



# eSafety

Empowering women to take control online



In partnership with



and support from



## Workshop summary

### Prevalence

- 1 in 4 Australian women have experienced violence from a current or former male partner.<sup>1</sup>
- 1 in 6 Australian women have experienced physical or sexual violence from a current or former partner.<sup>2</sup>
- 98% of domestic violence cases include technology-facilitated abuse.<sup>3</sup>
- Young women aged 18-24 are more likely to experience particularly severe forms of online harassment (stalking and sexual harassment) than other age groups.<sup>4</sup>

<sup>1</sup> Australian Bureau of Statistics 2012, Personal Safety, cat.no.4906.0

<sup>2</sup> Australian Bureau of Statistics 2012, Personal Safety, cat.no.4906.0

<sup>3</sup> Women's Legal Service NSW, Domestic Violence Resource Centre Victoria and WESNET (2015) ReCharge: women's technology safety-National study findings

<sup>4</sup> Pew Research Center, October 2014, "Online Harassment". <http://www.pewinternet.org/2014/10/22/online-harassment/>

### Technology:

- Is not the problem - the abuser's behaviour is the problem.
- Is vital in keeping women connected to family and friends as well as the wider community.
- Can be used positively by women:
  - enables women to access support and services
  - may be the only way a woman can seek help
  - can be used to gather evidence of abuse.



Take the technology checkup to improve your online safety.

### Technology-facilitated abuse

- Includes abusive behaviours through mobile phones and other devices, social media and online accounts (like email and banking).
- Four main areas of technology-facilitated abuse:
  1. harassment – examples: sending menacing images such as a coffin; bombarding with calls, emails and texts
  2. monitoring/stalking – examples: hacking into a person's email or bank accounts
  3. impersonation – examples: creating a fake account resulting in the woman being harassed or stalked by others or to send abusive messages to her family and friends
  4. threats/punishment- examples: posting embarrassing comments or posts; 'revenge porn'

Women are sometimes advised to get off technology to avoid abuse, but this can further isolate women and doesn't do anything to stop the abuser. The objective is safer technology use for women.

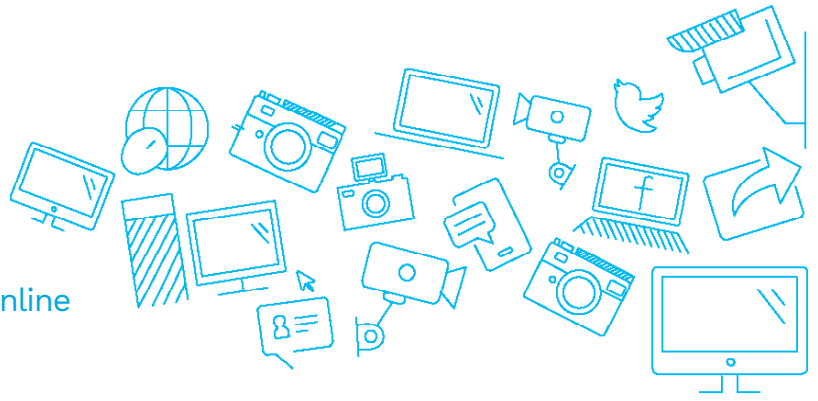
### Where to get help

- Physical violence – dial Triple Zero (000).
- Counselling support and safety planning – 1800RESPECT (1800 737 732).
- Legal advice – women's legal services including specialist DV services. Legal guides also available for each State and territory - SmartSafe: technology abuse & your safety.



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## Collecting evidence

- Women should keep evidence of the abuse **when it is safe to do so.**
- Take screenshots.
- Save voicemails – or record with another device.
- Print out emails, abusive posts.
- Keep evidence on a USB and leave with a friend.
- ‘Download Your Info’ from Facebook using the DYI tool.
- Keep a log of technology abuse and suspicious incidents.

## Spying protection

- Use a safer device (for example, a public library computer or trusted friend’s device).
- Double up on phones if possible (old mobiles phones may be useful for this purpose).
- Keep the second phone secret from the abuser and use it for important things like seeking help.
- Avoid placing a safe or secret phone near a suspected compromised phone, computer or device.
- Be careful when transferring data from an old phone to a new phone.
- Get a safe phone – WESNET/Telstra Safe Connections.

Every woman’s situation is different. She knows the abuser best, so be guided by her instincts.

Think carefully before removing tracking or monitoring devices or having a women completely stop using a device as it could tip off the abuser and escalate the violence. It may also delete valuable evidence.

## Where to get online safety advice

eSafetyWomen website includes:

- technology check-ups to assess awareness of privacy and security with different technologies
- virtual tours of technologies found in homes, cars and personal devices
- helpful step-by-step videos on how to enhance privacy and security on portable and home devices, when browsing online, sharing photos, and using apps and social media services
- case study videos showing ways women can be empowered by technology.

WESNET website includes:

- a range of downloadable hand-outs and advice. Email WESNET for a copy of their Safety Planning Booklet [www.wesnet.org.au/safetynet](http://www.wesnet.org.au/safetynet).

## Safe phones and associated training:

- Safe phones available from WESNET/Telstra Safe Connections to distributing agencies.
- Be trained by WESNET to become a distributing agency - register your interest at [www.wesnet.org.au/phones](http://www.wesnet.org.au/phones) or 1800WESNET (1800 937 638).

