When technology hurts: know the signs

- Using phone calls, text messages, emails or social media to harass, abuse or threaten you.
- Monitoring your calls, messages & social media interactions.
- Controlling your online and banking accounts.
- Monitoring/tracking your location and activities using cameras, GPS, and apps on devices.
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Help is available

- •Visit <u>esafety.gov.au/women</u> to find information, help and support. Learn how to identify and report technology-facilitated abuse.
- •Visit <u>1800respect.org.au</u> or call 1800RESPECT (1800 737 732) for confidential counselling and support.
- •Contact the eSafety Project Officer at CHAC on (03) 64521287 or email k.keny@chac.com.au
- •Call Triple Zero (000) if you are ever in immediate danger.



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