

# RECOVER ARRIVE BECOME

## CLINICAL THERAPY PRACTICE

### TECHNOLOGY ABUSE & DIGITAL SAFETY

#### PROTECT PRIVACY WITHOUT INCREASING RISK

Phones, accounts, vehicles, apps, cloud services, and social media can all be misused to monitor, contact, or control someone.

#### TECHNOLOGY CAN BE USED FOR CONTROL

- Abuse can include account access, location tracking, impersonation, unwanted contact, device monitoring, or harassment through apps and social media.
- Technology can also be useful for safety, documentation, connection, and support.
- The safest change depends on your situation.

#### START WITH A SAFER DEVICE

- If you suspect monitoring, consider using a device or account the other person has never accessed.
- Suddenly changing passwords, removing apps, or disabling tracking may alert someone who is monitoring you.
- When risk is high, talk with an advocate before making major technology changes.

#### SECURE ACCOUNTS

- Review recent logins, connected devices, recovery email addresses, and forwarding rules.
- Use strong, unique passwords or passkeys and turn on two-factor authentication when safe.
- Sign out unfamiliar sessions and protect your email account first because it can reset other accounts.
- Review shared cloud, family, and device accounts.

#### LOCATION & SOCIAL MEDIA

- Review location sharing in your phone, apps, photos, maps, family accounts, vehicle apps, and wearable devices.
- Turn off precise location where you do not need it.
- Ask trusted people not to tag you, post your location, or share your routines.
- Review followers and limit public information such as home, work, school, and daily patterns.

#### DOCUMENT WITHOUT INCREASING RISK

- Save usernames, profile links, dates, messages, screenshots, and other evidence when safe.
- Store copies somewhere the other person cannot access.
- Do not rely on one device or one account if that device may be monitored.
- Preserve originals when possible before reporting or blocking.

#### SPECIALIZED HELP

- Safety Net Project at NNEDV: TechSafety.org for survivor-centered technology-safety information.
- National Domestic Violence Hotline: 800-799-7233; text START to 88788.
- A local advocate can help balance privacy changes with safety concerns.
- Call 911 for immediate danger.

Use technology in ways that support your safety and autonomy.

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[www.recoverarrivebecome.org](http://www.recoverarrivebecome.org)