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Staying Safe with Technology

Technology can help victims of domestic violence. But it can also be misused, according to the National Network to End Domestic Violence in Washington, D.C. The agency offers the following tips:

- Use a safer computer, such as one at a public library, community center or Internet cafe.
- Create a new e-mail account using an anonymous name.
- Do not create the account on a computer the abuser could access in case it is monitored.
- Minimize use of cordless phones or baby monitors.
- Use a donated or new cellphone instead of the family phone when arranging escape plans.
- Ask about your records and data to make sure private information is not available from government agencies.
- Search for your name on the Internet to make sure no contact information is available online.

For more safety information, call the National Domestic Violence Hotline at 1-800-799-7233 or TTY 800-787-3224.

SOURCE: National Network to End Domestic Violence.

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