



# Technology Safety

Because computers can record everything you do on it and on the internet, it is important to think about how you can still use the computer and internet but maintain your safety (always consider talking to a domestic violence advocate to assist you):

- If you are in danger, use a computer that your abuser does not have direct access to or even remote (hacking) access. Try to use a computer in a public library or at a trusted friend's house or internet café.
- Create a new email or instant messaging account. Create additional email accounts on a safer computer but do not check these new accounts from the computer your abuser has access to. When creating a new email, provide few details about your personal information.
- If you think your abuser is monitoring your activities on your home computer, consider using a "safer" computer to surf the internet or conduct research. Note that a "history" of all the websites you have visited cannot be completely erased from a computer. For example, if you are seeking to escape and flee to another state, don't search for jobs in that state through your home computer. Your abuser might be able to track where you plan to go through monitoring your activities. Use a safer computer that your abuser has no access to.
- Consider obtaining your own cell phone or check your mobile phone settings if your phone was provided by your abuser. If your abuser pays for the phone, he may be able to check your call record on the bill.
- Be aware there are many ways to monitor your activities. A global positioning system (GPS) can be placed on your car, cell phone, or purse. This would allow your abuser to find where you are located.
- Limit providing personal information on the internet or via email messages. Your email could possibly be intercepted
- Minimize cordless phone and baby monitor usage. Cordless phones and baby monitors may allow others to hear your conversations. Use a traditional corded phone when discussing sensitive issues.
- Save any emails, voicemails, or text messages as evidence. If your abuser is abusive using technology, you can save these messages as evidence for stalking or abuse. Keep an additional record of incidents.