

# Internet Safety

## Stay safe. Stay connected.



Technology and the Internet are powerful tools for anyone experiencing domestic violence. They can be essential resources to access help and information, and valuable platforms to connect with friends, family members, advocates, and service providers.

Unfortunately, they can also be used by abusive partners to begin, continue, or escalate abuse, making it all the more important to ensure your safety online.

## Remember:

Our advocates are available 24/7 by phone and chat to help you identify ways to take extra precautions when using technology.



- ✓ Your computer and cell phone use can be monitored without you knowing it.
- ✓ Your history can never be completely erased from a computer or device, even if you browse in “private” or “incognito” mode.
- ✓ Email can be intercepted like physical mail.
- ✓ Global Positioning System (GPS) trackers can be placed in your car or on items like your purse or cell phone.
- ✓ Some court systems publish their records online, which could contain compromising personal information like names or addresses.

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**ways remember to keep your safety in mind**  
**when contacting The Hotline** and be sure to clear

your browser history of content you wouldn't want your partner to see, including this website.

### ^ Internet safety

Computers store information about the websites you visit. That means bills you pay and purchases you make are tracked, and messages or emails can be retrieved. **You should always consider that a computer might be monitored when you use it and be careful with what you send others or post.**

Safe computers can be found at your local library, Internet cafe, shelter, workplace, or computer technology center; avoid using shared computers when researching things like travel plans, housing options, legal issues, and safety plans. Using safe browsing practices (like using a [VPN](#)) can help prevent abusive partners from tracking your Internet history.

### v Email safety

▼ **Cell phone safety**

▼ **Social media safety**

# We're here to support you.



Learn more about what safety means to you.

**Show me all resources about safety ▼**

**Domestic Violence and Pets**



**Other Weapons**



## Signs of Love Bombing



## Safety Planning for Friends and Family



### Contact

National Domestic Violence Hotline  
PO Box 90249  
Austin, Texas 78709  
Administrative Line: 737-225-3150

### Follow



The Hotline®

National Domestic Violence Hotline

**Privacy Policy**

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