

What Is Tracking and Monitoring in Abuse?

Abuse through tracking and monitoring is when a perpetrator uses technology to **watch, follow, or control** someone's movements, communications, or online activity — often without their consent. It's a form of **coercive control**, which is now a criminal offence in Scotland under the **Domestic Abuse (Scotland) Act 2018**.

SMARTPHONE SURVEILLANCE

A woman's ex-partner installed **stalkerware** on her phone, allowing him to see her location, messages, and diary entries. She said:

"It felt like my entire life had been ripped from me."



SMART HOME CONTROL

Sarah's ex-partner controlled her **heating remotely** through a smart meter, leaving her and her children cold or overheated. She couldn't access the account.

Preeti's house alarm was activated at night by her ex, disturbing her children. She had no access to the app.

Amira's ex could **watch her through CCTV** he installed before leaving the home.



VEHICLE TRACKING

Alicja's partner gave her a Tesla, but used it to **track her movements**. She could only meet support workers at her GP surgery to avoid suspicion.



WEARABLE TECH

Hannah's smartwatch was used to monitor her location and activity. She had to give it to a colleague during support sessions to avoid being tracked.



AIR TAGS

It is now coming to the attention of the authorities that men are choosing to sew air tags, used to track luggage, into the clothing and accessories of their ex/partners. Check all clothing and accessories if you suspect you are being followed or you are concerned that your ex/partner may be monitoring your movements.