



## Is Tech Abuse Happening to You?

### A Note on Language



In this toolkit, we will sometimes use the word woman/women and feminine pronouns for simplicity and to recognize the significant impact technology-facilitated violence has on women and girls. We recognize that TFGBV also impacts trans, non-binary, and Two-Spirit people. We hope that all people impacted by TFGBV will find these documents useful.

### It Can Be Tech Abuse If Someone:

- Controls your phone
- Takes your phone away from you
- Breaks your phone
- Makes you share your phone
- Controls your online accounts
- Stops you from using your online accounts
- Uses your online accounts when you don't want them to
- Shares pictures of you that you don't want people to see
- Tells you they will share pictures of you that you don't want people to see unless you do what they want

### It Can Be Tech Abuse If Someone Watches What You Do Using:

- Your phone
- Hidden cameras
- Apps

### It Can Be Tech Abuse If Someone Uses a Computer, Phone, or Tablet to:

- Repeatedly contact you (if unwanted)
- Say things that hurt you
- Punish you
- Say they will hurt you or a member of your family

### It Can Be Tech Abuse If Someone Uses Apps or Social Media to:

- Say things that make you feel bad
- Say things that make you or your family look bad
- Make threats about things they will do to you or our family

### It Can Be Tech Abuse If Someone Uses Tech to:

- Find out where you are when you don't want them to
- Find out what you are doing when you don't want them to
- Follow you

access free, confidential services and support.

Adapted for Canada with permission from WESNET's Technology Safety project, based on their resource *Is Tech Abuse Happening to You*.

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This project is made possible through funding from the department of Women and Gender Equality (WAGE) Canada.

