

Stay safe online.

Domestic violence harms families and communities. There are steps you can take to ensure you are safe, starting with the digital spaces we encounter daily.



SOCIAL MEDIA CAUTION

Block the abuser, their friends, and their relatives online. This is a simple and effective way of preventing contact. Be sure to cover all social media accounts to ensure no one close to the abuser shares your information with them.

Don't share passwords or PIN numbers with your partner. Be sure to use passwords that cannot be easily guessed by anyone who knows you well, don't use the same password or number combination for all accounts, and change your passwords every few of months.

Ask for help privately. When you're unsafe, it can be tempting to yell for help from the rooftops and hope someone will hear you, but living in a time when everything could become a Facebook post or Snapchat story, has its own set of obstacles. Avoid making public posts naming victims and abusers. These posts, even if deleted, can be screenshotted or found via archival websites. Avoid publicizing your situation until you and those involved are safe. Posting about your situation can put you and those close to you in more danger, cluing in abusers on your plans or making matters worse. Get help in a safe way.

TECHNOLOGY TIPS

Turn off location services in the settings of your device. Many apps track your location when you may not realize it. Apps like Find My iPhone, Find My Friends, and Life360 exist to show your locations. Ensure that these apps are deleted. Social apps can also track you. When "checking in" or with "Snap Map" enabled, you risk sharing your location with abusers or friends of abusers who may be searching.

Disable your phone's **Caller ID** feature so that your name is not on record as calling certain people or locations where an abuser could see the phone.

BANKING AND FINANCE

Close any financial accounts shared with the abuser or remove yourself from them. If an abuser has access to your accounts, they can see how much money you're spending and where you're spending it. Be sure that **bank statements are sent to a safe location** away from the abuser or anyone who would hand them over without question.

Make purchases in cash for a period of time until you are sure that you have a bank account that only you have access to.

SAFE WAYS TO GET HELP

Call 911. Many operators are trained to respond to obscure calls such as "I'd like to order a pizza," with one-sided questions that will help them learn about your situation without alerting somebody in the room.

Contact local domestic and sexual violence hotlines. The New York State Domestic and Sexual Violence Hotline Number is (800) 942.6906.

Use the national domestic violence hotline chat feature. Thehotline.org will lead you to a silent chatroom where you can text a representative regarding your situation, without having to speak out loud.