You’re heading out and don’t feel 100% safe? Or maybe you’re going to be in a new place for a while and want a little backup. Safety Timers are here for you.

The basic idea is that you can create a Safety Timer session for a given length of time and invite a Guardian (or a few) to watch over you during that time period. If you don’t deactivate your Timer before the allotted amount of time, your Guardians will get a text message that your Safety Timer has expired.

This guide will help you get the full picture of what a Safety Timer is and how to set a session up.

What Are Guardians And What Do They See?

A Guardian is someone you trust, such as a family member, friend or close colleague. In Rave Guardian, you can simply tap them from your contacts list to have them watch your Safety Timer session.

Your Guardians will see your time, location and session details. They will be notified when you deactivate your Safety Timer, but more importantly, if your Safety Timer expires.
Safety Timer Instructions

1. Tap ‘Timer’ from your home screen.

2. Enable location and notification services. The app needs access to your location for your Guardians to see where you are (for iOS, it must be set to ‘Always.’)

3. Tap “Guardians” to add one or more Guardians.

4. Your contacts list will then display. Search or browse your contacts for the people you want to add and tap their names.

5. Add a detailed note about where you will be going or who you might see during your session. The more information you add, the better (optional.)

6. Adjust the slider to the length of time you want your Safety Timer to run.

7. Once your Guardians, session notes and time is set, tap ‘Start Timer.’

8. Confirm your trip information.

9. Your Safety Timer is now running. You should see a map with your location on it. Every now and then, a blue circle will be placed on that app to show where you were.
What Your Guardians See

Your Guardian will receive a SMS message to watch over you. They will come to a screen and then tap ‘Start Watching.’

When they agree to be your Guardian, they will see a view that looks like this.

Their view will change based on the status of your Safety Timer. If it expires, they will get a text notification and a screen that looks like this.

When it is deactivated, they will see this and get a message like the one below. When you deactivate your Safety Timer, your location is no longer being updated.

Get Used to Using the Safety Timer On Your Own.

During your Safety Timer session, you will have the option to add or remove time and deactivate your session.

The best way to get familiar with Safety Timers is to add yourself as a contact in your device and then set yourself as a Guardian. From there, you can see how the process works from start to finish on both sides.