

Tech Safety Planning Conversation Starters for Anti-Violence Workers Supporting Indigenous Survivors



This resource contains question prompts, tech safety strategies, and document links you can use to guide your safety planning conversations with Indigenous survivors experiencing tech-facilitated gender-based violence. Additional tech safety planning strategies can be found in the [Tech Safety](#)

Start Your Conversation by Helping Survivors Understand Tech-Facilitated Gender-Based Violence (TGFBV):

- Ask if the survivor is familiar with the term TFGBV and/or Digital Dating Violence.
- Determine what they know about TFGBV.
 - This could be used as a starter to explain the different types of violence that happen through technology.
- Define violence.



Suggested Resources:

- [What is Tech-Facilitated Gender-Based Violence?](#)
- [Is Tech Abuse Happening to You?](#) (poster)

Tech Safety Considerations after Leaving a Community or Relationship



Potential Questions that Could be Asked:

- Do you have your own phone? What do you use your phone for?
- Does anyone keep you from talking to your family or friends?
- Do you share your phone with someone else or does anyone else look

at your phone? Are you the owner of your phone account?

- Have you ever needed to use your phone but could not use it?
Can you tell me more about what was going on?
- Does anyone know how to unlock your phone, have your passcode, or make you unlock it?
- What apps or social networks do you have an online presence on since leaving a community or relationship?
- Are your location services turned “on” on your cell phone?
- What devices do you have with you? Cell phone, tablets, or computer?



Suggested Safety Strategies:

To support the survivor in protecting their privacy and location

- Help them turn off location-sharing permissions on their devices. (You can use a video or guide to walk through the steps).
- If they have an iPhone, consider going through Apple’s **Safety Check** tool together to review access and permissions.
- Assist with setting up two-factor authentication on their accounts to increase security.
- Encourage them to make a list of trusted people they feel safe sharing their location with, if location sharing is still needed.
- If the survivor is receiving threats or harassment, it may also be helpful to discuss changing their phone number.

Social Media – Keeping the Privacy and Confidentiality of Residents in a Shelter and

Transition House

- Have you recently updated your privacy settings?
- Does anyone know the password to your accounts?
- Do you know how to [block a person](#) or group on the social platforms you're using?
- Are you familiar with how to report abusive content on social platforms?



Suggested Safety Strategies:

To support safer use of social media

- Help the survivor change passwords on their social media accounts and review privacy settings to see who has access.
- Let them know they don't need to use their real name or correct spelling when setting up a new account—this can make it harder for the abuser to find them.
- Encourage them to use a profile photo that doesn't include themselves or their children, and to remove or hide existing photos and videos that could identify them.
- Remind them to avoid posting their location, especially in real time.
- When sharing digital resources, consider adding a QR code so survivors can easily access the material from a safe device.



For more information about supporting survivors from rural, remote, norther and Indigenous communities, see our [Navigating Tech Abuse Toolkit](#).

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.

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