



Technology-Enabled Abuse

Technology enabled abuse, also known as digital abuse, is a specific type of abuse that one person in a relationship chooses to use as a way to control and manipulate the other person. There are a variety of ways digital abuse may show up.

- Controlling who partner follows and talks to online or on social media
- Sending hurtful messages
- Tracking partner's online activity
- Humiliating partner online by sharing personal information/experiences
- Demanding sexual material
- Sending unwanted sexual material
- Stealing/demanding passwords and access to partner's devices and/or accounts
- Demanding constant communication
- Using spyware to track partner
- Tracking partner using fake profiles/numbers
- Looking through partner's phone/laptop/tablet
- Putting parental restrictions on a partner's phone/laptop/tablet
- Taking pictures/videos of partner without consent

If you believe you or someone you know is experiencing tech-enabled abuse, or any other forms of abuse from a current or former intimate partner, contact MSU Safe Place for information and support.

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