



Building your digital safety shield

Tools to protect yourself against tech-based abuse at work

If you feel unsafe or you're in immediate danger, call {Insert emergency hotline}

Abuse can come from anyone – including colleagues, managers and clients.



Speak up

- Remember it's not your fault if you are experiencing abuse, and abuse is never acceptable
- Only if you feel safe to do so – tell the person to stop
- Consider reporting the behaviour to a supervisor or a work safety representative



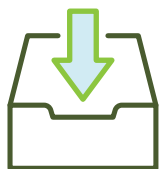
Secure your devices & accounts

- Change passwords and turn on multi-factor authentication
- Check for unfamiliar apps, settings or devices that may indicate monitoring (for example bluetooth location-sharing devices)
- If you think your work accounts may be compromised, speak to HR immediately



Review social media settings

- Turn off location sharing and location tagging
- Remove, block, or mute unwanted followers – especially if you feel watched or targeted
- Set profiles to private if possible, or limit messaging & commenting functions



Save evidence

- Take screenshots of abusive messages or activity
- Store evidence securely in a USB, the cloud or with a trusted person
- Keep a record of dates, times, platforms, weblinks/URLs and usernames involved



Get support

- Talk to a trusted colleague, supervisor, human resources representative or support service
 - Report to law enforcement if you are concerned about your safety
- {INSERT ANY OTHER SUPPORT PATHWAYS AVAILABLE or DELETE}

You are not alone.

Tech-based abuse can happen to anyone – even at work.

If you believe you are experiencing tech-based abuse, know that you can report it to

{insert reporting pathway and/or support services & logo below or delete}



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