

If you have fears for your safety consider making plans for if you have to leave in a hurry. Have a safe place to go. Keep your important documents in a safe place or at a friends' house. Put away emergency money. Have a spare set of house/car keys in a safe, accessible place.

You are not alone

Don't wait to get help. Without intervention things usually get worse for you and your children. Talk to someone about the violence and the decisions you have to make or are unsure about yet.

There are people to help you plan for your safety

You can call these services for further help:

DV Connect:
1800 811 811

NQDVRs:
47212888

Women's Centre:
47757555

Women's Legal Service:
47725400

In an emergency call

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NQDVRs

- ◆ Information and referral
- ◆ AARDVARC program for children
- ◆ Resources
- ◆ Court Support
- ◆ Choosing Safety Upgrades program
- ◆ Men's Behaviour Change Program
- ◆ SAFE Dads Program
- ◆ Community education & Training

TOWNSVILLE OFFICE

PO Box 6061, Townsville QLD 4810
Phone: 07 4721 2888 Fax: 07 4721 1794
nqdvrs @nqdvrs.org.au

1st Floor, Metway Arcade, 390 Flinders Street, Townsville

MOUNT ISA OFFICE

Po Box 502, Mt Isa QLD 4825
Phone: 07 4743 0946 Fax: 07 4743 7999
minqdvrs@nqdvrs.org.au
The Old Court House Building, Isa Street

<http://www.nqdvrs.org.au>

Against Violence #35



Technology Safety For Women In Domestic Violence Situations



NQDVRs
Funded by



Technology Safety

Information technology is a wonderful resource for learning about community services available to victims of domestic violence, finding housing and employment or researching protection orders. However, there is a dangerous side to electronic technology that has given abusers a new set of tools such as mobile phones, email, GPS, internet, Social Media, etc. with which to harass, inflict fear and control their victims.

Trust your instincts

If you think a partner or former partner knows too much about you, you are probably right, it could be possible that your phone, computer, email, car use or other activities are being monitored.

Use a safer computer

If an abuser has access to your computer they may be monitoring your computer activities. Try to use a safer computer that your abuser has no access to when you look for help, a new place to live, etc. It may be safest to use a computer at a public library, community centre, friend's house or internet café.

Keep in mind that your internet use on your mobile phone can be monitored.

Be safe on the internet.

If you suspect that your abuser can access your email, consider creating an additional email account on a safe computer. Do not create or check this account from a computer your abuser could access in case it is being monitored.

Change your passwords frequently on all internet accounts including email, on-line banking, Facebook, etc. Choose a password that would be hard to guess and never tick the 'remember my ID on this computer' box.

Clear your internet history regularly of sites you do not want your abuser to know you have been to, but if you delete all sites in your history this may look suspicious to your abuser and place you in danger. Only delete those that you do not want your abuser to know about.

If you use internet explorer you can do this by clicking on 'favorites', then 'history', 'search by site', then select sites by right clicking and left click delete.

Search for further information on technology safety by typing "technology safety domestic violence" in a search engine such as Yahoo or Google.



Keep in mind that some of these actions may be monitored and may increase your risk of abuse.

Save evidence.

If threats and abuse are occurring through email, text, answering machines, or on social networking sites such as Facebook, etc. then save or print out a copy. This evidence may be useful later.

Be safe on the phone.

If you are using a mobile phone that your abuser may have had or has access to, and they seem to always know where you are, there may be location finding software installed on your phone. Check your user manual for how to un-install this software (you can look on the internet for your phones' specific user manual) or turn off your phone when you do not wish to be located.

Consider using a phone the abuser can not access when making calls relating to the violence or escape planning, as most phone numbers would appear on a telephone bill and this may reveal your plans to your abuser. You may want to purchase a prepaid sim card to use in your existing mobile phone or use a public phone in a safe place.

If you already use pre-paid mobile phone credit, you can also delete your call history from your phones records.