















Users can [download the app to their device](#), or visit myplanapp.org to answer questions about the health & safety of their relationship.

myPlan has several safety features that keep the contents of the app secure and private.



“It’s a pool of resources and information you can actually... put into practice that day if you need to.” (friend of survivor)

“I was noticing the questions weren’t so intimidating. It was very specific, as far as violence... Those questions are good also because, again, a lot of times our victims normalize it. Sometimes those questions allow you to know that this is not normal. Just the fact that it’s even being asked, right?” (social worker)

“Historically, the queer community uses the internet for social and resources because it’s anonymous and feels safe.” (staff member)

“I would definitely recommend it. Just because knowledge is power, and so just even opening that door and letting that person know...even just slowly bringing those things to other people’s conscious.” (friend of survivor)

“The computerized safety decision aid allowed women to be “more honest” when answering the sensitive questions than they might be in talking with a person” (advocates)

“Participants described the app content as awareness-raising, empowering, appropriate, comprehensive, and providing needed resources “all in one place””

“Women (survivors) in the intervention group (myPlan) mentioned feeling supported through non-judgmental language and tailored messaging and action plan strategies”

- Decreased decisional conflict
- Increased perceived support & certainty
- College women:
 - decreased reproductive coercion
 - decreased risk of suicide & depression
- Long-Term:
 - decreased depression
 - decreased exposure to violence
 - found more safety behaviors helpful
 - more likely to leave abuser
 - increased resilience





myPlan puts the survivor in charge of their own safety decisions.

myPlan functions as a promotion of existing services, allowing users to have a plethora of personalized resources at their fingertips.



THANK YOU FOR YOUR TIME!

Questions?


