

# How to Use the Technology-Facilitated Abuse Log



## What is Technology-Facilitated Abuse?

Technology-facilitated abuse is when a current/former partner uses technology as a tool to monitor and harm you.

This can include things like:

- tracking location through an app,
- sending harassing texts, and
- threatening to share intimate images online.

A [technology-facilitated abuse log](#) helps track and document these actions.

## Why keep a Tech-facilitated Abuse Log?

- Helps capture what happened while it's fresh in your mind.
- Can be used as evidence in court or with police.
- Shows patterns or escalation that can help with safety planning.
- Gives support workers a better understanding of the risks you're facing.
- Can help you feel more in control and prepared.
- Validates your experience, especially if the abuser denies it or tries to make you feel like it didn't happen (this is called gaslighting).
- Helps you remember details if you need to write a statement or if the abuser tries to come back into your life later.

Gaslighting is a form of psychological abuse where an abuser pretends the abuse did not occur and may blame a victim for "going crazy."

## Important Information to Keep Track Of

The following information may be useful to include about the abuser's misuse of technology:

- Internet and phone provider and account information.
- Devices: Phones, computers, tablets, cameras, drones, external hard drives, USBs, children's devices, etc.
- Accounts or apps that have been used in the abuse such as social media or banking accounts.
- Email addresses, phone numbers, cloud storage accounts, usernames, avatars, pseudonyms, online identities, etc.

- Any other information that relates to their technology.
- Examples: Passwords, online accounts, tracking devices, identity theft or fraud, etc.

## Staying Safe while Logging Abuse

Think about where you can store the logs safely so that an abuser will not find them. This may be in a locked desk at work, with your support worker, a new secure email account, or with a trusted friend.

If you decide to provide your logs to police or other services, they may ask for more details about the person who is abusing you. Connect with a local shelter worker to make a safety plan in case things get more dangerous when the abusive partner finds out you're saving evidence.

The accompanying [handout](#) is for you to print, write down important details about the abuse, and store in a safe place until you decide what to do next. Trust yourself, you know your situation best.

*Technology-Facilitated Gender-Based Violence (TFGBV) is part of a continuum of violence that can be both online and in-person. If you or someone you know is experiencing TFGBV, you are not alone. You can use [sheltersafe.ca](#) to find a shelter/transition house near you to discuss options and create a [safety plan](#). You don't need to stay in a shelter to access free, confidential services and support.*

*Adapted for Canada with permission from WESNET's Technology Safety project, based on their resource [Stalking and Tech-Facilitated Abuse Log](#).*