

Tech Resources for Privacy

What to do first?

1. If you can, get a new cell phone, with a new number, on a new plan. He may have put spyware on it to track you. Even if he hasn't, he can cause problems if you have a phone on the same account as he does.
 - a. Use this new phone to communicate to your friends and family and helpers, not with him.
2. If you have an iPhone, change your Apple ID/iCloud/iTunes password (just different names for the same thing).
3. Set auto-lock on your phone with a PIN or password he won't guess.
4. Create a new email account, without his knowledge.
 - a. You can use Gmail, but ProtonMail and Tutanota are secure email providers with free plans. Using one of those might throw him off.
5. Install a messaging app called Telegram on your phone in order to communicate with your counselor.
 - a. When you send a message, make sure you use the "Secret Chat" feature as that can automatically delete your messages.
 - b. Be careful about trusting WhatsApp or other "encrypted" messaging apps. Many spy apps can read WhatsApp messages.
6. Try not use any computer or device to communicate with your advocate, counselor, or lawyer that he has access to.
7. If you're sure he's tracking you via your phone AND you can't find the spy app, consider one of these options:
 - a. Reset your phone to defaults.
 - b. Do NOT restore your phone's apps from the cloud, because you will just restore the spy app. Manually go to the App Store and install them. It's a pain, but that is the only way to know you've gotten rid of the spyware.
 - c. Again, consider purchasing a pay-as-you-go phone and keep it in a safe place for private calls. Use a password on your phone and update it regularly.
8. Don't talk around an Amazon Alexa device. Your conversations can be recorded and tracked.

Remember:

- Your computer and cell phone use can be monitored without you knowing it.
 - Computers store information about the websites you visit. That means bills you pay and purchases you make are tracked, and messages or emails can be retrieved. You should always consider that a computer might be monitored when you use it and be careful with what you send others or post.
- When you use a web browser on a device he may have access to, try to use it in Incognito mode (for Chrome) or Private Mode (for Firefox or InPrivate Session (for Microsoft Edge).
 - For Chrome, click the 3 dots in the top right and select "New incognito window"
 - For Firefox, click the 3 horizontal lines in the top right and select "New Private Window"

Tech Resources for Privacy

- For Microsoft Edge, click the 3 dots in the top right and select “New InPrivate window”
- You can also delete your browsing history
 - Click the 3 dots or horizontal lines, and then:
 - For Chrome, select More tools – Clear browsing history
 - For Firefox, select Options – Privacy & Security, and then under History click the Clear History button.
 - For Microsoft Edge, select Settings – Privacy, search, and services – Clear browsing history.
- If you can get out, safe computers can be found at your local library, Internet cafe, shelter, workplace, or computer technology center; avoid using a computer shared with him when researching things like travel plans, housing options, legal issues, and safety plans.
- Be sure to sign out of your email and other accounts when you are done using them, so he doesn’t have easy access to your communications.
 - Use several different methods of communication when contacting people so that you’ll know if they tried to reach you elsewhere, and keep your monitored account active with non-critical emails in order to maintain appearances.
- Global Positioning System (GPS) trackers can be placed in your car or on items like your purse or cell phone.



How to determine if you are being tracked?

1. Check your bill for extra large data usage
2. Has he had access to your phone in order to install a spy app, or does he know your iCloud password?
3. Have any odd messages popped up on your phone screen?
4. Does your battery seem to be draining quickly?
5. Does your phone sometimes turn on for no reason?
6. Are other apps running slower than normal?
7. Does it take forever to shut down?
8. Are there unfamiliar apps running in the background?
9. Does the screen stay on when you try to turn it off?
10. Check the Permissions of all apps. Permissions include “Call logs”, “Microphone”, “Location”, “SMS”. Try to find any apps that have all these permissions, and then determine if they’re suspicious.
 - a. On Android, it is in Settings – Privacy – Permission manager.
11. Does he know things about you – things you’ve said/emailed/messaged – that he shouldn’t have known?

