

## Identifying GPS devices and how they work

### What does a GPS look like?

- GPS devices can come in many forms; a small black box, a hand-held unit, or a small chip in a wristband, and can even be in services like OnStar.™
- GPS devices can be put in objects (such as gifts).

### What does GPS do?

- GPS tracks your location as you move.
- GPS monitoring can be active or passive—if someone is tracking passively, the person will have to physically extract the tracking data. If someone is tracking with active monitoring, the GPS is sending out a signal that lets someone know where you are.

### What should I do if I find a GPS device?

- Be cautious when considering whether or not to remove the GPS device. Removing it could cause you to lose evidence and could also cause the abuser's behaviors to escalate.
- Considered keeping the device in place but telling law enforcement about the device.

#### LEARN MORE:

"A High-Tech Twist on Abuse: Technology, Intimate Partner Stalking, and Advocacy." Cindy Southworth, Shawndell Dawson, Cynthia Fraser, and Sarah Tucker. Safety Net: National Safe and Strategic Technology Project at the National Network to End Domestic Violence Fund. Violence Against Women Online Resources. 2005.

"Cell Phone and Location Safety Strategies." National Network to End Domestic Violence, Safety Net Project. 2013. [www.nnedv.org/resources/safetynetdocs/148-cell-phones/3842-cellphone-safety-planning.html](http://www.nnedv.org/resources/safetynetdocs/148-cell-phones/3842-cellphone-safety-planning.html)

"Online Privacy and Safety Tips." National Network to End Domestic Violence, Safety Net Project. 2010. [www.nnedv.org/resources/safetynetdocs/online-privacy-asafety-tips.html](http://www.nnedv.org/resources/safetynetdocs/online-privacy-asafety-tips.html)

"Privacy and Safety on Facebook." National Network to End Domestic Violence. 2013. <http://nnedv.org/pages/3868-facebook-privacy-safety.html>

"Tech Safety Tips." Women's Law Project. <http://www.womenslawproject.org/brochures/TechSafetyBooklet.pdf>

"Who's Spying on Your Computer: Spyware, Surveillance, and Safety for Survivors." National Network to End Domestic Violence, Safety Net Project. 2013. [www.nnedv.org/downloads/safetynet/NNEDV\\_SpywareAndSafety\\_2013.pdf](http://www.nnedv.org/downloads/safetynet/NNEDV_SpywareAndSafety_2013.pdf)

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## TECHNO THREATS: Smartphones and Intimate Partner Violence

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## Smartphones

**Be aware of smartphone software:** many smartphones have GPS and Bluetooth that can be used to track your location.

### What can I do to protect myself?

- Don't download apps that won't let you opt out of giving location information.
- If the cell phone app *does* let you opt out of giving location information, turn off location features and check regularly to make sure that the setting doesn't change.
- If you have apps connected to on-line accounts, log out when you are finished using them.
- Check your cell phone account regularly to make sure you know all the features that are running on your phone.
- Keep anti-virus updates and security patches up to date.

## Cell Phones

Abusers can use cell phones to learn who you are talking to and when, and to harass you. But you can use cellphones to communicate with loved ones and ask for help.

### What can I do to protect myself?

- Make sure your abuser is not on your cellphone account.
- Use a donated cell phone or use a new phone with a different carrier.
- Use a pay as you go phone.
- When possible, consider turning off your cell phone .
- Set Bluetooth to "hidden" and GPS to "911 only."
- Contact your cell phone provider to make sure GPS is not turned on.



## Home Phones

- Change voicemail password.
- Stop your number from showing up on caller ID by dialing \*67 before you make a call.
- Keep your phone number unlisted.
- Ask phone company to permanently block number from showing up on caller ID.

### What else can I do?

You can install a new telephone landline, but leave the old phone number connected with the ringer turned off to document harassing calls with an answering machine and caller ID.

### RESOURCES:

**The National Domestic Violence Hotline**  
**1-800-799-SAFE or #HOPE**

**Safelink (in Massachusetts)**  
**1-877-785-2020**