

Technology-facilitated abuse

It is abuse through technology if someone:

- Uses social media to humiliate you by posting embarrassing or abusive comments.
- Constantly calls or texts you, bombarding you with abusive messages and threats.
- Controls your emails, social media banking and other online accounts.
- Impersonates you by creating a fake profile in your name.
- Uses GPS, apps and other tracking devices to monitor your location and activities.
- Restricts your phone or computer use to limit communication with your family and friends.
- Shares, or threatens to share intimate images or videos of you without your consent (image-based abuse).

Visit esafety.gov.au to report tech-facilitated abuse, and to find out how to keep your family safe from online harms.

Visit 1800respect.org.au or call 1800RESPECT (1800 737 732) for confidential counselling and support.

Call Triple Zero (000) if you are ever in immediate danger.

Stay safe online

- Update your privacy and security settings on your devices and online accounts.
- Change your passwords and PIN numbers often. Passwords should be hard to guess and you should have different passwords for each online account.
- Install antivirus/ malware protection on your devices and maintain software updates.
- Turn off location settings on devices and apps if it is safe to do so.
- Learn how to block unwanted contacts.
- Trust your instincts; be alert to tracking devices and apps.
- Always log out of online accounts, don't just exit/ close the window.

For more information, contact the eSafety Project Officer at The Circular Head Aboriginal Corporation on (03) 6452 1287 or email k.keny@chac.com.au



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Supported by eSafety Dedicated Project Officer Grants Program - an Australian Government initiative.