

# TECHNOLOGY-FACILITATED ABUSE

This sheet is designed for Monash University students and staff seeking information about support and reporting services.

**Technology-Facilitated Abuse (TFA)** is a form of controlling behaviour that involves the use of technology (including the internet and smart devices) as a way to harass, coerce, control, humiliate or stalk another person.

TFA can look like:

**Bullying and Harassment:**

- Insulting, threatening or abusive texts, messages or phone calls
- Posting or tagging you in hurtful posts or photos
- Creating fake social media accounts to harass you

**Monitoring & Stalking:**

- Looking through your devices without permission
- Using location tagging or spyware to monitor or track you
- Remotely controlling your smart devices to intimidate you

**Sexual Coercion:**

- Demands to take or send intimate photos or videos you aren't comfortable with
- Sending or threatening to send intimate photos or videos of you without your consent
- Taking intimate photos or videos of you without your knowledge

**Possessiveness & Control:**

- Controlling who you can call, text, follow or friend online
- Removing/limiting your access to devices or the internet
- Checking your text messages, social media and/or internet activity

**What can I do?**

**Ensure safety**

If you believe there is an immediate risk to yourself or another person, call:

- 03 9905 3333 for Security on campus
- 000 for an emergency off campus

**Seek advice**

You can seek confidential advice from Safer Community Unit. We'll help to:

- keep you safe
- connect you with the most appropriate support services for your situation
- give you information on your formal reporting options so that you can make decisions that are right for you
- assist you with the reporting process, if you decide to make a formal report

**How do I help someone else?**

If someone you know has experienced assault or threats, you should encourage them to discuss the matter with Safer Community Unit, who can provide them with information, advice and support specific to their circumstances.

Safer Community Unit can also provide advice for you to pass on, and they can also help you with any support you may need.

**For more information:**

- visit [monash.edu/safety](https://monash.edu/safety)
- download the **Monash bSafe app** from the Apple or Google Play stores