

Additional Abuse and Domestic Violence Resources

National Organization for Victim Assistance

www.trynova.org

1-800-TRY-NOVA (879-6682)

Rape, Abuse and Incest National Network

1/800-656-HOPE (24/7)

National Domestic Abuse Hotline

1-800-799-SAFE (799-7233) (24/7)

TTY 1-800-787-3224 (24/7)

Be Safe

Computer use can be monitored and is impossible to completely clear. If you are afraid your internet and/or computer usage might be monitored, please use a safer computer, call your local hotline, and/or call the National Domestic Violence Hotline at 1- 800- 799- SAFE (7233) or TTY 1- 800- 787- 3224

INTERNET SAFETY

Advocates with the National Domestic Violence Hotline understand that technology is ever-changing, and it can be used to jeopardize your safety or as a means to ensure your safety. For more information and help with safety planning, please contact the Hotline at 1-800-799-SAFE (7223) or TTY 1-800-787-3224.

- Did you know that you can monitor someone's computer use without the user knowing?
- Did you know that a "history" cannot be completely erased from a computer?
- Did you know that cell phone use can be monitored?
- Did you know that a global positioning system (GPS) can be placed on your car, in your purse or in your cell phone?
- Did you know the some court systems are placing court records online and that they may contain personal information?
- Did you know that e-mail is like a postcard and can be intercepted?
- Did you know that you can find safe computers at www.ctcnet.org?

These are questions that Advocates can help answer. Technology is a powerful tool for someone leaving a domestic violence situation, and Advocates can help a caller, whether victim, friend or family member, plan to use all aspects of technology safely. For more information and support, please contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224.