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Safety Plan

Internet, Technology & Safety

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INTERNET:

- Consider changing your e-mail address/password — your abuser may know how to access your accounts.
- Protect accounts with strong passwords.
- Consider removing yourself from social media (e.g. Facebook, Twitter).
- Set your boundaries: think about how public you want your profile or blog to be — check your privacy settings.
- Be very selective about who you accept as friends.
- Don't over share personal information such as your full name, social insurance number, address, bank information, credit card numbers or your photo. Talk to your children, family members and friends about your need to maintain your safety and privacy on social networking sites.
- Do not post your full name, social insurance number, address, personal information or photos of you and your family.
- If you are adamant about meeting someone from the internet in person, meet in a busy public area and bring someone along. If you can't, make sure someone knows where you are going. If you feel the person you meet is not truthful, leave immediately.
- Abusers often monitor their partner's computer use. Remember your "history" is traceable. It is almost impossible to clear a computer of all your activities. It may be safer to use a computer outside your home - work, friend's, family member's or the local library.

CELL PHONES:

- Check your settings. Your abuser can use your cell phone as a tracking device if it has Global Positioning System (GPS), is in "silent mode", or is set to "auto answer".
- Search for your name on the Internet. There may be a link to your contact information or find out that your 'unlisted' phone number is published.
- Do not answer calls from unknown, blocked or private numbers.

SAFETY APPS:

- Research free safety apps for your mobile devices.

GPS & SURVEILLANCE DEVICES:

- Your abuser may be using hidden cameras, such as the "Nanny Cam", or even a baby monitor to check on you.
- GPS devices are cheap and easy to use. GPS devices can be hidden in your car or other objects you carry with you. Your abuser can also use your car's GPS system to see where you've been.



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