Post Breakup Checklist

What to consider when a relationship that involved a smart or connected adult device is ending

* Delete any accounts in IoD platforms and apps
* If deletion isn’t possible, change to a new and unique email address and password
* Change any other sexy account passwords (fetlife, OF, dating apps)
* Change any password for utilities, banking, IoT devices
* If a high risk breakup, consider third party professional service
  + Safeescape.org
  + lockdownyourlife.com
* Be aware of alternate accounts you setup for lost password verification, change those as well
* Use a password manager to create and remember strong passwords for everything