

smartphones, tablets, laptops, computers, wearables & fitness trackers, GPS devices, smart homes, and other emerging innovations. However, technology can be wielded as a tool to abuse, monitor, and control you, especially in domestic and family violence situations.

### Know the signs

- Constantly calling or texting, bombarding you with messages and threats.
- Using social media to humiliate you by posting embarrassing or abusive comments.
- Impersonating you by creating a fake profile to send abusive messages to you or your family and friends, and therefore damaging your relationships.
- Using GPS, cameras, apps (spyware) and other tracking devices to monitor your location and activities.
- Logging into, and changing your passwords to lock you out of your devices and online accounts.
- Social isolation: taking away or destroying your devices to limit communication with your family and friends and other support networks
- Image-based abuse : this is when someone shares, or threatens to share intimate images or videos of you without your consent. The images or videos can be real or altered (Photoshopped). eSafety can help to get the images removed.



### Protect yourself and your family

- Set strong passwords and use two factor authentication for your online accounts.
- Update your privacy and security settings on your devices and apps.
- Turn off location settings if safe to do so.
- Limit other people's access to your devices by using PIN numbers or passwords.
- Learn how to block unwanted contacts
- Check your children's devices for unfamiliar apps and spyware.

### Seek help and support

Visit [esafety.gov.au/women](https://esafety.gov.au/women) for more information, help and support. To report tech-abuse visit [esafety.gov.au/report](https://esafety.gov.au/report). CHAC can help you to report serious tech-abuse.

Visit 1800RESPECT, [1800respect.org.au](https://1800respect.org.au) or ring 1800RESPECT (1800 737 732) for confidential information, counselling and support.

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

