

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

2

### Mental **Awareness**

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

3

### Digital **Safety**

- |                          |                          |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have emergency contacts saved in your phone's Health/ICE settings?                           |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you avoid posting real-time locations on social media?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you share ride or travel plans with someone?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you use location sharing or check-in features?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 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.