



TECH SAFETY

VICTIM SERVICES



Technology isn't the problem ... Abuse is!

Technology is not good or bad - it just is. Good or bad is decided by people.



Offenders are held accountable for misuse

- Abusers, stalkers & perpetrators misuse technology as a tactic of abuse
- Women are not responsible for a perpetrator's misuse of technology



Women have a right to technology

- Getting rid of technology is not the answer
- Limiting tech won't stop abuse
- Accountability needs to be on the abuse partner



"You are not alone"

- You are not to blame for the violence or for your children's exposure to it
- You are not responsible for you (ex) partner's violence, but it may be possible to increase your own safety as well as the safety of your children
- You are not responsible for your (ex) partner's abusive behavior
- The safety of you and your children is always the most important thing
- You are not alone. There are resources available in the community to provide support in a number of ways (e.g., counselling, housing, financial assistance, etc.)



TRUST YOUR INSTINCTS



Mobile Phones: Spying

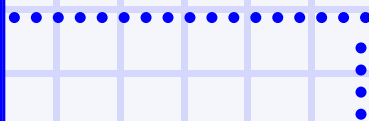
- Physically looking at device
- Eavesdropping on conversations, voicemail, messages, messages, email
- Checking device and account history
- Manipulating device / app features & settings
- Listening to voicemail messages
- Wiretap
- Tracking software





Detecting Mobile Spywares

- Abusive person knows too much
- Perpetrator has or had physical access
- Perpetrator has access to your iCloud password
- Phone is "rooted" or "tethered"



Options

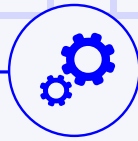
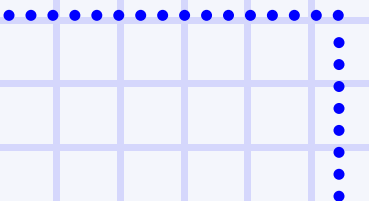
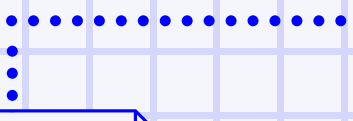
What do you want?

1. The misuse to stop
 - Blocking and removal options
2. The person to be held accountable
 - Criminal charges; civil remedies
3. To enhance privacy and safety
 - Device and account settings
 - Factory reset; losing data; reinstallation



Removing Spyware

- Factory reset or a new device, but **do not** restore files or connect to old accounts
 - It is possible spyware may transfer to new device
- Update your operating system
- Anti-virus or anti-malware programs



Safety and Privacy

- Limit what is said and use a safer phone
- Create new email address and user ID & passwords on a safe device
- Change phone settings
- Remove apps that you are not using or look unfamiliar
- Keep operating system up to date



Document Violence

- Keep a log to establish a pattern of harassment, threats, monitoring and stalking behavior
- Take screenshots (Computer + phone)
- Take photographs
- Print out pages
- Don't delete emails, text messages, or voicemails
- Recording options (If legal)



Safety + Privacy + Technology = POSSIBLE