ADVOCACY & EDUCATION

TAC

THE AURORA CENTER

SEXUAL ASSAULT•RELATIONSHIP VIOLENCE•STALKING

TECHNOLOGY SAFETY PLANNING: A GUIDE

KEEP CAREFUL RECORDS.

If you think someone is harassing you, write down the date and what happened. Tip: You can print or take pictured of messages and keep them with your records in a safe place such as a trusted friend's home.

Web

- Places you visit on the web are stored on a computer. Financials, instant messages, web searches, and emails can be tracked or retrieved.
- Safe computers are found at local library, internet café, shelter, work or computer technology center. Use safe computers when researching things such as travel plans, housing options, legal issues and safety plans.

E-mail

- An abuser can access your email account. Open an email account they don't know about on a safe computer and use that account for safety planning and sensitive communications.
- Keep your monitored account active with non-critical emails in order to maintain appearances.

Cell Phone

- Cell phones track your location. Turn of Location Services. Call and text history can also be retrieved by an abuser. Additionally, a location tracking device (GPS) can be placed on your car /wallet/purse.
- Consider purchasing a pay as you go phone that you keep in a safe place to make calls.

Social Media

- Be protective of your personal information and what you post. Phone numbers and addresses enable people to contact you. Your birth date, schools you attended, work place and photos with landmarks may make it easier to find where you are.
- Set boundaries and limits. Tell friends not to post personal info, negative comments or check-ins about you on social media. Ask people not to post or tag pictures. Keep passwords private. Unfriend or block people if you need to. Set high privacy settings.