



What is myPlan?

myPlan is an interactive safety decision aid for women-identifying students who may be experiencing abuse in their intimate relationship. It also helps friends who are concerned about someone in an unsafe relationship to provide support. Backed by evidence from researchers at Johns Hopkins University, myPlan is private, personalized for each situation, and completely free. Access myPlan by downloading the smartphone app or using the web-based version at myPlanApp.org

Who should use myPlan?

myPlan can be used by women-identifying students who are concerned about their own relationship, with a partner or ex-partner of any gender. myPlan can also be used by students concerned about a friend or peer's relationship.

myPlan can also be used by anyone who works with students. It is a resource for advocates, health and other service providers, and campus student groups and administrators who are helping to raise awareness, providing safety information, and connecting students who may be experiencing abuse to resources.

Why a safety decision aid?

Women in abusive relationships are often making complex, difficult decisions when planning for their safety, all while juggling competing priorities. Safety planning is ideally an individualized process, taking into account each woman's unique situation. Safety planning is most frequently accessed through community support services (e.g. hotlines, domestic violence programs, campus advocates), yet the vast majority of women report never accessing these services.

myPlan provides a confidential way to get individualized safety planning information—with the ease of access and privacy of a smartphone or computer. myPlan helps shed light on unhealthy relationships, evaluates safety risk, and suggests possible safety strategies and resources. myPlan is not intended to replace real live advocates. Rather, myPlan is designed to encourage those who may not normally seek services to reach out.

When to use the myPlan app?

Relationships are dynamic, as safety needs in an abusive relationship may change rapidly. myPlan is accessible 24/7 through a secure website (myPlanApp.org) and can be downloaded to a smartphone to be accessed anywhere and at any time.

Is it safe to use myPlan?

myPlan was developed with significant input from students, domestic violence and campus advocates, and most importantly, survivors and friends of survivors, and has been extensively tested in clinical trials. It is PIN-code protected to keep users' information safe. Other safety features include a "Quick Exit" button and a false home screen (if an incorrect passcode is entered). Users are advised to be aware that if an abusive partner checks their partner's phone or monitors their online activity, having an app or accessing a website about relationship abuse may put them at further risk. If concerned about someone discovering the app, users can delete it when done using, but are also advised that it's not possible to delete the app from the purchase history on most phones.

What does the research say?

Researchers at Johns Hopkins University found that the percent of female students experiencing physical or sexual abuse declined over 12 months after using myPlan. In addition, students who used myPlan felt more prepared to make decisions about their safety in their abusive relationship, and friends were more prepared to help a friend in an unsafe relationship make a plan for their safety.

What users are saying about myPlan?

"From the knowledge I've learned, I was able to get out of a bad situation and into a healthy relationship"

-Freshman from Oregon university

This app has made it easier to talk to my friend about her situation and helped me understand her better.

-Sophomore from a Maryland college

"I really do not think I would have had the courage to change my circumstances if it was not for the app."

-Senior from an Oregon college

Learn more

Visit myPlanApp.org or email us at info@MyPlanApp.org

 Facebook  Instagram  Twitter

