



## SOCIAL NETWORKS

### What can I do to protect myself?

Make sure to check privacy settings and make sure all of your information is private.

- Know who your friends are on Facebook and be cautious when accepting friend requests.
- Be thoughtful of what information you post, and who can see it.

**Friends and Family**—A friend or family member may innocently tag your location or reveal information to an abuser.

- Try to let the people around you know what they can and cannot post online about you. For example, let them know that they should not tag your location or your picture.

### What else can I do?

- Keep and print a hard copy of threatening emails and instant messages.
- Take and save screenshots of threatening or harassing messages.
- Report threats to local authorities.

#### 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: Computers and Intimate Partner Violence

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WEBSITE  
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THREAT  
SPYWARE

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# KNOWING THE THREATS TO YOUR ONLINE PRIVACY AND SAFETY

## SPYWARE

### What is Spyware?

Spyware is a computer software program or hardware device that allows someone to secretly track and record your computer use.

### What can Spyware do?

- Keep track of websites you visit, instant messages, documents you open, things you print, and every software application you use.
- Abusers can also use Spyware to freeze and shutdown your computer.
- A type of Spyware called a Keystroke logger is plugged into your computer and can record every keystroke you make, including passwords, emails, and PIN numbers.

### How can I tell if an abuser is using Spyware?

You may be able to tell if an abuser is using Spyware by the information that person knows about your online activity.

- Does the abuser seem to know all of your private passwords?
- Does the abuser know the content of your private emails to other people?

If an abuser seems to know everything about your online activity, that person could be using a Spyware program.



### What can I do to protect myself?

- Create new accounts and change passwords from a safe computer (for example, at a library).
- Create email accounts that don't contain your full name.
- Have multiple email accounts, and use them for different things.
- Install a firewall and have an anti-virus program installed.

Since it is almost impossible to completely erase all spyware from your computer, the safest option, if possible, is to buy a new computer.

### RESOURCES:

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

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