

## Tips for Survivors

1. Trust your instincts.
2. Plan for safety.
3. Take precautions if you have a “techy” abuser.
4. Use a safer computer.
5. Create a new email account.
6. Check your cell phone settings.
7. Change passwords & PIN numbers.
8. Minimize use of cordless phones or baby monitors.
9. Use a donated or new cell phone.
10. Ask about your records and data.
11. Get a private mailbox and don't give out your real address.
12. Search for your name on the Internet to see what information is out there about you.

## What is Stalking?

Stalking is repeated unwanted behavior from an individual that is harassing, intimidating, and puts a person in fear. Stalking is most common in intimate partner relationships. Many times there will be an increase in stalking behavior upon leaving a controlling relationship.

For more information, contact:  
Idaho Coalition Against Sexual &  
Domestic Violence  
300 E Mallard Dr. Suite 130  
Boise, ID 83706  
208-384-0419  
1-888-293-6118  
[www.idvsa.org](http://www.idvsa.org)

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## Technology Safety

Information and tips for survivors of domestic violence, sexual assault and stalking.



## Cell Phone Safety

- Don't assume that emergency services can find you through the GPS chip on your phone. Give detailed location information when calling 911 from a cell phone.
- Text messages can be used as evidence if you are being stalked or harassed. Save them, forward them to an email account, or photograph them to preserve the evidence.
- The GPS system in your phone can be used to monitor your movements. Check out your plan thoroughly to know if you have a "friends and family" plan.
- If you have a Bluetooth-enabled phone, make sure the Bluetooth option is turned off so that you are not broadcasting your phone information.
- Consider contacting a domestic violence agency to receive a free cell phone that can call 911.
- Keep in mind that call history can be monitored directly on the device or through -line records. Add a password to protect your account.
- Avoid storing personal information, passwords or account numbers on your phone.



## Computer Safety

- If you are searching for resources to leave an abusive situation, use a computer that your abuser does not have access to. Consider using a friend's computer or a public computer at a library.
- Search for yourself on Google or Zabasearch.com to see what information comes up about you.
- Abusers often monitor Internet history and temporary internet files to see where and what information you are accessing. If you erase these files, it may cause suspicion.
- Purchase or download a firewall and keep all anti-virus software up-to-date.
- Never let computer programs save your passwords. Change passwords often.
- Do not use your real name or personal information when setting up email accounts or chat profiles.
- Never open e-mail from someone you don't know as there may be a virus or spyware attached.
- Do not use e-mails to send private information.



## Password Safety

- Use a combination of letters, numbers and symbols. The longer the password, the harder it is to crack.
- Avoid using names, nicknames, birthdates, etc. that someone who knows you would be able to guess easily.
- Change your passwords often on all accounts, on-line and off-line (i.e., web accounts, banking, shopping, email, cell phone).
- Never leave or store your passwords where they can be seen by others (like posted on your computer screen or on your desk).

## Keeping Your Information Private

- Just because an agency asks for personal information does not mean you are required to provide it.
- Shred all personal and financial information.
- If your personal information is requested, ask why. Decide if you need to provide it or not. If in doubt, opt out.
- Make sure your social networking pages are marked as private and utilize all privacy tools the site offers.