

# I spoke up about tech abuse



**Tell someone you trust if abuse happens to you.**

## **Abuse can be when someone**

- calls or messages all the time to check what you are doing
- stops you using your phone or computer to chat to others
- logs into your accounts when you don't want them to
- finds out where you are through your phone or computer
- says things on social media that make you sad or scared

**Find out more at  
[esafety.gov.au/women](https://esafety.gov.au/women)**