



Technology Facilitated Abuse

Technology facilitated abuse is a form of controlling behaviour. It occurs when someone uses technology to coerce, stalk or harass another person.

Some examples of technology-facilitated abuse include:



Forbidding someone from having a phone or limiting who they can contact via phone or internet.



Sending abusive texts, emails or messages via social media.



Making continuous controlling or threatening phone calls.



Making someone prove where they are by sending photos of their location.



Spying on, monitoring or stalking someone through any type of surveillance device (such as a tracking system or spyware).



Misusing banking transaction fields to send abusive messages via low-value transaction descriptions, with the sole purpose of causing distress/harm to the recipient.

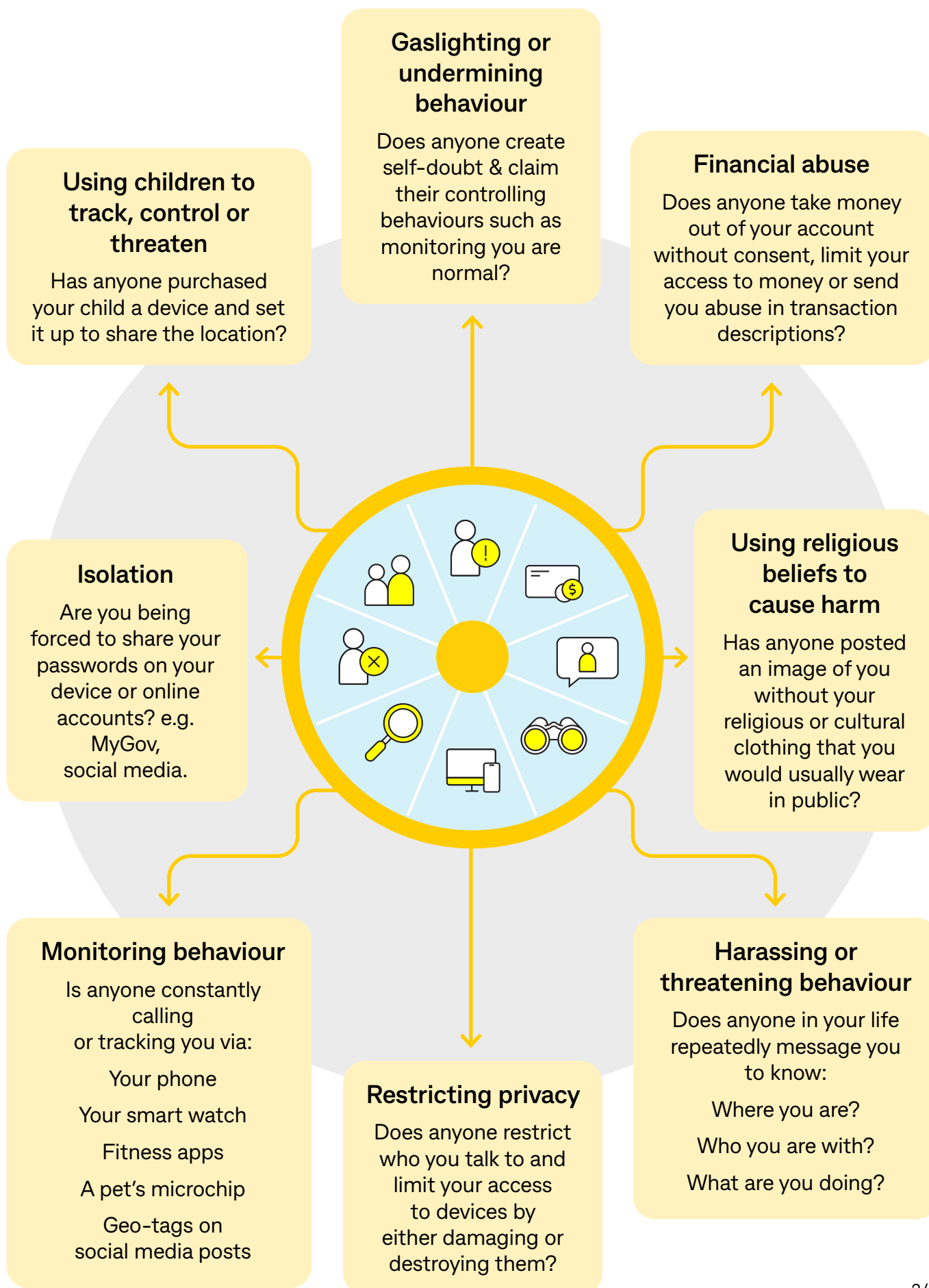
Being constantly harassed or monitored can, like any other form of abuse, leave you feeling powerless and justifiably fearful for your safety. While people of all genders can experience technology facilitated abuse, there are some people who are at a greater risk. These include:

- Women and girls
- Aboriginal and Torres Strait Islander women
- Women from culturally and linguistically diverse backgrounds
- Women living with disability
- LGBTIQ+ people

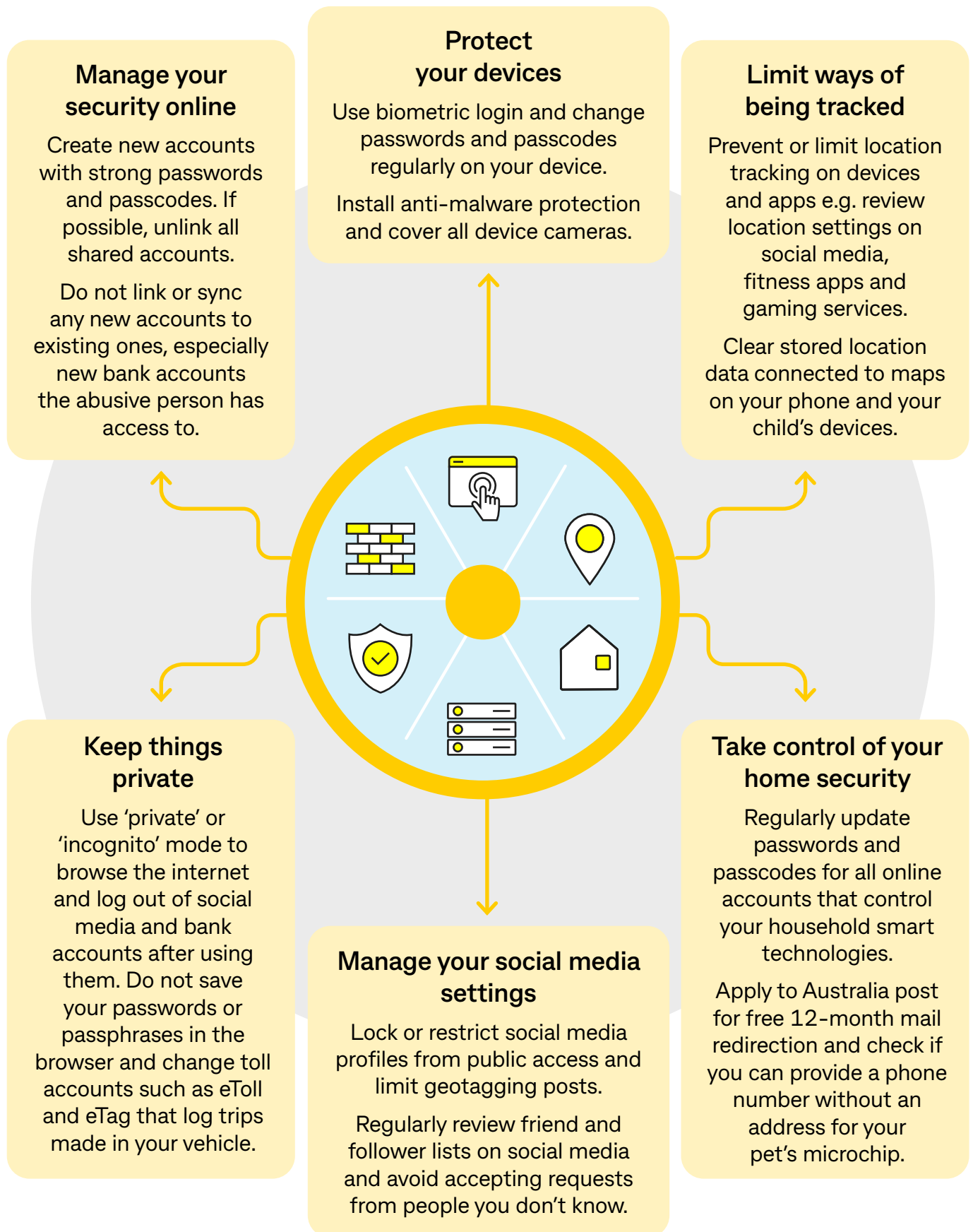


Some signs of technology-facilitated abuseⁱ:

Not sure whether you're being digitally abused? Ask yourself these questions:



Staying safe onlineⁱⁱ:



ⁱ<https://www.esafety.gov.au/key-topics/domestic-family-violence/coercive-control>

ⁱⁱ<https://www.esafety.gov.au/key-topics/domestic-family-violence/online-safety-checklist>



How to get help:

If you or someone you know is experiencing technology facilitated abuse, there are free services you can access.

If you're in an emergency or if you're not feeling safe, always call **000**.

Staying safe onlineⁱⁱ:

- The Commbank Next Chapter Team can provide you with free and confidential support by connecting you to the right specialist services to help rebuild your financial independence. This support is available to people of all genders and sexualities. Contact the Next Chapter Team on **1800 222 387**.
- For free confidential information, counselling and 24/7 support for people impacted by domestic, family or sexual violence, contact 1800RESPECT. You can contact them on **1800 737 732**, chat online via **1800RESPECT.org.au** or text **0458 737 732**.
- In a non-time critical emergency, attend your local police station or call the Police Assistance Line on **131 444** and ask if there is a specialist Domestic Violence Officer. There may also be different kinds of specialist police officers you can talk to if you are Aboriginal or Torres Strait Islander, are part of the LGBTIQ+ community or require multicultural support.
- To learn more about how you can increase your safety and privacy online, visit the Women's Technology Safety and Privacy Toolkit **<https://techsafety.org.au/resources/resources-women/>**.