are sharing information with. You can also talk to them about Safety Check's Emergency Reset function so they have an option to stop all sharing immediately. Make sure they know that Emergency Reset stops sharing with everyone, even people in their support system, and include granting access to their supportive contacts after the Emergency Reset in their safety plan.

The victim/survivor wants to change their Emergency Contact from their abusive partner to their parents so that if there's an emergency, their partner isn't notified. You can talk to them about using Safety Check to not only check what information they're sharing with their abusive partner, but to update their Emergency Contact information. If things escalate and they call 911 for help, their settings can automatically notify their new Emergency Contact [that an SOS call has been placed](#). Once the 911 call ends, their iPhone will alert their emergency contact with a text message and their location so that their emergency contact knows where they are.

"I know that it can be really scary to plan to leave if you think your partner may have access to your phone or information/location. Ensuring your digital privacy can be crucial to your safety after leaving. If you're thinking about acting quickly, you can use the Emergency Reset feature in Apple Safety Check to immediately stop sharing with everyone."

"I can see why you would feel so fearful and overwhelmed about what to do in an emergency situation with your abusive partner. One such option might be updating your iPhone's emergency contact settings, which I can share more info for. What have you thought about doing so far?"

Additional Links for Support with Safety Check and Online Harassment and Abuse

- [Watch a video from Apple about how Safety Check works.](#)
- [Personal Safety User Guide \(Apple\)](#): Apple's up-to-date guide for understanding and responding to common safety concerns specific to Apple products, including personal safety checklists, information for how to obtain evidence of digital abuse by another person's Apple accounts, privacy tools outside of Safety Check, and more.
- [Stalking Safety Planning \(The Hotline\)](#): This article educates on the definition of stalking, behaviors associated with this abuse tactic, as well as safety planning ideas that may be helpful to brainstorm around for survivors to make an informed choice about what to do next while experiencing stalking.
- [Cell Phone Safety Plan \(Safety Net Project\)](#): This guide helps survivors assess for whether or not their phones are being used against them in a digitally abusive way, steps that may be helpful to take if their phone is being monitored, and ideas for increasing their phone's safety and privacy.
- [A DIY Guide to Feminist Cybersecurity \(Hack*Blossom\)](#): Hack*Blossom created this guide to make cybersecurity easy to understand and specific to feminist concerns. Topics include public versus private Wi-Fi networks, VPNs or hacking, helpful browser extensions for data privacy or steps for using encrypted hard drives, and more.

National Domestic Violence Hotline

Available 24/7 via phone, chat, and text
www.thehotline.org
 1-800-799-SAFE (7233)
 Text "START" to 88788

love is respect

Available 24/7 via phone, chat, and text
www.loveisrespect.org
 1-866-331-9474
 Text "LOVEIS" to 22522