

Tech Safety Awareness

Trust yourself and pay attention:

If you think your phone is being monitored, trust those feelings. Use a friend's phone and get help.

- Has the person who hurt you had access to your phone/passwords/cloud account?
- Do they scroll through your phone to monitor your texts, calls, and social media?
- Do they know your location?

Some suggestions:

- Factory reset
- Uninstall unfamiliar apps
- Check privacy settings that are allowing sharing
- Call your provider to limit location sharing
- Reset passwords on billing, cloud, and other connected accounts

Replacement options:

- Have your number separated from the family account and get your own plan
- Purchase a new phone with a different carrier and different number
- Buy a pay-as-you-go phone with cash
- See if a friend has an old phone and factory reset
- ***Don't connect new phones to any old accounts***

Decide what to do with the monitored phone with the help of law enforcement or your lawyer (if you have one). Talk to your trusted family and friends. Document what is happening.



Resources



StopNCII.org — A free resource designed to support victims of Non-Consensual Intimate Image (NCII) abuse.



Apple Support — Safety check instructions for your iPhone.



TechSafety.org — Documentation tips for survivors of technology abuse and stalking.



TechSafety.org — Instructions for checking devices for rooting and jailbreaking.



"Technology Safety for Survivors of Gender-Based Violence" — from the New York Office for the Prevention of Domestic Violence.