

**CHART** IDENTIFYING TECHNOLOGY ABUSE

Technology abuse is serious, and threats made online or in texts are real. Use this chart to think about how your ex-partner is using technology in his efforts to control and intimidate you. Then consider which strategies you need to use to keep you and your children safe and how much outside help (technical expertise, police) you may need. Keeping a record of this information is also helpful as evidence of abuse for your family law case. Learn more in the “Evidence” section.

UNWANTED COMMUNICATION      DETAILS (DATES, NUMBER OF TIMES, CONTENT, ETC.)

<input type="checkbox"/> Repeated texts	_____
	_____
	_____
<input type="checkbox"/> Abusive texts	_____
	_____
	_____
<input type="checkbox"/> Repeated phone calls	_____
	_____
	_____
<input type="checkbox"/> Abusive phone calls	_____
	_____
	_____
<input type="checkbox"/> Repeated emails	_____
	_____
	_____
<input type="checkbox"/> Abusive emails	_____
	_____
	_____
<input type="checkbox"/> Repeated Facebook messaging (include # times per day)	_____
	_____
	_____
<input type="checkbox"/> Abusive Facebook messages	_____
	_____
	_____
<input type="checkbox"/> Other social media contact	_____
	_____
	_____

## INTIMATE PARTNER ABUSE

### USING OTHERS

### DETAILS (DATES, NUMBER OF TIMES, CONTENT, ETC.)

- He communicates with the children via Facebook, text, etc., in order to spy on me.
- He tells the children bad things about me over Facebook, texts, etc.
- He has used shared social media contacts to find out information about me.
- When he says bad things about me online, other people make supportive comments.
- His friends and family harass me via social media, phone, text.
- He has encouraged other people to harass me online.
- He has access to GPS on my children's devices.
- Phone/internet billing account covers children's devices (this may give him monitoring access).
- He shares/has access to my email account.

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SURVEILLANCE

DETAILS (DATES, NUMBER OF TIMES, CONTENT, ETC.)

He has access to GPS on my phone.

He has access to GPS on my car.

We share a phone/internet billing account (e.g., Rogers, Bell).

He has access(ed) to my phone, laptop, tablet.

I have found/suspect there is spyware (hidden software) on my devices.

I have found/suspect there are hidden cameras in my home, kids' toys.

He knows more about me than he should.

ATTACKS

He has, or says he has, sexual photos of me.

He posted sexual photos or videos of me online or sent them to others.

He pretended to be me in social media, email, etc.

He hacked into my account (email, Facebook, bank, etc.).

He says bad/embarrassing things about me online.

