

COMPANION SAFETY CHECKLIST

A printable guide for professional cuddlers — camera setup, first-meet protocol, and daily safety habits.

1. CAMERA & SECURITY SETUP

Before you host any session, your physical space should be monitored and secured. This protects you and creates a deterrent.

- Install at least one visible indoor security camera in the common area where sessions take place
- Set up a video doorbell camera (Ring, Nest, or similar) to record arrivals and departures
- Ensure cameras have cloud backup and are not easily unplugged by a guest
- If hosting at home, use a separate entrance or session room near the front door
- Let a trusted neighbor know you have appointments and ask them to check in if anything seems off
- Consider a motion-activated light at your entrance for evening sessions

Tip: Announce cameras in your profile or pre-session message. Transparency builds trust and deters bad actors.

2. FIRST-MEET PROTOCOL

The first meeting with a new client carries the most unknowns. Follow this protocol every time.

- Offer a free 10-minute video call before booking the first in-person session
- Screen for red flags during the call: pushy tone, sexual comments, vague answers, intoxication
- For the first in-person session, suggest a public meet (cafe, hotel lobby) before moving to a private space
- Share the client's name, time, location, and expected end time with a check-in buddy
- Agree on a code word with your buddy that means 'call emergency services now'
- Set a check-in time with your buddy — if you don't text by then, they call you
- Have the client confirm the session details in writing (platform message) before you meet
- Trust your gut. If anything feels off, cancel. You do not need to justify it.

Red flags that mean cancel immediately: refuses video call, gives fake name or no social presence, asks for sexual services upfront, shows up intoxicated, insists on your personal phone number, won't use platform messaging.

3. DURING THE SESSION

Boundaries and consent are active practices, not one-time agreements.

- Review touch boundaries at the start of every session, even with repeat clients
- Agree on a safe word or safe gesture that immediately stops all physical contact

- Check in every 15–20 minutes: 'Is this okay?' or 'Would you like to shift?'
- Both parties wear comfortable, fully covering clothing at all times
- Keep your phone within arm's reach and accessible, not buried in a bag
- If the client becomes argumentative, controlling, or ignores the safe word, end the session immediately
- You keep the full session fee if you end early for safety or boundary violations — state this upfront

4. REMOTE SESSIONS — VIDEO & PHONE

Remote sessions are a great option for distant or homebound clients. Protect your identity just as carefully.

- Use a separate work number — never your personal phone. Options: Google Voice, TextNow, OpenPhone, or a dedicated Signal account
- Use a video platform that hides your real info: Zoom (free plan), Google Meet (dedicated account), or Whereby
- Use a blurred or neutral virtual background. No street views, mail with your address, or family photos visible
- Charge before sending the meeting link. Use in-app booking so the platform tracks it
- Require both cameras to stay on. If a client turns theirs off and refuses to turn it back on, end the session
- Use waiting rooms and meeting passwords. Never reuse the same link for different clients
- Same safe-word rules apply. Same clothing rules apply. No nudity, no sexual content, no exceptions

Remote session ideas: guided breathing, shared meditation, watch-party with a comforting film, poetry reading, virtual tea conversation, gratitude journaling.

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Daily / Per-Session Quick Check

5. QUICK CHECKLIST — BEFORE EVERY SESSION

- Camera(s) powered on and recording
- Video doorbell active
- Check-in buddy informed (name, time, location, code word)
- Client confirmed details in writing
- Session payment received / booking confirmed in app
- Phone charged and within reach
- Safe word agreed and remembered
- Boundaries reviewed with client
- Clothing appropriate (fully covering)
- Exit route clear (nothing blocking the door)
- Emergency contact info accessible
- Gut check: do I feel safe? (If no, cancel.)

Emergency: Call 911 (or your local emergency number) first. Then report the incident via the platform so we can suspend the user and preserve records.

This checklist is a living document. Review it quarterly and update your protocols as your practice evolves. For questions or suggestions, contact Support.

Cuddle Universe — Your safety is everything.