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