The Staying Safe and Sane Digital Evidence Log
Because your paycheck should never cost you your peace of mind

Confidential Record of [Student Name]

Purpose of this Log: To document a pattern of harmful digital communications as defined under the **Harmful Digital Communications Act (HDCA) 2015**.

Entry Instructions:

1. **Don't Reply:** One "Cease and Desist" message is enough. After that, do not engage.
2. **Screenshot Everything:** Capture the full screen (Time, Date, Signal Strength, and Username).
3. **Save Externally:** Move these files to a secure folder or USB immediately.

Evidence Table

Date & Time	Platform	Sender Handle	Description of Event	Impact on Student
22/03/26 8:15PM	*Instagram*	*@user_unknown*	*Received anonymous DM with deepfake image.*	*Extreme distress; refused to leave room.*
23/03/26 9:00AM	*Snapchat*	*@group_chat*	*Removed from 'Summer 26' group; social exclusion.*	*Isolation; felt 'trapped' before school.*

The "Safe Harbor" Technical Checklist

Check these off for every piece of evidence captured:

- [ ] **Full Metadata:** Did you save the original file (not just a screen recording)?
- [ ] **The "Cease" Proof:** Have you logged the date you told them to stop?
- [ ] **Platform Response:** Have you screenshotted the "Report Submitted" notification from the app?
- [ ] **URL Record:** Have you copied the direct link to the profile or post?

How to Use This Log in NZ:

- **For Schools:** Present this to the Dean or Principal as proof of "Social Entrapment." It shows the bullying isn't a "one-off" but a systemic pattern.
- **For Netsafe:** Upload this log when filing a report. It speeds up their investigation significantly.
- **For ACC:** This log serves as the "Event Record" required to prove that a mental injury was caused by a specific series of work or school-related traumas.

Founder's Tip for Parents:

"When my own children were going through this, the 'Evidence Log' was our anchor. It took the emotion out of the room and replaced it with facts. It's hard to look at, but it is the key to unlocking the help your child deserves. If you need help filling this out or identifying what counts as 'harmful,' that's exactly what our **Digital Autonomy Audit** covers."