CENTER FOR DOMESTIC PEACE
Working Together to End Domestic Violence

www.centerfordomesticpeace.org
24/7 bilingual hotline: 415-924-6616

END TECHNOLOGY ENABLED ABUSE

www.endtab.org

Digital Safety Guide

Account Safety

Step 1: Safety plan from a safe device unknown to the attacker.
Concern: Safety planning steps could be exposed on a compromised device.
How: **Use a device or computer belonging to a friend, the organization assisting you, etc**

Step 2: Change/Update passwords to all accounts (apps, checking, email, internet, phone, payment apps, etc) set up 2 factor authentication when possible.
Concern: Compromised passwords can provide unauthorized access to accounts.
How: **Use passwords the other party can't guess, use a phrase or sentence.**

Step 3: Remove and Sign Out of untrusted devices
Attacker's device(s) may be still be logged in to victim's accounts.
Concern: Attacker can monitor or make changes to the victim's accounts.
How: **Go to your settings on your devices** (phones, laptops, etc) and sign out of devices abuser has assess to. *TIP: Apple users can sign out of multiple devices at once using Apple ID settings. For Google: In settings, under "Devices you trust," select Revoke all*

Step 4: Update Contact info & Security Questions
Concern: Attacker may change a victim's contact info to a phone number or email they control.
How: **Verify & update contact info for all accounts** change security questions to be random, or change answers to be incorrect.

Non Consensual Intimate Images

Step 1: Save the Evidence Before Deleting Anything
Some ways to do this:
a. Download the video(s)
b. Screenshot the webpage, including the url, date & time
c. Save the webpage as a pdf, print hard copies.

Step 2: Remove from Google Searches
Type into Google: "Request to remove non-consensual explicit imagery from Google Search" and click "start removal request"
Visit: www.stopncii.org to learn more about removing intimate images
TIP: Most social media companies let you "report" these images because they violate community guidelines. Document, then report so the post can be removed.
If needed, a victim can also claim copyright over an image to get it removed.

Step 3: Explore Legal Action
46 States have made nonconsensual pornography a crime. Here are some options:
a. Report the crime to local law enforcement
b. Consider a restraining or protective order (Contact local DV or SA agency)

Safer Sexting Tips

a. No Faces, Tattoos, Birthmarks
b. Neutral Backgrounds

Remove location Information:

a. **iPhone:** Select photo to send, select "options",Tap "location" sending coordinates embedded in the photo
b. **Android:** Inside the Photos app, select the image, tap on the three dots in the upper right corner, Scroll down & tap on the three dots next location data, tap Remove.

Location Tracking

Step 1: Determine if You're Being Tracked
Do a physical search of bags, car seats, vehicles, clothing, etc. If you hear a device beeping or get an airtag alert (iPhones only)
Step 2: Disable Trackers (before disabling, create a safety plan!)
Twist and slide back panel off of tracker to remove battery.
Step 3: Save Evidence- Take screenshots of security alerts received. Take photos of where the tracker was discovered. If safe to do so, keep the tracking device. **If not disabled, the abuser may know where you've taken it (Law Enforcement, Court, etc.)**
Step 4: Consider Reporting the Crime-Tile & Airtag trackers can often be linked back to a person. Contact your local PD for more information.

This was produced with resources provided by EndTAB (End Technology Enabled Abuse). For more information visit www.endtab.org