

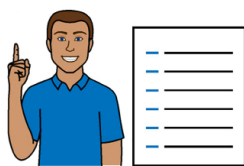


What you can do about abuse through technology



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



About this book



The **eSafety Commissioner** wrote this book.

When we say **we** it means the eSafety Commissioner.



The eSafety Commissioner wants to help make your time **online** safe.



Online means when you use

- the internet

- phone apps

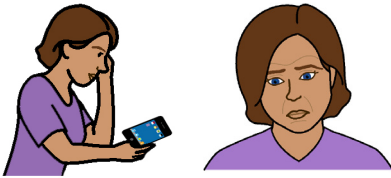


- games



- social media.

For example, Facebook or Instagram.

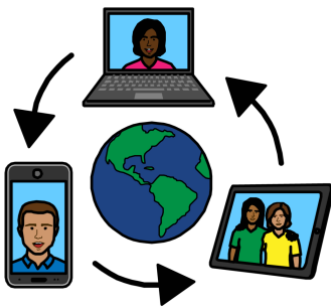


This book is about **technology facilitated abuse**.



Technology facilitated abuse means abuse that happens online or through technology.

We call this abuse through technology.



Technology can be

- a mobile phone
- a tablet
- a laptop or computer.

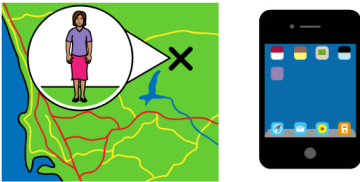


Abuse through technology can be when someone uses technology to

- control or scare you



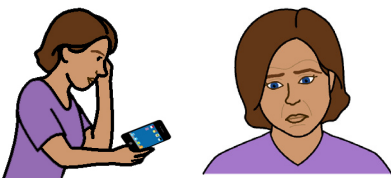
- threaten you or your family



- follow you or find out where you are



- get private information about you



- **harass** or abuse you.

Harass is when someone bothers you with a lot of text messages or phone calls.



Abuse through technology is

- **not OK**

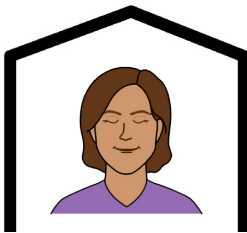
and



- **not your fault.**



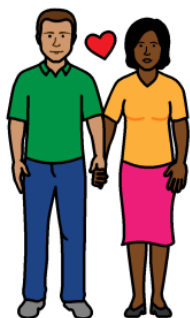
It is against the law to threaten someone using technology.



You have the right to feel safe.

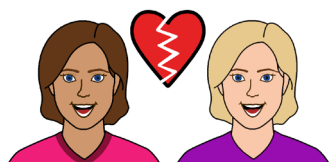
The person who abuses you can be anyone.

They can be

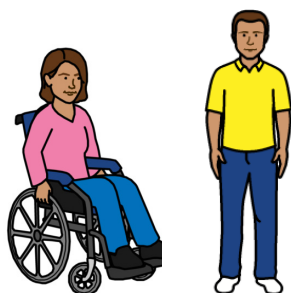


- your boyfriend or girlfriend

- your husband or wife

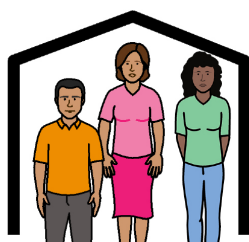


- a partner who you are **not** with anymore



- a carer

- a paid support worker



- a housemate

- your family or friend



- a stranger.

Abuse through technology can be part of **domestic and family violence**.



Domestic and family violence is when someone hurts

- another person in their family
- their partner.

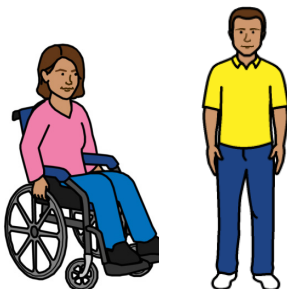
The violence can be

- abuse
- threats
- physical violence.



The violence can happen between

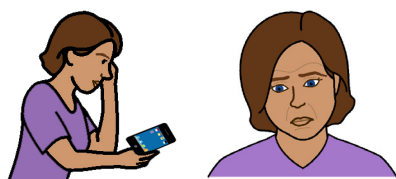
- family members
- a person and their carer.



The violence can happen when one person tries to have more power and control.

About abuse through technology

Abuse is **not** always physical.



Abuse can be

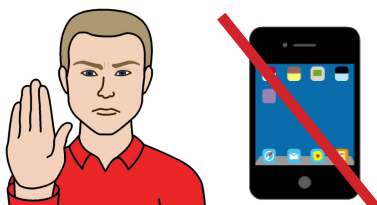
- calls, texts or emails that make you sad or scared



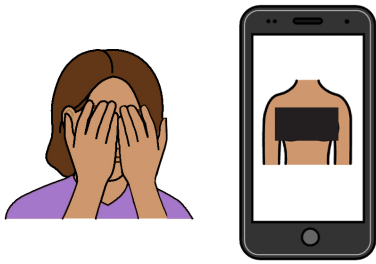
- when things about you are put on social media that are rude or embarrass you



- when someone asks you to do something that does **not** feel right



- when someone stops you using your phone to call family and friends.



Abuse through technology can also be **image based abuse**.

Image based abuse is when someone puts **intimate images** of you online that you do **not** want to share.

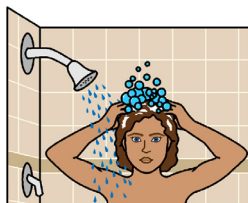


Intimate images can be photos or videos of

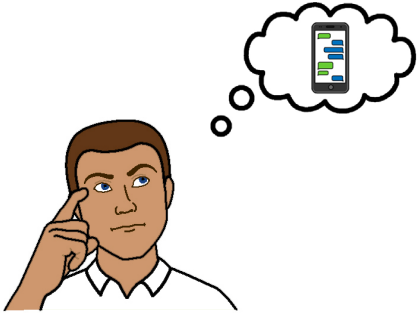
- you naked
- your private body parts
- you doing something private.



For example,
– having sex



– having a shower.



It can be abuse through technology if someone

- knows things from your private calls or messages

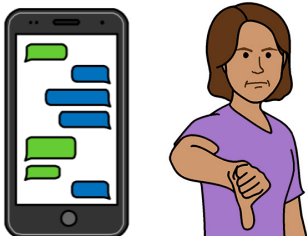


- pretends to be you on your social media

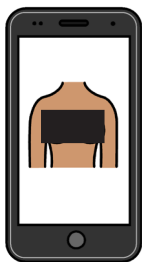
- uses your social media when you do **not** want them to



- calls or messages you all the time to find out where you are

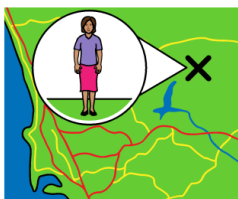


- sends you messages you do **not** want.

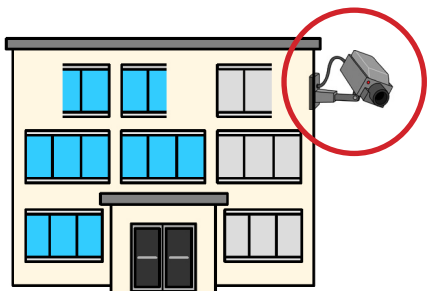


It can also be abuse through technology if someone

- makes you send nude pictures when you do **not** want to



- finds out where you are through an app on your phone or computer



- follows what you are doing when you do **not** know about it.
For example, when someone watches you with a hidden camera.

How to tell if something is wrong

Your phone or computer might be used in the wrong way by someone else if



- you can **not** access your accounts



- your passwords have been changed and you do **not** know who did it



- strange posts are made on your social media

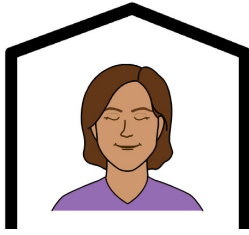


- your phone or computer do **not** work normally



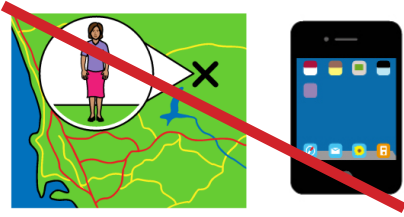
- a fake social media account has been set up with your name.

What can I do to stay safe?



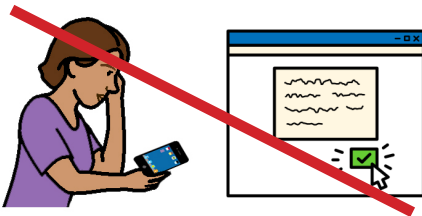
There are things you can do to stay safe.

Keep phones and computers safe

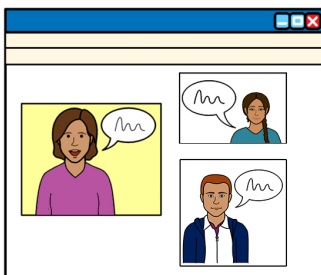


Turn off **location services** in the settings of all technology you use.

Location services tell people where you are.



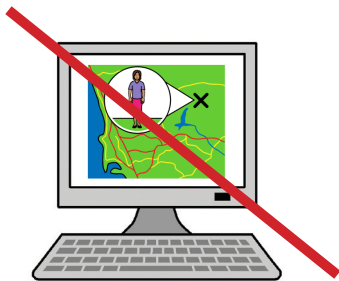
Do **not** post where you are on social media.



Be careful about who you make friends with online.

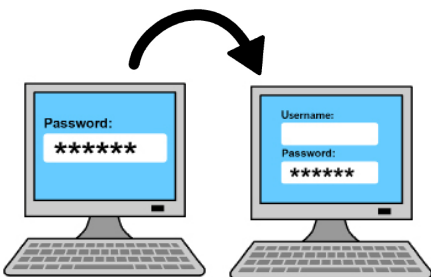
What can I do if someone abuses me through technology?

There are things you can do if the person who abuses you uses your phone or computer when you do **not** want them to.



If it is safe you can

- make sure your online accounts do **not** show where you are



- make new passwords and passcodes for your phone and computer

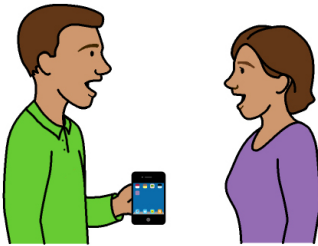


- sign out of your social media accounts after you use them



- talk to someone you trust and ask for help.

If you need to make plans that you do **not** want the other person to know about you can use a safe phone or computer to look for help.



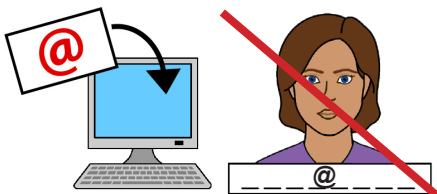
A safe phone or computer might be

- the phone of someone you trust

or



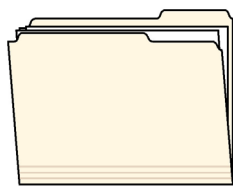
- a computer at the library.



You can also set up a new email account and do **not** use your name in the email address.

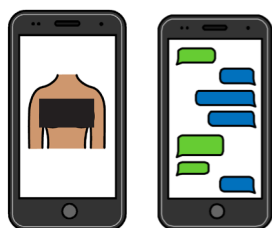
For example, funnycat@email.com.

Keep evidence



Keep **evidence** of the abuse.

Evidence is something that helps us find out what happened.

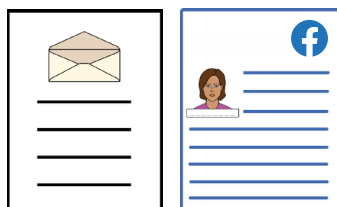


Evidence can be

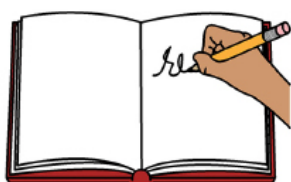
- screenshots



- saved voicemail messages



- printed emails and social media posts



- a diary of what has happened.

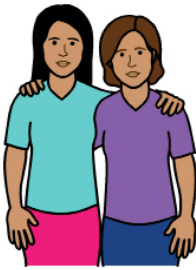
Get help

Tell someone what has happened.



You can tell

- a friend
- someone you trust
- an **advocate** or support worker.



An advocate is someone who can help you talk to us about what happened.

You or someone you trust can contact people who can help you.

How to get help from the police



If you or your children do **not** feel safe or are in danger right now call the police on 000.

If it is **not** an emergency

- call the Police Assistance Line on 131 444
- visit your local police station.



How to get help from an advocate



An advocate can help you tell us about the abuse.

You can find an advocate using the National Disability Advocacy Program.



Australian Government
Department of Social Services

[www.disabilityadvocacyfinder.dss.gov.au/
disability/ndap/](http://www.disabilityadvocacyfinder.dss.gov.au/disability/ndap/)

How to get support

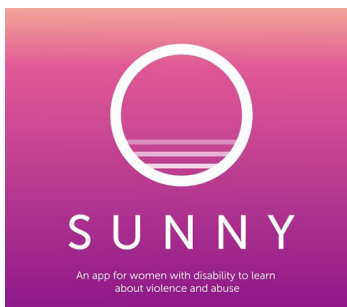


1800RESPECT

A free service for people who have had violence or abuse happen to them.

Call 1800 737 732

www.1800respect.org.au



Sunny

Sunny is a free app for your phone made by 1800RESPECT.

It helps women with disability learn about violence, abuse and their rights.

Find the app at

www.1800respect.org.au/sunny



Our Site

A website for women and girls with disability.

Help with resources and information about

- safety from all forms of violence
- human rights
- women's health
- how to make choices
- how to be part of your community.

oursite.wwda.org.au



Daisy

Daisy is a free app for your phone made by 1800RESPECT.

It tells you about local support services for people who experience violence or abuse.

Find the app at

www.1800respect.org.au/daisy

National Disability Abuse and Neglect Hotline

A free, independent and confidential service for reporting abuse and neglect of people with disability.

Anyone can call, including family, friends, service providers or a person with disability.

Call 1800 880 052



NDIS Quality
and Safeguards
Commission

NDIS Quality and Safeguards Commission

The NDIS Commission helps with complaints about supports and services you get from NDIS providers.

Call 1800 035 544

www.ndiscommission.gov.au/about/complaints



First Peoples
Disability Network
Australia

First Peoples Disability Network Australia

Supports the needs and interests of Australia's First Peoples with disability.

www.fpdn.org.au



Australian
Human Rights
Commission

Australian Human Rights Commission

Australian Human Rights Commission has a list of disability legal and advocacy services.

www.humanrights.gov.au/our-work/disability-rights/disability-rights-disability-legal-services



Lifeline

Call 13 11 14

www.lifeline.org.au

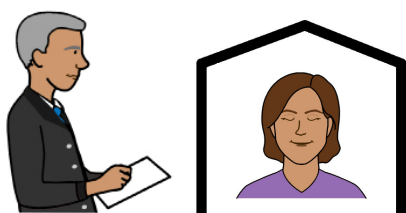


Beyond Blue

Call 1300 22 4636

www.beyondblue.org.au/getsupport

How to get legal help



A lawyer can help you find other ways to keep safe.

For example, a protection order to stop abuse.



Community Legal Centres Australia

Community Legal Centres give free legal help.

www.clcs.org.au/findlegalhelp



Family Violence Law Help

Family Violence Law Help helps people learn about domestic and family violence and the law in Australia.

You can find where to get help from a lawyer and social support services.

www.familyviolencelaw.gov.au



More information

You can find more information about abuse through technology on our website.



www.esafety.gov.au/women

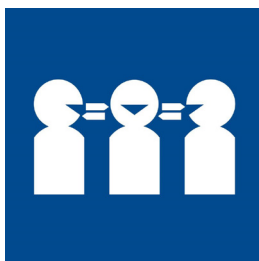


If you need help to speak or listen

Use the National Relay Service.

communications.gov.au/accesshub/nrs

Call 1800 555 660



Translating and Interpreting Service

Help in languages other than English.

Call 131 450

Acknowledgements

With thanks to VALID for sharing their knowledge. www.valid.org.au

The text and information (other than the excluded materials) contained in this document: What you can do about abuse through technology (Easy English version) is licensed under the Creative Commons Attribution 4.0 International Licence. Licence URL: creativecommons.org/licenses/by/4.0/legalcode. Please attribute: © eSafety Commissioner, 2020.

If you create a derivative of this document (other than the excluded materials), the eSafety Commissioner requests the following notice be placed on your derivative: Based on eSafety Commissioner data.

Certain text, images and information incorporated in this publication were created by Scope (Aust) Ltd at www.scopeaust.org.au and Tobii Dynavox.

Scope (Aust) Ltd produced this Easy English version with the eSafety Commissioner in May, 2020.

The 'Easy English' style of writing is © Scope (Aust) Ltd 2020 ("Clear Written Communications - The Easy English Style Guide"). All Rights Reserved Worldwide. To contact Scope about its Easy English style of writing and its services call 1300 472 673 or visit www.scopeaust.org.au

The following materials contained in this document are not licensed under Creative Commons ('excluded materials'):

- The Picture Communication Symbols in this publication, which are ©1981–2020 by Tobii Dynavox.
All Rights Reserved Worldwide. Used with permission. Boardmaker™ is a trademark of Tobii Dynavox.
- The Australian Commonwealth Coat of Arms, www.pmc.gov.au/government/commonwealth-coat-arms
- Certain other images and photographs (as marked).

Permission must be obtained from Tobii Dynavox or any other of the relevant third parties (as applicable) to use, copy, reproduce, digitise, adapt, modify, communicate or publish any part of the above excluded materials.

The eSafety Commissioner and Scope are not affiliated, sponsored, authorised or otherwise associated with or by Facebook or Instagram.