

# love is

wanting them to feel  
safe and special.

# love isn't

using technology to  
intimidate them

“

**“He said that if I didn't keep  
sending him nudes, they  
would end up on the internet...  
so, then I kind of got stuck in  
this relationship.”**

– Victim-survivor

**Scan to learn about  
tech-based coercive control.**

