DAY10·FRIDAY, DECEMBER 4, 2026

10 ABUSE CAN FOLLOW SOMEONE ONLINE.

Technology - facilitated gender-based violence happens when someone uses technology to harm or control another person. Phones, accounts and devices can extend abuse into every part of life—even when people are physically apart.

UNDERSTANDING THE TOPIC

There is no single digital-safety checklist that works for everyone. Changing passwords, deleting apps, removing tracking or blocking someone can alert a person who is monitoring and may increase risk. Messages and records may also matter later. Decisions about devices and accounts belong to the person experiencing abuse, ideally with specialist support.

If you're in touch with someone affected, ask how they prefer to be contacted. A shared or monitored device may not be private.

TECHNOLOGY CAN BE USED TO

- Monitor someone's location.
- Access their accounts or messages.
- Send repeated threats or harassment.
- Share intimate images without consent.

ONE PRACTICAL ACTION

READ BEFORE YOU ADVISE.

If you're supporting someone, read Tech Safety Canada's guidance for supporters before offering tech advice. Respect their choices, and never check or change their devices without permission.

KEY TAKEAWAY — **Digital safety is personal.**

LEARN MORE

Tech Safety Canada — Supporting others
techsafety.ca/supporting-others
Tech Safety Canada — For survivors
techsafety.ca/for-survivors
Tech Safety Canada is a project of Women's Shelters Canada.

NEED SUPPORT?

You don't have to work out next steps alone.
Women's Habitat 24-hour crisis line: 416-252-5829
Assaulted Women's Helpline (24/7): 1-866-863-0511 · #SAFE (#7233) on a Bell, Rogers, Fido or Telus mobile
If your internet use may be monitored, calling a helpline may be safer than searching online.
In immediate danger, call 911.