



MY PLAN

SURVEY APP HELPS USERS IDENTIFY ABUSIVE RELATIONSHIPS

By One Love Foundation

Project URL: http://www.joinonelove.org/my_plan_app

Project Twitter: [@Join1Love](https://twitter.com/Join1Love)

Organisation URL: http://www.joinonelove.org/my_plan_app

- Safety & Security
- Mobile

When Sharon Love dropped off her daughter Yeardley at the University of Virginia, she was mainly worried about her getting injured on the lacrosse field, or getting into a car accident. Yet just a few weeks before graduation, the mother woke up to the unthinkable – Yeardley had been beaten to death by her boyfriend.

“Relationship violence was never on my radar screen; I had no idea that relationship abuse affects 1 in 3 women in her lifetime,” says Love, who later founded the One Love Foundation to help alert other girls and women to abusive relationships.

The foundation launched an app called My Plan, where users can answer questions to assess the risks and dangers of their current relationship, and create a plan based on their unique characteristics and situation. The app is free to download on Apple and Android phones, can also be used by concerned friends and family members, and provides 24/7 access to trained support staff

through a live chat feature.

Women are advised to uninstall the app after use so their search for help can remain undetected by their partners, and are also pointed to a number of resources to help them, as well as being reminded to call 911 if they are in immediate danger.

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725 US-based users over 12 months showed that high-risk women were able to safely leave their abuser, reducing their exposure to sexual and psychological intimate partner violence.

My Plan is available in the US, Canada, Australia and New Zealand, and versions for Somali and Kenyan refugee communities are in development in partnership with the International Committee for the Development of Peoples (CISP). Find out more at www.joinonelove.org/my_plan_app

Image courtesy of Jennifer Diaz

Last updated: 19th of September, 2016