

# Technology-Facilitated Abuse Information Sheet



## What is Technology-Facilitated Abuse?

**Violence can include things that happen online or that use digital technology. Technology-facilitated abuse (TFA) is using technology to threaten, control, stalk or harass you.**

### What does TFA look like?

Some examples of TFA are:

- Sending abusive messages or making threatening phone calls
- Sharing, or threatening to share, intimate/private images or videos of you without your permission
- Tracking where you are
- Hiding cameras that film you
- Checking your text messages, social media or internet activity without your permission
- Stopping you from having a phone or contacting people.

### What should you do if you experience TFA?

If you experience TFA, there is support available.

- TFA is often a crime. Report what is happening to the police if it is safe for you to do so. Call triple zero (000) or visit your local police station
- Collect their messages, texts and calls as evidence to show to the police.
- Contact a family violence service such as GenWest or call Safe Steps.
- Visit eSafety for more information on how to keep yourself safe, and tips on the best way to collect and store evidence safely.



### Resources and Support Services

Visit [bit.ly/genwest-tfa](https://bit.ly/genwest-tfa) for a full list of resources and support services, or scan the QR code

