



Technology & Digital Safety

Safer-device strategies for phones, accounts, location sharing, smart devices, and evidence.

Start with safety: If you suspect monitoring, use a device the abusive person has not had access to. Private/incognito browsing does not guarantee that activity is hidden.

Technology can be used to monitor, locate, threaten, impersonate, or control someone. If another person seems to know information you did not share, consider whether a device, account, vehicle, or connected system could be involved.

Before changing settings

- **Do not automatically remove trackers, reset devices, or change every password.** A sudden loss of access can alert an abusive person, lead to escalation, or erase evidence.
- Consider documenting suspicious activity and making a safety plan first. A C.A.R.A. advocate can help you think through safer next steps.

Accounts and devices

- From a safer device, review passwords, recovery information, logged-in devices, and account sharing. Use unique passwords and multi-factor authentication when safe.
- Check cloud photo libraries, family plans, shared calendars, rideshare accounts, health apps, and financial apps for unexpected access.

Location and connected technology

- Review location sharing in Apple/Google accounts, social media, photo metadata, Bluetooth trackers, and family apps.
- Remember that **connected cars** may reveal location or allow remote access through manufacturer accounts. Toll, service, and credit card records may also reveal travel patterns.
- Smart cameras, doorbells, speakers, thermostats, locks, TVs, and security systems may allow remote access.

Documenting technology abuse

- If safe, save screenshots, dates, login alerts, threatening messages, or photos of suspicious devices somewhere the abusive person cannot access.

A safer-device reminder

Changing technology may not stop monitoring and can sometimes alert the abusive person. Consider talking with an advocate before making major changes.

Guidance sources: Safety Net Project / National Network to End Domestic Violence (techsafety.org); National Domestic Violence Hotline (thehotline.org).
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