

Digital Abuse

Digital abuse is when someone monitors, stalks, harasses, threatens, controls or impersonates another person using technology. Digital abuse can be hard to recognise and get help for, but it can have a serious effect on your life. Digital abuse usually happens with other forms of domestic abuse.

Examples of Digital abuse:

- Sends you abusive messages by text, email, phone call and social media.
- Sends you explicit and violent images and videos.
- Monitors your internet use.
- Insists that you give them your passwords to your email or your social media accounts.
- Subjects you to image-based sexual abuse by:
 - Secretly recording you.
 - Sharing or threatening to share intimate images of you without your consent.
 - Blackmailing you into sending intimate images.
- Uses technology to track your movements and activities.