



## Safety Planning for Technology

If you think someone is watching your devices (phone, computer, tablet etc.), please access our website from a device that is not watched. This could be from a friend's computer or a computer at your local library. Please exit this website and delete this website from your browser history. You can also delete your whole history. However, this may create suspicion from the person watching you.

If you believe someone is harassing, stalking, or monitoring you using technology, it is possible and likely. Trust your instincts. Technology is a tool often used by abusers to harass, threaten, and intimidate their victims.

We recommend that you contact DVAC or another specialist service for support to plan for your safety. When contacting services please use a safe phone that you do not believe the abuser is checking or able to watch. This could be a friend, family member, or colleague's phone.

The information provided below is general information only. It does not replace advice and support from a domestic violence specialist. Its most helpful to get advice that is specific for your situation. The information below will not be suitable for all survivors of technology abuse.

It may not be safe for a survivor to stop using devices the abuser has access to or is monitoring them on. They may choose to keep using them. Access support from a domestic violence service from a safe phone or device.

### Helpful information to stay safe from electronic monitoring:

- Use a safe computer, phone, or device that the abusive person has not had access to
- Change the passwords and usernames to ALL your online accounts
  - Do not create new passwords or usernames on a device you believe is being monitored
  - Consider creating brand new accounts, such as a new email address
  - Consider using a non-identifying name instead of your actual name
  - Do not use the same password for multiple accounts
  - Wherever possible use two-factor authentication to log in to your accounts.
- Check your smart phone settings
  - Turn off Bluetooth
  - Turn off Location settings
  - Review the applications on your phone so you know what each of the applications does. If you do not know what it is consider deleting the application
  - Put a passcode on your phone
- Consider buying a new smart phone
  - Set up this phone with a new email address that the abuser does not know
  - Do not access accounts the abuser had access to previously
  - Create a passcode/password for this phone
- Limit Information Available About You
  - Block the abuser, their family, and friends on social media sites.



- Review your privacy settings so the information you post is not available or accessible.
- Do not post about your location, events, or venues you attend on social media.
- Ask friends and family members to not post photos of you on social media or tag you in their social media posts

## Helpful Websites:

eSafety Commission – How to Create an Online Safety Plan

<https://www.esafety.gov.au/key-issues/domestic-family-violence/online-safety-planning>

WESNET Technology Safety Australia – Women’s Technology Safety & Privacy Toolkit

<https://techsafety.org.au/resources/resources-women/technology-safety-plan/>

Facebook – Basic Privacy Settings & Tools

<https://www.facebook.com/help/325807937506242>

Instagram – Privacy Settings & Information

<https://www.facebook.com/help/instagram/196883487377501>

