



# Domestic abuse and Technology

City College Peterborough

Easy Read Version

# What is domestic abuse?

If you are in a relationship abuse can happen.

It may be your ...

- Boyfriend, Husband
- Girlfriend/wife
- Dad, Mum
- A Family Member
- A Friend
- Or a Carer

...who is causing you harm





# What is domestic abuse continued...

Sometimes people in relationships behave badly, examples of this can be

- Hitting
- Bullying
- Shouting
- Telling you what to do
- Stopping you seeing your friends
- Taking your money

This is called domestic abuse.

# What is Technology?

Technology is the everyday equipment we all use to communicate such as

- Computers/laptops
- Mobile phones
- iPad or tablets
- Games consoles
- Security devices and GPS trackers
- Some children's toys



# What is Technology abuse?

People you are in a relationship with can use this modern technology to stalk, isolate and control your life using the tools you use everyday to communicate.



# Examples of technology abuse in relationships

- Threatening texts or emails
- Control of your online banking or email account
- Enforced "checking in" on social media
- Tracking software or spyware installed on your device without your consent or used as a means to control you
- Social media stalking or harassment, including stalking of family members, children, friends or current partners
- . They can also share, or threaten to share, private, sensitive or intimate information online

This is a crime.

# How can this abuse affect you?

The act of monitoring, tracking and harassment through technology may make you feel sad and lonely, imprisoned, isolated from other people you know, or maybe question what is real or not.

You may feel that there's no escape, even after a relationship may have ended.



Technology abuse is hard to spot and hard to escape. But if you know the risks you can take steps to keep yourself and others safe.  
Get help!

Important







solace



# Who can help you?

Abuse can make you question who you can trust, it is important that you tell someone and get help. There are people you can tell with confidence such as

- The police on 999
- Solace - The National Domestic Abuse Helpline on 0808 802 5565
- A Designated person, these are staff with extra training about safeguarding. Designated persons will help you to report a concern. Designated persons will look after your information and only share it to keep people safe.



# Making Safeguarding Personal.

- This is a way of making sure you are involved in enquiries about abuse.
- You should be asked about what you want to happen when a report is made about you.
- You should be asked how you want to be helped to stay safe.

# How to report a concern



- Speak to a member of staff in college or your Day Opportunities Hub.
- Look for the 'Bee safe' symbol, these are safe places to talk about safeguarding. Designated people also wear a yellow lanyard.
- For out of hours Phone Peterborough City Council for support 01733 747474 after 5pm or at weekends 01733 234724.

