



Technology Safety

Know that your computer activity can be monitored or checked without your knowledge. It is not possible to delete or clear all of the “footprints” from your computer or your online history. If you are being monitored, it may be dangerous to change your computer behaviors such as suddenly deleting your entire Internet history.

If you think that you are being monitored on your home computer, be careful with your activity since an abuser might become suspicious. You may want to keep using the monitored computer for non-personal activities, like looking up the weather or reading the news. Use a safer computer to research an escape plan, look for new jobs or apartments, or ask for help.

Consider opening a free e-mail account that your abuser doesn't know about. Only check it from public or otherwise safe computers (libraries, schools, a friend's home).

If you have a cell phone be aware that even calls that are toll-free will likely show up on your phone bill. If you are on a joint plan or access your phone bill online, your abuser may have access to it. Consider making calls to shelters, lawyers, or others confidential services from a friend's phone or prepaid cell phone.