

- Some phone apps/devices have the capacity to operate things in your home (e.g. unlock doors, start car). This could be helpful in an emergency situation, but also means that others can have access to these programs if your phone is lost/stolen.

Social Media

- Learn about the privacy settings of the social networking sites you use (e.g. Facebook).
- Be cautious of what you have posted online about yourself and your children (e.g. photos, tagging yourself at certain locations) as these may be accessible to your partner. Limit what you post
- Ask your friends and family not to post information or images of yourself or your children.
- Do not use social media accounts to sign into other accounts
- Remove your partner's email or devices from your shared accounts and remove all but your own device from the 'trusted devices' lists. This can typically be found in the settings on a device or app
- Consider what information is required to set up these accounts i.e. name, address, credit card info etc.
- If you suspect your partner is monitoring your accounts, keep using those accounts (without any location info even if you open new ones) to avoid alerting them to the new accounts
- Create new accounts/profiles if necessary

Devices & Accounts my (ex) Partner has access to

- Social media accounts (Facebook, Instagram etc)
- Smart watches & fitness trackers
- Email
- Online shopping (i.e. Amazon)
- Streaming services (Netflix, Amazon Prime, Disney+ etc)
- Messaging services (WhatsApp, Messenger etc)
- Online food or transportation apps/services (Uber)
- Cloud accounts (icloud) & photosharing sites
- Baby monitors
- Smart home thermostat or speaker (Alexa)
- Children's Devices (Ipads, gaming systems etc)