

The Safety Scorecard: How Ready Are You, Really?

Safety isn't something you practice once. It's built through awareness and small decisions over time. This scorecard helps you identify what tools and habits you have now, and where a simple change could increase your safety.

Give yourself 1 point for every action you already take or answer you can confidently say "yes" to. Be honest, this is for you, not anyone else. No half-points. Once you've gone through all 15, check your score below to measure your safety readiness.

Check your readiness in 3 Key Areas.

1

Physical Preparedness

Y N

- Do you carry a personal safety tool and know how to use it?
- Do you usually walk in well-lit, visible areas after dark?
- Is your ID and emergency contact info easy to find?
- Do you have a plan if your phone dies or loses service?
- Do you know at least one way out of every space you enter?

2

Mental Awareness

- Do you feel confident recognizing and responding to red flags?
- Do you trust your gut and act on it?
- Do you have a "check-in" plan with friends or family?
- Do you know how to get help discreetly in public?
- Do you feel comfortable leaving a situation without apologizing?

3

Digital Safety

- Do you have emergency contacts saved in your phone's Health/ICE settings?
- Do you avoid posting real-time locations on social media?
- Do you share ride or travel plans with someone?
- Do you use location sharing or check-in features?
- Are your phone and apps passcode-protected so your info and home address stays secure if it's lost?

Scoring & Insights

13-15: You're a Natural:

You've built strong habits. Now think about how you can help others do the same, share your routine, or offer to be someone's check-in contact.

9-12: You're Getting There:

You've got great instincts and some smart tools already. A few small tweaks could make a big impact. See the quick wins on the next page.

5-8: Upgrade Your Habits:

You're not starting from scratch, you just haven't built your system yet. Start with one thing today (see tips ahead).

<5: You Deserve Better:

If this number feels low, that's okay. It just means you have a clean slate to build good habits. We'll help you make it easy. Start with one of the actions below.

Instant Readiness Boost

You don't need to change everything to feel prepared. You just need a place to start. These five low-effort, high-impact actions can help you feel ready without adding stress.

- Check your phone's Emergency SOS settings and add your emergency contacts
- Choose a check-in buddy
- Find one small safety tool that works for your lifestyle
- Map and test new routes that feel safer for walks or transit

Want more tools like this? Follow us for new tips, checklists, routines, and ways to move smarter every day.