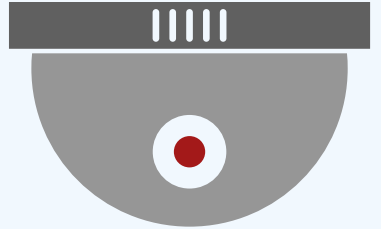
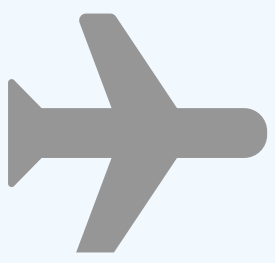


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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div></div>                                                                                                                                                                                                                                                                                                                                                                         |  | <h1>Safety While Using Technology</h1>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                   | <div></div>                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                           |
| <p>Abusers may use a wide range of technologies to try to locate, stalk, harass, and control the people they are abusing. Spyware apps and links, smart devices, cell phones, computers, hidden cameras, airtags, social media, and public records can all be used to invade the privacy of someone being abused.</p>                                                                                                                                              |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div></div>                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                           |
| <h2>Take any realistic steps you can to <i>increase</i> your safety online:</h2>                                                                                                                                                                                                                                                                                                                                                                                   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <p>Work with an advocate to develop a safety plan. They can help you find ways to limit an abuser’s access to your personal information and collect evidence.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                           |
| <div></div> <h3>Trust your instincts</h3> <p>If you suspect an abuser knows too much, it is possible that your phone, email, locations, or other activities are being monitored.</p>                                                                                                                                                                                             |  | <p>Performing a factory reset on your devices can help keep you safer from spyware, malware, and tracking apps that an abuser may use to try to harm you. A factory reset will also wipe-out all contact info and text messages.</p> <div></div>                                                                                                                                                                            |                                                                                                                                                                   | <div></div> <p>Turn off location services, cloud-based automatic back-ups, and real-time settings on your devices; remember that these settings are also connected to your photos, cloud storage, and paired devices unless you turn them off. Switching your device to airplane mode can also help keep your location and data safer.</p> |                                                                                                                                                                                                           |
| <div><div>*****</div></div>                                                                                                                                                                                                                                                                                                                                                     |  | <p>Change online passwords and PINs frequently, stay logged-out of accounts when not in use, and opt-out of Trusted/Safe devices lists. Lock your devices with a password or pin rather than fingerprint scan or face recognition. If your passwords are autofilled or stored automatically, even on your own devices, it is easier for abusers to gain access to your information. Letter-number-character combinations that don't include whole words or dates strengthen the security of your passwords.</p> |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                           |
| <p>Consider setting-up new email addresses, DM profiles, and social media accounts using a nickname, code name, and non-identifying profile pictures.</p>                                                                                                                                                                                                                                                                                                          |  | <p>Be selective about who you accept as friends and contacts online. Block abusers and their close contacts if you can. Keep your profiles and posts private.</p>                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                   | <p>Remember that any information, data, or messages that are shared online or by text can be collected as evidence - which may help keep you safer or be used to try to harm you.</p>                                                                                                                                                                                                                                          |                                                                                                                                                                                                           |
| <div></div> <p>Be aware of the risks that come with doxxing, swatting, and other online attacks. Learn how to protect yourself from these serious harms:<br/><a href="https://safety.twitch.tv/s/article/Preventing-Doxxing-Swatting-and-other-IRL-Harm?language=en_US">https://safety.twitch.tv/s/article/Preventing-Doxxing-Swatting-and-other-IRL-Harm?language=en_US</a></p> |  | <div></div> <p>On shared devices and accounts, do not search for information on signs of abuse, safety planning, legal and community resources, or crisis services that might signal the abuser. Do not delete all your browsing history, only the data that might signal an abuser.</p>                                                                                                                                   |                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                           |
| <p>Do not access new profiles/accounts or reset your passwords from devices that an abuser has access to.</p>                                                                                                                                                                                                                                                                                                                                                      |  | <p>Never open messages, attachments, or links from an unknown source.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                   | <p>Be suspicious of repairs to and new apps/programs installed on your devices by an abuser or someone they know.</p>                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                           |
| <p>Tracking hardware, like AirTags, Bluetooth-enabled devices, and car GPS are easy ways for abusers to locate and stalk you. Calmly and carefully searching through your bags, vehicle, and personal belongings yourself for unusual items is the best way to find and remove tracking hardware. Many devices and programs for sale online that claim to scan for tracking hardware and bugs are actually scams.</p>                                              |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div></div> <p>Keep your device security software up-to-date.</p>            |                                                                                                                                                                                                                                                                                                                                                                                                                                | <p>Try using free content and streaming services that require minimum account settings in order to disconnect from abusers on shared services. Inconveniences can be overcome to help keep you safer.</p> |
| <div><div>End Violence Alliance</div><div>Alliance pour mettre fin à la violence</div><div>RENFREW COUNTY</div><div>CONTÉ DE RENFREW</div></div>                                                                                                                                                                                                                                |  | <p>Remember that your online presence and data is yours - you are not ever required to respond to connection requests, emails, or messages.</p>                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                   | <div></div> <p>Allow your voicemail to answer calls from unknown or unfamiliar numbers. Do not provide your name or identifying information on your voicemail message.</p>                                                                                                                                                                |                                                                                                                                                                                                           |