



Tips for Advocates: Technology

Cell Phone Safety

- Cell phones and smartphones can make our life seem easy with information always available, but abusers can also use them.
- Phones are equipped with GPS that greatly assist & potentially compromise safety. Advocates can show survivors how to choose when and how to use GPS services on their phone.
- Bluetooth can be hacked to eavesdrop, so consider showing survivors how to disable this function between uses.
- Abusers can install spyware or locator apps with or without the survivor's knowledge. Show the survivor how to access the phone's app list to see what is currently installed on the phone.
- Check out NNEDV's [Tips on Cell Phone Safety and Privacy](#) for many other considerations.
- Verizon's HopeLine program can provide used cell phones to survivors. Check out their [website](#) for more information.

Breaking a Family Plan

- Talk to survivors about who has access to their phone & billing information. Survivors who share family plans with their abusers can be controlled, and potentially stalked, through their phone usage history, family location services, and more.
- Discuss the benefits and risks of separating the account or having a private phone plan. If the survivor needs to keep the family plan, safety plan around the abuser's potential access to information.
- If the survivor is the administrator of the account, talk to them about adding security measures.

Internet, Social Media, & Computer Safety

- Social media can be used to track locations, plans, relationships, and status. Each site updates their privacy settings regularly which can make it difficult for survivors to understand who can see what information they post. Check out NNEDV's [Online Privacy & Safety Video Series](#) for practical considerations and tips.
- Devices can be attached to a computer to log keystrokes and monitor computer activity. Talk to survivors about where they can access a public computer or computer from a trusted person.
- Talk to survivors about having conversations with their children about their technology safety and what they are posting online.
- Check out NNEDV's [Technology Safety Quick Tips](#).



Additional Resources

- [National Network to End Domestic Violence's Technology Safety Program](#) – Has extensive information, training, and tips for safety across technology platforms
- [NNEDV's Technology Safety & Privacy Toolkit for Survivors](#) – Contains safety tips, information, and privacy strategies for survivors.
- The [Tech Safety App](#) contains information on harassment, impersonation, cell phone safety, device safety, location safety, and online safety in an easy to navigate app format.
- The [Stalking Resource Center](#) has online trainings and resources for navigating a safer use of technology.