



Tech Safety Tips:

Assessing for Tracking and Monitoring

Getting Started

These questions are meant to help guide a conversation between an advocate and a survivor when assessing for tech abuse. Tracking and monitoring can happen through various forms of technology, and this is meant to be a helpful guide in determining which technology is being misused. This will also help to guide safety planning. This is not an exhaustive list of assessment questions.

General Questions

- What are your biggest safety concerns right now?
- How do you think you are being monitored/tracked?
- What devices do you use?
 - Phone, Laptop, Ipad/Tablet, Apple Watch, AirPods, etc.
- Does the person know details of private conversations?
 - If yes, there is likely more tech misuse than GPS and Location Tracking only; I.e. spyware, hacking accounts, recording devices, etc. Explore if the known conversations are via technology (texts, e-mails, etc.) or in person.

Device Questions

- Has the person had physical access to your phone, laptop, or tablet in the past?
- Has the person ever been left alone in a room with your phone, laptop, or tablet?
 - Possibility of spyware being installed
- Do you bring your phone with you everywhere you go?
 - If not, where are you when the person shows up or knows your location?
 - Explore Tracking Device on Car, Apple AirTags, Tile Devices, Mini GPS Trackers, etc.
- Are you sharing your location on apps? With friends? Through Pictures?
 - Explore this in the settings of the phone. Pictures can include info about precise location.

Account Questions

- Does the person have access to your iCloud or Google account?
- Are you on a family plan?
- Could the person, or anyone, know your passwords?
 - Are they easy to guess? Have you told them in the past?
 - App/Social Media Passwords, E-mail Passwords, Bank Account Passwords
- Where do you keep your passwords?
 - Notes app, laptop/tablet, piece of paper, picture, etc.
 - Could the person have seen or had access to this information?

Children's Devices Questions

- Who provided the device (phone, tablet, etc.) to the child?
- Whose phone plan is the child's device under? (Family plan can reveal a lot of info)
- Does the person have physical access to the child's device?

