

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.)

 Repeated texts

 Abusive texts

 Repeated phone calls

 Abusive phone calls

 Repeated emails

 Abusive emails

 Repeated social media
messaging
(include # times per day)

 Abusive social media
messages

SAFETY

USING OTHERS

- He communicates with the children via social media, text, etc., in order to spy on me.

- He tells the children bad things about me in social media, 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.

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

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.

