

Technology abuse: Log for a single incident

Keep this record in a safe place! [Get tips for collecting and presenting tech abuse evidence.](#)

Very short description:
Date and time you saw or learned about the incident:
Longer description: e.g. if visible to others or private to you, exact words used, images, emojis
Where online did the incident happen? e.g. TikTok, parenting app, bank account, website
What device you were using at the time? e.g. personal phone, work computer
Where were your children at the time of incident?
What is the impact of this incident on you and people close to you? e.g. emotional, social, work-related and other financial costs
Do you know who did this? If yes, why do you think it was them? e.g. named themselves, username, words used, what they knew, timing
What did you say or do? e.g. did not respond, told them to stop, made complaint, took screenshot
Did you talk with anyone about this incident? e.g. friend, social media company, support worker
What's happening in your life at this time? e.g. crisis for the children, ex-partner lost job, criminal court hearing
What will happen soon or has just happened in your family court case? e.g. served ex-partner documents, hearing
Screen shot(s) saved or attached? Yes <input type="checkbox"/> No <input type="checkbox"/>
Link(s)