

Technology abuse: Log for ongoing incidents

Record tech abuse that is similar or ongoing (e.g. threatening text and social media messages).

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

Very short description:				
Date and times of incidents	Date: Time:	Date: Time:	Date: Time:	Date: Time:
Longer description: e.g. if visible to others or private to you, exact words used, images, emojis				
Where online did this happen? e.g. Instagram, email, etc.				
Device you were using: e.g. your phone, laptop				
Where were your children at the time of the 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				

<p>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</p>				
<p>What did you say or do? e.g. did not respond, told them to stop, made complaint, took screenshot</p>				
<p>Did you talk with anyone about this? e.g. friend, social media company, support worker</p>				
<p>What's happening in your life at this time? e.g. crisis for the children, ex-partner lost job, criminal court hearing</p>				
<p>What will happen soon or has just happened in your family court case? e.g. served ex-partner documents, hearing</p>				
<p>Screen shot(s) saved or attached?</p>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
<p>Link(s)?</p>				