

Technology Safety Workshop: Notes for Facilitators

Introductions

What is technology abuse?

- Discussion
 - Refer to first page of "Safer Use of Technology" (page 38 of the Family Court and Beyond Workbook or <https://familycourtandbeyond.ca/keep-safe/web-phone-safety/what-is-technology-abuse/>) for questions to ask participants about what they might be experiencing and considerations related to children (page 40 or bottom of: <https://familycourtandbeyond.ca/keep-safe/web-phone-safety/what-is-technology-abuse/>).
 - It may be helpful to frame tech abuse in the motivations set out in the Power and Control Tech Abuse Wheel from NNEDV and WESNET: <https://wesnet.org.au/wp-content/uploads/2016/03/WESNETNNEDV-Power-Control-Wheel-onepage.pdf>

How do you know it's happening?

- Activity
 - If it's appropriate for participants to do so, complete the "Chart: Identifying Tech Abuse" (p. 41 of the Workbook or <https://familycourtandbeyond.ca/keep-safe/web-phone-safety/identifying-technology-abuse/>)
 - Some abuse tactics may be so common (like frequent texts) that women may not see that the tactics are part of a larger pattern of control by their partner. Completing this document will also help with safety planning.
- Resources to share with participants
 - Spyware video: <https://lukesplace.ca/resources/how-does-he-know-where-i-am-spyware-and-woman-abuse/>
 - When Smart Homes Aren't Safe resource sheet
- Discussion:
 - Stalking/criminal harassment using legal forms of technological surveillance (Find My Phone, GPS)
 - Strategies: what women are doing to keep safe, local supports such a replacement phone program, local technology experts and services

What can you do?

REMINDER: If an abusive person is monitoring a woman, making changes to a woman's device or online accounts can alert him and escalate the abuse. Safety plan before making any changes.

- Resources to share with participants
 - "Tip sheet: Safer use of technology" beginning at "Steps you can take" (p. 38 of the Workbook or <https://familycourtandbeyond.ca/keep-safe/web-phone-safety/>)
 - "Tip sheet: Managing electronic communications with an abusive ex-partner" (p. 35 of the Workbook or <https://familycourtandbeyond.ca/keep-safe/web-phone-safety/managing-electronic-communication-with-an-abusive-ex-partner/>)
- Activities (see "How-To Links" resource)
 - Identify and delete history in web browser
 - Change privacy settings on social media
 - Set up a web email account
- Getting support
 - "Technology Safety Resources" (p. 66 of the Workbook or <https://familycourtandbeyond.ca/family-law-court/evidence/dos-donts-of-collecting-electronic-evidence/>)

Evidence collection

- Evidence about him
 - Tip sheet: Do's & don'ts of collecting electronic evidence (p. 66 of the Workbook or <https://familycourtandbeyond.ca/family-law-court/evidence/dos-donts-of-collecting-electronic-evidence/>)
 - Chart: Identifying Tech Abuse (p. 41 of the Workbook or <https://familycourtandbeyond.ca/keep-safe/web-phone-safety/identifying-technology-abuse/>)
- Activity
 - Taking a picture of texts on your phone (see "How-To Links" resource) <https://techsafety.org.au/resources/resources-women/how-to-take-a-screenshot/>

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