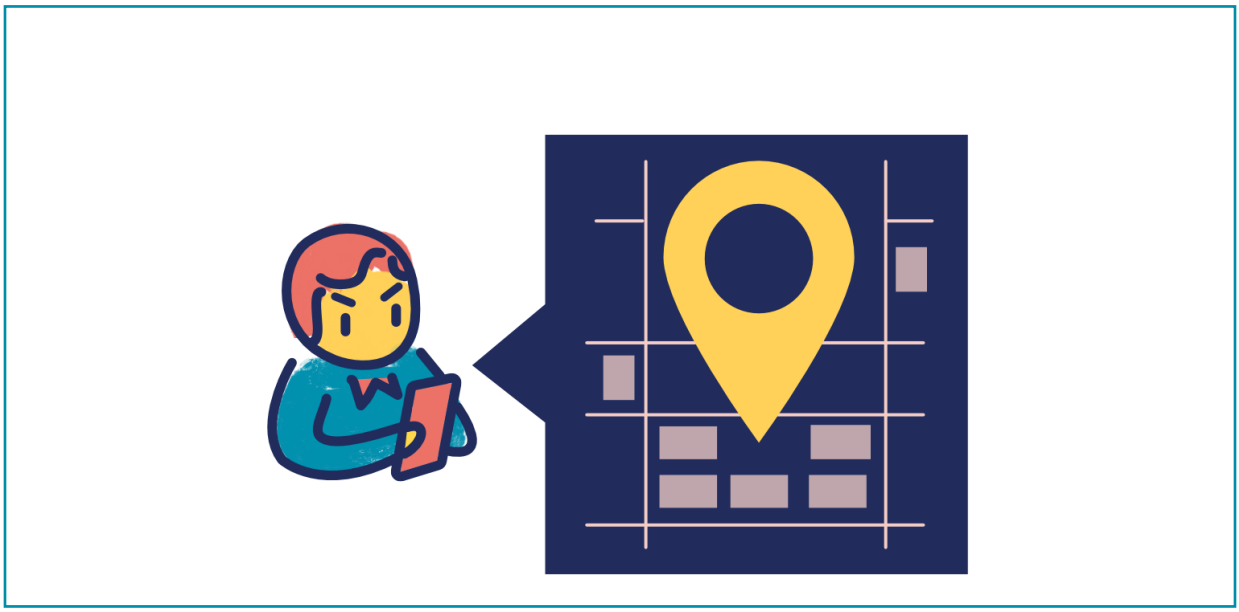
Help! My Partner is Tracking My Location



Your location is personal information. You get to decide if, when, and with whom you share it. Being in a relationship doesn't mean giving up your privacy or having to prove you trust someone by sharing where you are.

Sometimes, you may choose to share your location with friends, family, or a dating partner for safety, convenience, or social reasons. But location sharing should be a choice. A current or former partner should not pressure you to share your location, use technology to keep tabs on where you go, or continue tracking you after you have asked them to stop; this is a form of stalking. It

can still be controlling or abusive even if they say they are “just worried about you” or that location sharing shows that you trust them.

It can be tricky to tell when location sharing has become controlling or unsafe. Pay attention to how it makes you feel. If you feel uncomfortable, pressured, or worried about how someone is using your location, that matters.

This guide explains some of the ways a current or former partner may access your location, signs that location sharing may be becoming controlling or unsafe, and steps you can take to make choices about your location, privacy, and safety.

Location Sharing & Tracking: What it Can Look Like

Many apps and tools make it possible for someone to track or identify your location.

Apps & Social Media

- Snap Map and other map features like Instagram Maps can show your current or recent location to people you have chosen to share with
- Messaging and social media apps may let you share your live location with another person
- Photos, posts, stories, or check-ins can reveal where you are or places you visit often
- Gaming and chat apps may have location or nearby user features that can reveal information about where you are

Location Tools

- Find My (Apple)
- Google Location Sharing
- Location apps like Life360
- Shared Apple or Google accounts

Photos & Posts

- Photos that show landmarks or street signs
- Posts where friends tag you at a location
- “Check-ins” or stories shared in real time

Warning Signs

Location sharing should always be your choice.

Location tracking becomes abusive when someone:

- Pressures you into sharing your location
- Watches where you go in real time without your consent
- Questions you about every stop you make
- Uses your location to control your choices
- Shows up unexpectedly
- Gets angry or threatening if you turn off location-sharing
- Tracks you after a breakup

You are allowed to:

- Say no
- Change your mind
- Turn location sharing off

Even if you *once agreed* to location sharing, you don't have to keep doing it. You can change your mind or say no later. If the person tracking you doesn't respect your choice, that is abuse.

1. Trust Your Gut

If someone seems to know too much about where you are, or shows up unexpectedly, it's okay to question how they know.

2. Check How Your Location is Being Shared.

When it feels safe, look at:

- Which apps have location access
- Who can see your location in Find My/Google
- Whether you share an Apple or Google account with others
- Who can tag or mention you in posts

3. Save Proof

If someone is using location tracking to control or scare you:

- Take screenshots of messages or app settings
- Write down dates, times, and what happened
- Save copies somewhere safe

You don’t have to use this now; saving it gives you options later.

4. Make a Safety Plan

If your partner is tracking your location, suddenly turning off location sharing or changing settings may let them know that something has changed. Think about how they might react and make a safety plan before making changes.

A safety plan can help you think about:

- Who you can tell or ask for help
- What you will do if they become angry, threatening, or more controlling
- Where you can go or who you can contact if you feel unsafe
- When and how to make changes to your location settings

You don’t have to figure this out on your own. A counsellor, support worker, or trusted adult can help you make a plan. You can also use our Safety Planning Tool or the Kids Help Phone safety planning tool.

5. Get Support

You don’t have to handle this alone.

Talk to:

- A trusted adult, teacher, or school counsellor
- A youth worker or advocate
- A friend you trust

You can also get confidential support:

- Kids Help Phone: 1-800-668-6868 or text/chat
- TechSafety.ca for youth-friendly tech abuse help

If you're in immediate danger, reach out for emergency help.

Remember

- Location sharing should never be forced
- Control is not care
- Privacy is part of safety
- You deserve freedom, trust, and choice

Help is available, and you're not alone.

Technology-facilitated gender-based violence is part of a continuum of violence that can be both online and in-person. If you or someone you know is experiencing technology-facilitated violence, you are not alone. Encourage them to chat with a trusted adult, connect with the Kids Help Phone to create a safety plan, or 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.