

# Is Tech Abuse Happening to You?



## 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



### 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



### 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



### 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

*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](https://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 [Is Tech Abuse Happening to You](#).*