

DIGITAL SAFETY FROM DOMESTIC VIOLENCE

HELPING SURVIVORS STAY AWARE

TECHNOLOGY-ENABLED COERCIVE CONTROL (TECC)

A form of domestic violence that uses technology to control, harass or intimidate a current or ex partner.

Includes a range of behaviors including **cyberstalking, monitoring, impersonation, distribution of inanimate images and any other behavior that allows an abuse partner to stalk and harass.**

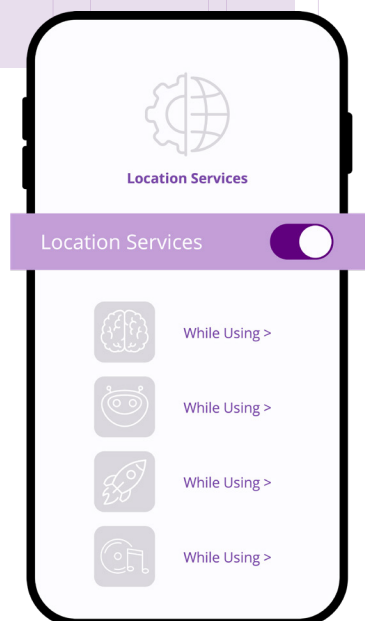
DEVICE TRACKING SOLUTIONS

Monitoring your location services

- Choose when and why you enable location services, especially for apps to shared accounts
- Know which accounts are shared and create your own if necessary
- Always log out of all apps

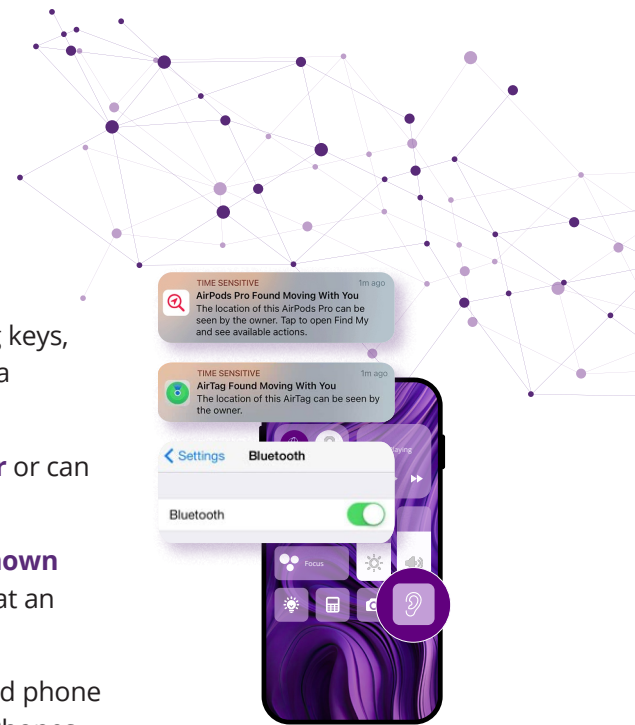
ABUSERS CAN EXPLOIT BY:

Tracking victim's movements—If an abuser has access to your accounts they may check app history for recent directions, or delivery orders to obtain an address



HARDWARE SPYING

- **Bluetooth locating devices** can be used to track and ping keys, headphones, wallets, purses, backpacks, and more within a short-range of a paired device.
- These devices can be **planted on a survivor by an abuser** or can be attached to their device to track the location.
- **Be mindful of notifications that alert you that an unknown device has been seen with you.** This could be an alert that an abuser has planted a device.
- **Some Premium Bluetooth Headphones** that give a paired phone the ability to use Live listening, a feature found on Apple iPhones that can be exploited to eavesdrop your conversations when you think you are alone, but the abuser's device is left behind.



SPYWARE/STALKING

Some tracking apps disguise themselves as preloaded normal looking applications.

- **Surge in Data Usage**—If you notice sudden spike in data usage with no changes to your usage patterns, it's possible your phone is infected.
- **Unexplained charges**—Likely found under "SMS" category as the program sends text messages which are charged.
- **Sudden Pop Ups**—You will receive unwanted ads and/or system alerts. Look out for apps you didn't install.
- **Battery Drain and Overheating**—Battery abruptly drains faster than normal and overheating due to heavy data use of the program.



IMPORTANT NOTE:

Deleting a spyware or stalkerware application could send a notification to the user that installed the application that it has been deleted.

Survivors should be **aware that altering** an account by changing a password/username or changing behavior patterns associated with the application (e.g. no longer using an application that was commonly used) **could directly or indirectly notify an abusive partner** of the survivor's awareness of direct or indirect stalking/monitoring.