



While smart phones can sometimes be a challenge in protecting our privacy, they can also be great tools in keeping folks safe. Following is a list of some of the most popular smartphone apps designed to help people avoid/document abuse or assault. They are available for download on iTunes and Google Play.

Aspire News App is a free app brought to you by Dr. Phil. It is hidden as a news app and when opened, it shows the news. When you go to the “Help” section of the app is where you will find some useful safety tools.

The first portion of the app is called “Get Educated,” and it contains an article by Dr. Phil that touches on safety planning and leaving an abusive relationship. The information contained in the article appears to be quite sound and it is nice because the user does not feel overwhelmed with information.

The second DV feature “Get Help,” allows users to pre-program telephone numbers of friends, family, shelter, or other people or organizations that might be able to assist.

Kinetic Global has a button to press during potentially dangerous situations, but it goes a step further. In the timer mode, the user sets a timer and if the timer is not disabled within the amount of time set, a message will be sent to their control center who will notify police with the user’s location and it will text no fewer than six emergency contacts. This app is free to download and has a 14-day free trial, then costs \$4.99 a month after that.

My Plan is a screening tool designed for college-aged and LGBTQ folks. It asks a series of questions about their relationship (or a friend’s relationship) and provides localized information to access the resources that they may need. There is also an educational section about relationship myths and facts.

Circle of 6 is a free app designed for students that enables users to quickly communicate with up to six contacts to help in a crisis. It’s a user-friendly app that also asks for friends to “fake call” them if they are in a situation that a phone call could get them out of, a pin icon to “come get me!” and a chat icon if the user just needs to talk. It also contains links to domestic violence resources. *For security reasons, the Android platform version of the app has been migrated to **Circulo**, in both English and Spanish. All functions are the same.*

DocuSAFE is a free app for survivors to collect, store and share evidence of abuse – domestic violence, sexual assault, stalking, online harassment, or dating violence. It can include photos, screenshots, video documentation of messages, social media posts, unwanted repeat calls or online impersonation in one central location. It helps to identify the extent and escalation of behavior. The app utilizes a PIN, has lock device ability and auto lock if device is in sleep or idle mode. Courts may/may not accept this evidence at trial.