



LOVE
IS SECURE



BC Society of
Transition Houses



LOVE IS SECURE

Using Technology Safely

- Check your Privacy and Security settings often.
- Set up a new email account on a safe device and choose hard to guess passwords.
- Password protect your devices and turn off your Bluetooth and Location when not in use.
- Use a safer device if someone has access to your online activities.

Online Safety

- You can't always be sure who is at the other end when communicating via technology. Be cautious about private information you post online.
- Remember, you have no control over nude or sexualized photos sent via technology.
- Save, take photos, record and screen shot harassing and threatening texts, messages and emails.

Take Action

- Share safety concerns with trusted friends and family.
- Trust your instincts. Someone who knows a lot about you, or who you often run into, may be monitoring you.
- Call the police or talk to a safe adult if you are stalked, harassed, or threatened.

Being stalked, controlled, harassed, threatened or bullied via technology is **Not Okay**. Violence is **Not Your Fault**. It's okay to talk with others about your feelings.

There are people you can talk to:

Victim Link 1.800.563.0808

Kids Help Phone 1.800.668.6868

www.DomesticViolenceBC.ca

www.bcsth.ca

Crisis Text Line for Youth text CONNECT to **686868** for **English** and **PARLER** à **686868** for **French**