

Digital Abuse is the use of technology to bully, harass, stalk, or intimidate a partner.

Pressuring their partner to change their online profile information.

Controlling who someone can connect with online.

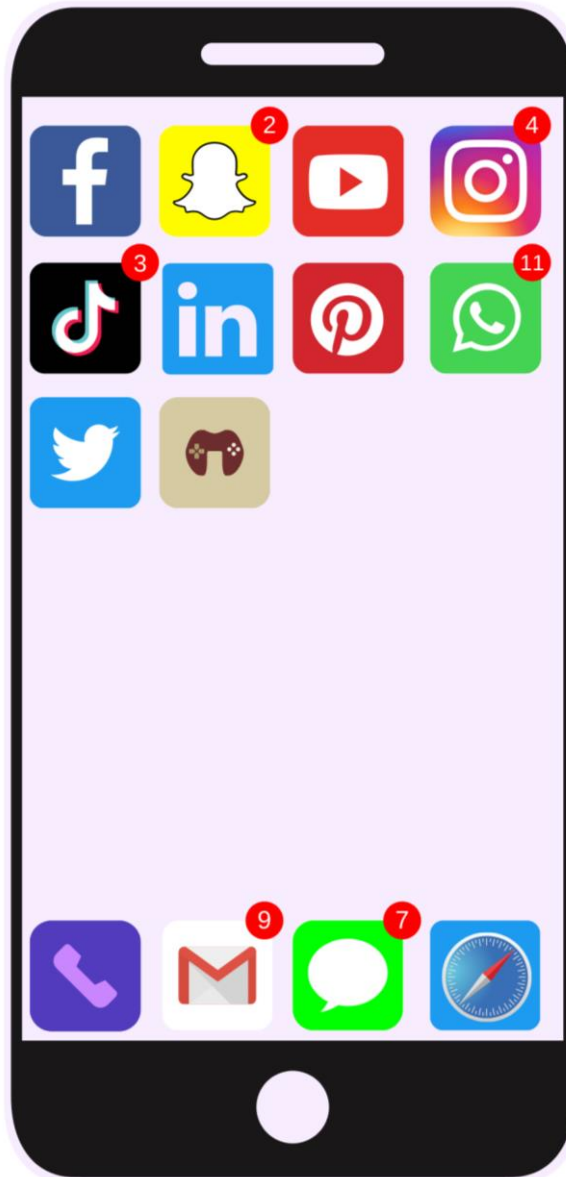
Using [smart] technology (security systems, smart speakers/homes/etc.) to track their partner's movements, communications, or activities.

Sending threats via text, social media, or email.

Threatening to share fake or private pictures or content.

Monitoring who their partner is friends with or follows on social media.

Creating fake social media profiles in their partner's name and image, or using their phone or email to send messages to other's pretending to be their partner as a way to embarrass and/or isolate them.



Logging into social media or email account(s) without permission; and/or forcing their partner to share passwords.

Makes jealous comments about likes or pictures on accounts.

Constantly texting or calling; sending threats and/or demanding information.

Tracking their partner's location through social media or other apps.

Looking through their partner's phone or checking their pictures, texts, and phone records.

Uses facetime or video calls to monitor their partner.

Online Safety Planning Tips

- Trust your instincts. If something feels off, it probably is.
- Delete your browsing history and consider using an incognito window/browser.
- Log out of your accounts when they are not in use (on your phone and computer).
- Password-protect your phone – use two-factor authentication if you can.
- Consider creating a different email address that your partner does not know about. Use this email to send yourself private information and to communicate with advocates and other, safe people.
- Be mindful of where you are checking your email and social media sites; use the computer at the library or other safe location when you can.
- Decline when asked if you want a website to save your password.
- Change your passwords and pin numbers frequently, for things such as bank accounts, social media accounts, email, etc.
- Do not “check in” on Facebook or Instagram when you are out with people.
- Be mindful of who you are tagging and who is tagging you in status updates or pictures on social media accounts.
- Ask your friends, family, or others you spend time with to not tag you in their status or in pictures. Consider asking them not to tag a group of friends if your abuser knows who you spend your time with.
- Block individuals who are abusive.
- Be mindful of your networks– ‘mutual friends’ can see the things you like, pictures, and tags.
- If you really want to share something (a picture from an event for example) wait a day or two before posting.
- Be mindful of what you send or put online, even if it’s to someone you trust; once something is online it is there forever.
- Consider turning your phone off on occasion.
- Turn off location services on your phone.
- Change your security settings.
- If possible, change your phone number or get a new phone.
- Document and journal the abuse.*
- Check your home for hidden cameras.
- Turn off webcam access on all devices.

Journaling Abuse*

- Do not delete your call logs or voicemails.
- Save text messages, pictures, etc. that can be used to prove the threats and abuse.
- Take pictures or screenshots of images that may not be easy to find at a later date.
- If it is not safe (physically or emotionally) to save information on your phone consider saving it to your computer, emailing it to a safe email you’ve created, or give the information to a safe support person.
- Take note if someone else, other than you, has seen the message(s).
- Record audio or video – if it is safe.
- Write down any occurrences that you can’t explain.

Privacy Settings

- Check to see who can see your profile (pictures, status, etc.) and consider changing your settings.
- Do not share your passwords. Even if it’s someone you trust, your passwords belong to you and only you should be managing your profile(s).
- Be mindful of mutual friends you may have with your abuser (if you have blocked someone but your friend hasn’t they still may be able to see things your friends post about you).
- Ensure that your location settings are off on all your accounts.

Checking In v. Checking Up

There is a difference between someone checking *in* with you and someone checking *up* on you.

Questions to ask yourself:

- Is your partner constantly calling or texting you?
- How does your partner react when you do not respond to their calls or texts right away?
- Has your partner made negative or threatening comments about things they’ve seen online?
- Have they ever pressured you to send pictures or other things you don’t feel comfortable with?
- Do you monitor what you say or post on social media because you are concerned with how your partner will react?
- Is it expected that you will give your partner your passwords and access to social media accounts when they ask?