

If you have experienced abuse — whether a partner sending threatening or controlling messages, constantly calling, or if someone has shared your intimate images without consent - document and store the digital evidence in case you decide to seek civil or criminal legal help.

Here are ways to gather and keep digital evidence:

- Screenshot text messages, social media posts, emails, or phone call logs and include the details identifying the person who is abusing you along with the date and timestamp of the communication.
- Screenshots should include all original messages exchanged even if you think it looks bad or embarrassing.
- Screenshot abusive posts on social media as soon as you can. Remember, posts can be deleted.
- Send screenshots to a secure email account or cloud that only you or an adult you trust has access to.

If you think you might be in an unhealthy or abusive relationship, reach out to a friend, your parent/caregiver, a school counselor, or another person you trust or contact a helpline:

National Teen Dating Abuse Helpline:

Text LOVEIS to 22522 or speak to a peer advocate at 1-866-331-9474

National Sexual Assault Hotline:

1-800-656-4673

Trevor Lifeline (for LGBTQ* youth):

1-866-488-7386

National Suicide Prevention Lifeline:

1-800-273-8255

www.engagingvoices.org

For more information contact the Idaho Coalition Against Sexual & Domestic Violence at 1-208-384-0419 or 1-888-293-6118

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We spend a lot of time on devices and social media to connect with friends and for school and work. While technology has made our lives much easier, it can also be used in harmful ways to control or hurt you in an unhealthy or abusive relationship.

Here are things to remember when using technology to be safer in your relationships:

Take Breaks – You don't have to be constantly texting your partner—ask for space if it feels too much! Some conversations are best in person. Take time for yourself and to be present with family and friends.

Safety – Use privacy settings on social media to control who is able to access your posts and information. Even with the highest privacy settings there are still ways people can access your information. An abusive partner may use someone else's account to monitor your activity.

Location Sharing – Some apps like Snapchat share your location with other users. Know that this can be used to stalk or monitor your activity. It can also be used for safety by sharing your location with someone you trust if you're in an area where you feel unsafe.

Compassion – Avoid gossiping, spreading rumors, bullying, or damaging someone's reputation on social media. There are digital "footprints" even after you delete posts—use good judgement! Extend compassion and interrupt someone who is causing harm.

Block & Report – If someone is harassing, bullying, or trolling you, tell them to stop. If the harassment continues, tell someone you trust – block and report them, if necessary. If you want to report to school officials or authorities, document the harassment.

Sexting – A "sext" is a text message that includes a sexually suggestive photograph that usually includes someone who is naked or engaged in a sexual act. The act of sending sexually explicit photographs (even between minors) may be considered child pornography.

Safety Planning – Make sure to memorize one or two phone numbers of someone you trust in case something happens to your phone and you need to call for help.

Image-Based Sexual Abuse – If you've sent a sext—that's okay, make sure to not do it again. If the person who received the sext distributes it without your permission to control you or humiliate you, it is not your fault. Tell a trusted adult like a teacher or a parent. You can go to the police to report it and have it taken down, or if the police aren't for you, there are civil legal options where you can have your images taken down from social media.