

Location Tracking

- Lots of apps automatically record information about your location. Check your settings and turn off any location settings you don't need e.g. find my friends, snap chat, etc

Think about tech in the home

- Do you have any smart devices that can be accessed remotely e.g. Alexa, a smart heating system, a house alarm? Consider changing the passwords/ account details to control who can access them.
- Consider changing passwords on any WiFi networks within the house.

Trust your instincts - call 999 if you feel your safety is at risk.

Domestic & Sexual Abuse Helpline - 0808 802 1414

Belfast & Lisburn Women's Aid - 028 90666049

Men's Advisory Project - 028 90241929

The Rainbow Project - 028 90319030

HERe NI - 028 9024 9452

Carafriend - 028 9089 0202

www.belfastdvp.co.uk



If you are experiencing domestic violence and abuse it's important to think about ways to keep yourself safe.

In an emergency call 999.

Silent Solution: if you can't speak, cough or tap the handset. If prompted, press 55 to let the other person know it's an emergency and you're not safe to speak.

**For 24-hour support contact the freephone
Domestic & Sexual Abuse Helpline 0808 802 1414.**

A safety plan aims to provide you with things to think about to help you stay safe. Take some time to read the information – you can go through it on your own or with someone you trust. It's important to keep this card somewhere safe, where your abuser will not find it.

Staying Safe Online

Think about any device or account your ex-partner may have set up for you. Consider checking the device for any spyware/tracking apps & consider changing details associated with any accounts e.g. passwords, emails, etc.

Passwords

- If you have left an abusive relationship, change all your passwords from a safe computer (such as a friends or public one in a library, etc).
- Try not to use the same password for everything.
- Chose random words/numbers rather than personal information.
- Consider implementing two-step verification for increased security.

Joint accounts/devices

Think about any joint accounts you may have set up e.g. iTunes, app store, Amazon. Consider changing account details associated with these.

Social Media

- Check your privacy settings on social media accounts so that only people you want, can see your posts.
- Limit the information you (and people you are friends) with post online about you, including photos you may be in. Think about whether any pictures could provide information on your location.
- Check security settings regularly as functionality & privacy settings often change.
- Remember to log out when using shared machines.
- Be careful who you accept as a friend - don't connect with people you don't know personally.
- Remember you can block people so they can no longer see your information.
- Report any abusive posts to the social network provider and to the police. Take screen shots of any abusive posts.