

What You Can Do About Tech Abuse

So what can a victim do? How do they know if what they are experiencing is Technology Abuse? How can they document the abuse?

The great news is that The Safety Net Project has created many resources to help you navigate the world of technology abuse.

Technology Safety and Privacy Toolkit for Survivors:

This is a fantastic resource for anything technology and technology abuse. From setting up passwords and taking screenshots, to being web wise, to protecting yourself when using smart toys and smart cars, this toolkit has it all in easy to an easy to follow format.

Technology Safety Plan:

This plan provides information on types of technology abuse, tips to identify if abuse is occurring, what to do if you expect technology abuse, and tips for increasing your digital safety and security.

Documentation of Technology Abuse & Stalking:

Documentation of Technology Abuse could help you identify increased monitoring and control, identify trends in how your abuser is abusing technology, and can support any legal actions. The attached site provides information on what to document, how, and what to do with the information. If you are interested in using your documentation in court, [The National Council of Juvenile and Family Court Judges](#) has some valuable information.

The Bottom Line:

TRUST YOUR INSTINCTS!!! If you think you are experiencing technology abuse, you may be. So act accordingly. But don't be rash. Getting rid of your technology, turning off location features, and changing passwords could anger the abuser, so take your time, create and follow your own Technology Safety Plan, and contact MSCFV for help (1-800-927-4673 or through the chat on this page).



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