

Digital Lockdown Checklist

Before you share your story publicly — protect yourself, your family, and your message.

1. Audit Your Digital Footprint

- ☐ Google your full name, maiden name, and any nicknames.
- ☐ Search your name on Facebook, Instagram, X, TikTok, LinkedIn, YouTube — including old accounts.
- ☐ Save or delete anything a hostile reporter could weaponize.
- ☐ Ask a trusted friend to do the same search — they'll find what you missed.

2. Lock Down Social Media

- ☐ Set personal accounts to private; keep one public account for your story work.
- ☐ Strip bios of employer, hometown, kids' schools, church name.
- ☐ Remove tagged photos showing your home, car, license plate, or children's faces.
- ☐ Turn on two-factor authentication on every account — use an authenticator app, not SMS.
- ☐ Use a password manager; unique password per site.
- ☐ Review which third-party apps have access to your accounts; revoke what you don't use.

3. Protect Your Physical & Family Info

- ☐ Remove your home address from data broker sites (DeleteMe, Canary, or similar).
- ☐ Use a P.O. box or your nonprofit's address for any public registration.
- ☐ Brief your spouse, kids, parents, and pastor before going public.
- ☐ Notify your kids' school office about authorized pickup and press calls.
- ☐ Decide what your family is — and is not — willing to discuss publicly.

4. Prepare Your Story Assets

- ☐ Write your story in three lengths: 30 seconds, 3 minutes, 15 minutes.
- ☐ List the 2–3 hardest questions you dread — write your answers in calm conditions.
- ☐ Define what is on the record and what is off-limits; practice saying "I don't discuss that publicly."
- ☐ Keep a current, high-quality headshot and short bio ready to send.
- ☐ Save a one-line redirect for hostile questions you can use on autopilot.

5. Build Your "When It Hits" Team

- ☐ A media-savvy mentor (ASN can provide one).
- ☐ A counselor or pastor who already knows your history.
- ☐ An attorney's number for defamation, harassment, or custody complications.
- ☐ One trusted friend who will NOT talk to the press.
- ☐ A backup contact for emails and DMs during high-volume weeks.

6. Steward the Story Long-Term

- ☐ You are not your story. Protect a life outside of it.
- ☐ Set a sustainable cadence — saying no protects the message.
- ☐ Schedule recovery time after big talks and hostile interviews.
- ☐ Stay connected to other survivors. Isolation is the enemy.
- ☐ Revisit this checklist every 6 months — platforms and risks change.

You don't have to do this alone.

The Abortion Survivors Network walks alongside survivors, mothers, and family members through every step of going public — from story coaching and media prep to the Real Abortion Stories Speakers Bureau and the My Body, My Voice initiative.

Learn more or refer someone: abortionsurvivors.org