



LOVE  
IS PATIENCE



BC Society of  
Transition Houses



# LOVE IS PATIENCE

## Using Technology Safely

- Call the police or talk to a safe adult if you are stalked, harassed, or threatened.
- Check your Privacy settings often.
- Choose passwords that are easy to remember but hard to guess.
- Password protect and turn off your Bluetooth when not in use.
- Remember, you have no control over nude or sexualized photos sent through technology.
- Save harassing and threatening texts and emails.
- Share any safety concerns with trusted friends and family.
- Trust your instincts. Someone who knows a lot about you, or who you often run into, may be monitoring you.
- Use a safer computer if someone has access to your activities.
- You can't always be sure who is at the other end when communicating by computer. Be cautious about private information you post online.

*Adapted from the National Network to End Domestic Violence*

Being stalked, controlled, harassed, threatened or bullied via technology is **Not Okay**. Violence is **Not Your Fault**. It's okay to talk with others about your feelings.

There are people you can talk to:

**Victim Link** 1.800.563.0808

**Kids Help Phone** 1.800.668.6868

[www.YouthInBC.com](http://www.YouthInBC.com)

[www.DomesticViolenceBC.ca](http://www.DomesticViolenceBC.ca)

[www.bcsth.ca](http://www.bcsth.ca)