

# Is **tech abuse** happening to you?

## It can be tech abuse if someone:

- controls your phone
- takes your phone away from you
- breaks your phone
- makes you share your phone



- controls your online accounts
- stops you using your online accounts
- uses your online accounts when you don't want them to



- shares pictures of you that you don't want people to see
- tells you they will share pictures of you that you don't want people to see unless you do what they say.



## It can be tech abuse if someone watches what you do using:

- your phone
- hidden cameras
- apps.



## It can be tech abuse if someone uses a computer, phone or tablet to:

- keep contacting you over and over
- say things that hurt you
- punish you
- say they will hurt you or a member of your family.



## It can be tech abuse if someone uses apps or social media to:

- say things that make you feel bad
- say things that make you or your family look bad
- make threats about things they will do to you.



## It can be tech abuse if someone uses tech to:

- find out where you are when you don't want them to
- find out what you are doing when you don't want them to
- follow you.



**If tech abuse is happening to you, talk to your support worker.**



You can get more information from the website.  
[www.techsafety.org.au](http://www.techsafety.org.au)