



Why is monitoring and tracking someone abusive – DIGITAL SAFETY CHECKLIST

From a feminist VAW perspective:

- Tracking and monitoring are not about care — they're about **power, control, and domination**.
 - These behaviours **strip away autonomy, create fear, and limit freedom**.
 - Survivors often feel like they're being watched constantly, even after leaving the relationship.
- 

SECURE YOUR DEVICES

- Use strong passwords (at least 3 random words or a passphrase).
- Change passwords regularly and don't reuse them across accounts.
- Enable two-factor authentication (2FA) on email, banking, and social media.
- Check for unknown apps or software — especially anything that tracks location or records activity.
- Keep your phone and computer software up to date.

PROTECT YOUR PHONE

- Turn off location sharing unless you need it.
- Check app permissions — remove access to location, camera, or microphone if not needed.
- Use a PIN or fingerprint lock on your phone.
- Avoid sharing your phone or SIM card with anyone you don't trust.

ONLINE ACCOUNTS & SOCIAL MEDIA

- Review privacy settings on Facebook, Instagram, WhatsApp, etc.
- Limit who can see your posts, stories, and location.
- Block or mute abusive contacts.
- Be cautious about accepting new friend requests — especially if they seem suspicious.
- Don't share personal info (like your address or routine) online.

CHECK FOR MONITORING OR SURVEILLANCE

- Look for signs of spyware (battery draining fast, strange behaviour on your device).
- Check browser history for suspicious searches or logins.
- Review login activity on email and social media — look for unknown devices or locations.

GET SUPPORT

- Speak to a trusted support service (e.g. Women's Aid, Refuge, or local domestic abuse charity).
- Keep a record of abusive messages or behaviour (screenshots, dates).
- Know your rights — digital abuse is recognised under UK coercive control laws.