

Technology Safety Checklist: Keeping your digital life safe and in your control



How connected are you to others through technology? How connected do you want to be?

If someone has known your location or had access to private information you didn't expect them to, it might be time to take a closer look at your devices and online accounts.

Whether you're in a relationship or have recently separated, this is a good opportunity to check how your technology is set up and decide what's right for you. This checklist offers practical guidance and links to trusted websites, so you can better understand how technology might be keeping you connected to others, even without your knowledge or consent.



Wondering if your devices are safe to use?

You can start by taking a quick quiz on the eSafety Commissioner website. It will help you understand if someone else might have access to your personal information:

[Technology Checkup Quiz - eSafety](#)



What is technology-facilitated abuse?

Technology-facilitated abuse is when someone uses digital technology, such as your phone, computer, email, social media or apps to monitor, track, or try to control or intimidate you, often without your knowledge.

Learn more and find support on the [Attorney General's website](#)

Simple steps you can take to protect your privacy:

Complete a phone safety check ([Android](#) or [Apple](#))

Change and strengthen your passwords for email, banking, and social media accounts

Log out of your accounts and apps when you're finished

Consider using different email accounts - each with its own unique password - for different purposes.

Review your privacy settings on apps, emails, and accounts

Check for spyware or hidden surveillance software

Minimise location sharing on phones, smartwatches, and apps

Start creating a [technology safety plan](#)

Trust your instincts.

Feeling overwhelmed? Need more help?

You're not alone. WESNET and 1800RESPECT offer free, confidential support if you or someone you know is experiencing - or has concerns around - technology-facilitated abuse:

[WESNET Tech Safety Resources](#)

[1800RESPECT: Technology and Safety](#)