

SAFE STEPS TO CREATE A NEW GOOGLE EMAIL ACCOUNT & PHONE NUMBER

A Guide for Survivors of Domestic Violence

Presented by



Safe In Harm's Way
Foundation, Inc.

WELCOME!

Welcome to this guide.

You are strong, and you are taking a brave step.

We are here to help you stay safe and guide you in creating a private Google account and phone number.

It's okay to go slow, and we are with you.

WHY IT'S IMPORTANT

Keeping your online accounts private is important for your safety.

If your current Google account is shared with someone else, they can see everything you do.

A new Google account will help keep your information safe.



THIS INFORMATION IS FOR YOU IF:

You have left your abuser and are ready to start creating a new life with new ways to communicate.

It is meant to reassure you, provide encouragement, and emphasize safety for your new life after leaving abuse.

You want to start dating again and ensure that people you date do not have access to your work email or your home phone number.

This is vital for your safety until you get to know people very well.

You want to be sure to keep your dating life and your everyday life separate.

OUTCOMES:

You will be able to create a new Google Email Address and Google Voice account for FREE.



It is vital to remember that your safety is not guaranteed if your abuser has access to all your passwords and/or your cell phone.

Your safety can be compromised at any moment.

Be sure to have a safety plan ready to enact at any time and to call 911 if you fear for yourself, your children, or your pets.

THIS
INFORMATION
IS FOR YOU IF:
NOT

You have NOT left your abuser.



71% of the time abusers are monitoring online and cell phone activity.

Trying to start this on your own cell phone and email is dangerous while living with an abuser.

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WHY GOOGLE VOICE FOR PROTECTION:

Google Voice gives you a new hidden phone number that lets you make calls, send texts, and even get voicemails.

It's FREE.

When you use your Google Voice phone number the calls, texts, and voicemails DO NOT SHOW UP UNDER YOUR regular phone number nor can your address be found via a search of the Google Voice phone number.



This means that when you start dating again, you should use your Google Voice number instead of your regular cell phone for protection from someone finding out where you live.



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GETTING READY:

You will need:

- A computer or smartphone.
- Internet access.
 - * We recommend “DuckDuckGo” to keep your privacy intact - <https://duckduckgo.com>
- A safe and private space.



DuckDuckGo®



Optional:

If your device is not safe to use, consider using a trusted friend’s device.

Make sure your friend understands the importance of keeping this private. You will log out after using their device.



BEGIN ACCOUNT SETUP

On a safe browser of your choice, click/tap in the web address bar at the top and type the following:

<https://accounts.google.com/signup>

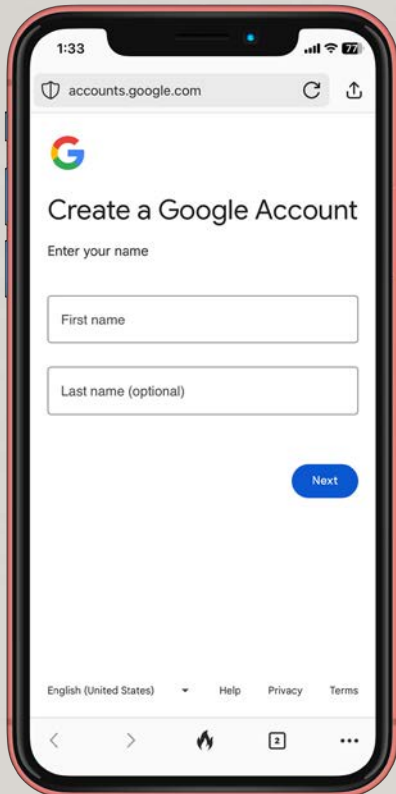
Click “ENTER” (on a PC, “RETURN” (on a Mac), or “GO” (on a mobile device).

Fill in your first and last name (as shown to the left). Click “NEXT”.

Pick a username (this will be your new email address). *

Create a strong password.**

Write down your username and password so you can remember them, but keep them in a safe space. *“There’s an app for that.”*



IMPORTANT:

* Choose a username that is both unrecognizable to your abuser and professional enough that you can also use it in a job-related setting.

**Passwords are like underwear:

- You should never reuse the same one over and over.
- You should never share them.
- You should not leave them lying around for others to see.



RECOVERY AND TERMS

Google will ask for a recovery phone number or email.

If you don't have one, you can skip this for now.

Later, you can add a trusted friend's phone number or create a Google phone number.



Guidebooks

NOTE: You can go back and set up your recovery information here:

<https://guidebooks.google.com/get-started-with-google/stay-safer-with-google/how-to-add-recovery-options-to-your-google-account>

Google will show its terms and privacy policy. Scroll down and click "I Agree."

Congratulations!

You now have a new, safe Google account.



IMPORTANT:

Only YOU should know the password for this new Google account.

Do not share your username or password with anyone, even if they ask.





GOOGLE VOICE SETUP

Google Voice is supported by the following operating systems:

- Chrome OS
- MacOS
- Microsoft Windows

And is supported by the following web browsers:

- Google Chrome
- Mozilla Firefox
- Microsoft Edge
- Safari

To get started, go to:

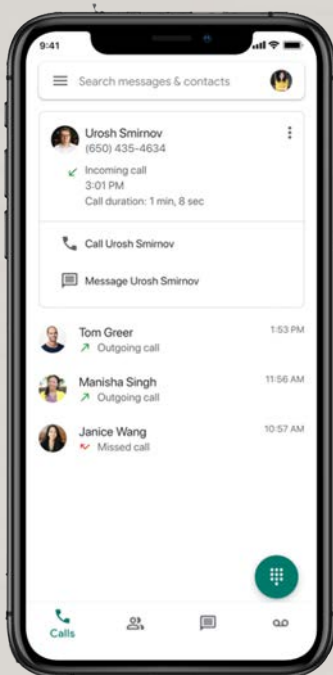
<https://voice.google.com/signup>

Choose “Personal Use” and select the device that you wish to set up.

Google will show you different phone numbers to choose from.

Pick one that you like and click “Select.”

This number is private and safe for you to use.*



IMPORTANT:

*If you have any reason to think that your abuser has access to your current cell phone, then **DO NOT** create a Google phone number or they will see everything.

**Google Voice saves and processes your call, text, and voicemail information.*



VERIFY AND USE

Google will ask you to verify an existing phone number.

You can use a trusted friend's phone or a temporary phone to complete this step.

In addition to using Google Voice for calls, texts, and voicemails, Google Voice can also:

- Read voicemail transcripts in your inbox and search them like emails.
- Personalize voicemail greetings.
- Make international calls at low rates.
- Get protection from spam calls and messages.
- Block unwanted callers.
- Screen calls before you answer.

CONGRATULATIONS!

You can now make and receive calls and texts using your Google phone number.

This number can be used as your new, private phone number for safety.*



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PRIVACY AND BEST PRACTICES

In order to keep you safe, do not share your new Google account or phone number with anyone you don't trust.

If you don't recognize the number calling you, screen your calls.

If it is important, you will see a transcript of the message and you can call them back.

If calling someone back using the Google Voice app - phone or computer - make sure it's someone who you are okay with them seeing your Google Voice number.

If you use a shared or borrowed device, make sure you log out of your Google account after you're done.

This keeps others from accessing your private information.



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ACCOUNT SECURITY FAQ



The following is good advice and references to keep your Google accounts safe.

USE TWO-FACTOR AUTHENTICATION (2FA)

For added security, set up two-factor authentication on your Google account.

This will require a special code sent to your phone or email to log in.

Learn more:

<https://myaccount.google.com/security-checkup>

RESETTING YOUR PASSWORD

If you think someone knows your password, you can change it.

Go to

<https://myaccount.google.com/security>

and click 'Password' to reset it.

STAY SAFE AND SECURE

Keep your Google account and phone number private. If you feel someone is accessing your account, update your password and security settings immediately.



IMPORTANT:

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ACCOUNT SECURITY FAQ



REVIEW YOUR SECURITY SETTINGS REGULARLY
Check your Google account security settings regularly to make sure everything is up to date.

You can do this at

<https://myaccount.google.com/security-checkup>

WHAT IF SOMEONE FINDS OUT?

If you think someone has found out about your new Google account or phone number, take action immediately.

Change your password, and consider creating a new account if needed.

CAN I DELETE MY ACCOUNT?

Yes, you can delete your Google account if you feel it's no longer safe.

Learn how to delete your Google account here:

<https://support.google.com/accounts/answer/32046>



Guidebooks

For more information about Google security, go to:

<https://guidebooks.google.com/online-security>



IMPORTANT:

*If you have any reason to think that your abuser has access to your current cell phone, then **DO NOT** create a Google phone number or they will see everything.

CLEARING YOUR NAME

Another great idea to keep yourself safe when dating is to use our partner JoinDeleteMe.com.

For less than \$90 a year JoinDeleteMe.com will remove ALL your persona information like new phone number, new address, and any publicly searchable information from the internet.

You get a quarterly report telling you exactly where you were FOUND and REMOVED.

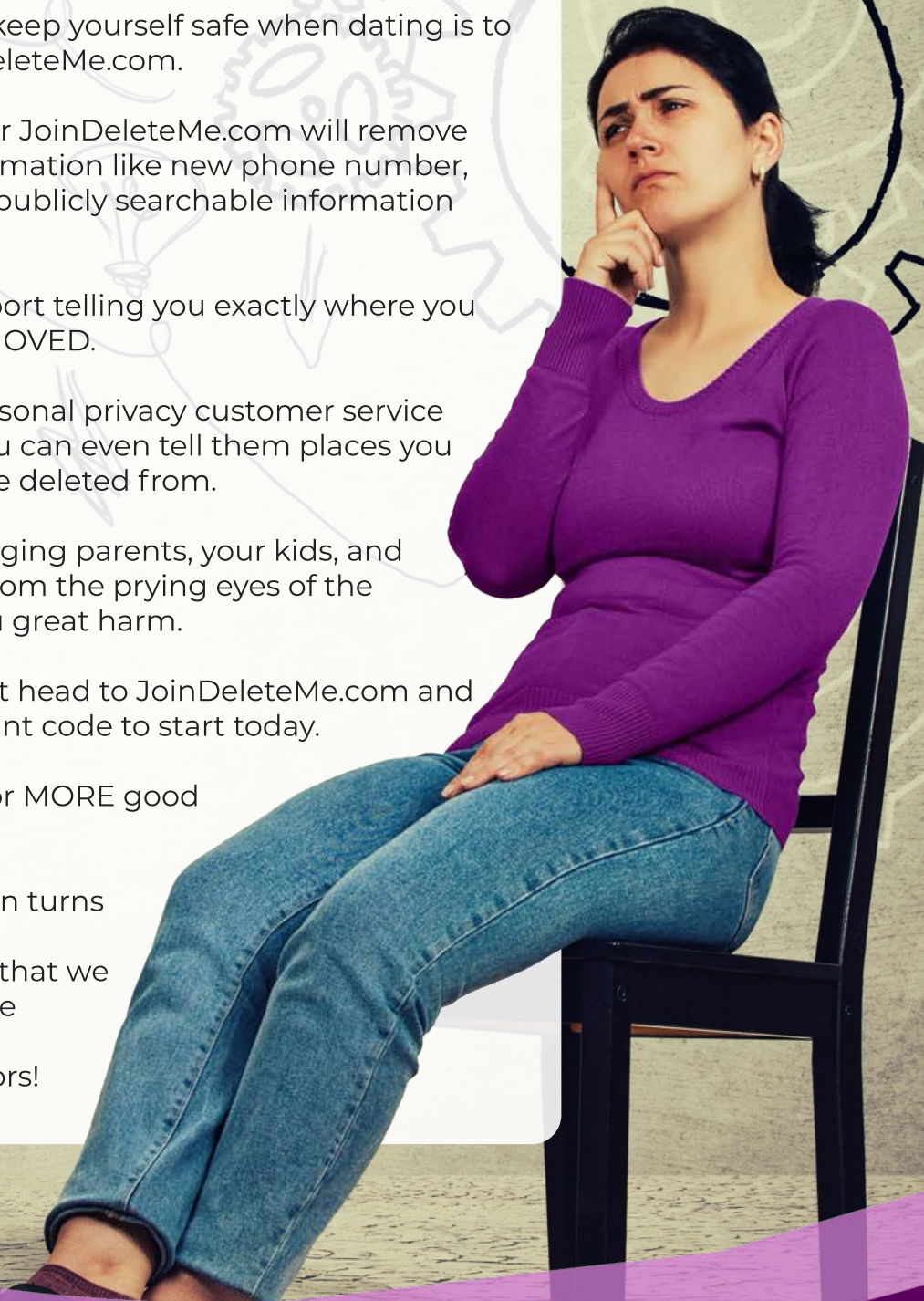
You are assigned a personal privacy customer service representative, and you can even tell them places you want to be sure you are deleted from.

This means you, your aging parents, your kids, and pets are all kept safe from the prying eyes of the person who issued you great harm.

It's easy to sign up. Just head to JoinDeleteMe.com and use our SAFE20 discount code to start today.

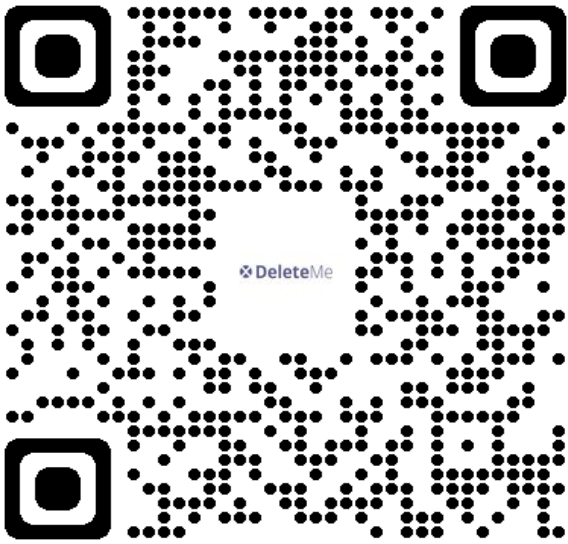
Are you in the mood for MORE good news?

JoinDeleteMe.com then turns and donates back to Safe In Harm's Way so that we can continue to provide Empowerment at the Fingertips of all survivors!



JoinDeleteMe.com

Discount code:
SAFE20



CLOSING THOUGHTS

Thank you for taking this step towards your safety.

These are all steps for you to use and try to find a safe way to communicate if you are no longer living with an abuser.

Be sure to work with local advocates for help in staying safe.

It is vital to remember that your safety is not guaranteed if your abuser has access to all your passwords, or your cell phone.

Your safety can be compromised at any moment, so be sure to have a safety plan ready to enact at any time and to call 911 when you fear for yourself, your children or pets.

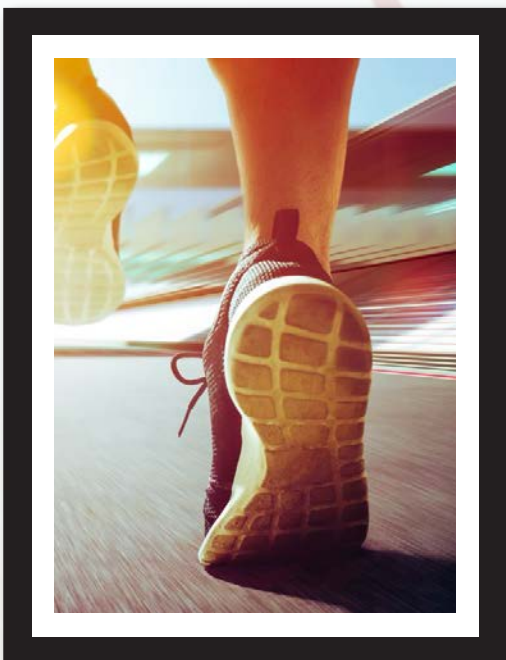
Stay empowered and take steps to protect your online privacy.

Reach out if you need support.

The HOTLINE is available 24/7 at
800-799-7233.

You are strong and capable of keeping yourself safe.

You are strong, and you have the power to
build the life you deserve.



IMPORTANT PASSWORDS

Jot down your passwords below, but remember to keep this in a safe and secure place where others can not gain access to it.

Web Address or Name of App: _____

USERNAME: _____ | PASSWORD: _____

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STAY CONNECTED



Safe IN HARM'S WAY

