

Check List for Safety:

After Leaving A Person Using Violence

Add passcodes, pins, or passwords to all devices. Add passwords to computers and laptops so you must sign in to use them.

Change passwords for all online accounts. This includes email accounts, logins for social media, all government accounts like MyGov store cards and travel cards.

Provide copies of protection orders to every Government agency, banks, schools, childcare, kindergartens and preschools, sporting clubs you use.

Check credit card or direct debit payments that may give away your location. Contact these agencies to have your card and cards removed from the accounts so the abuser cannot track your movements.

Check all you child's devices as well as your own. Ensure that location services, GPS and Bluetooth are switched off. This is especially important if your ex-partner has given a device to them as a gift.

Add passcodes, pins, or passwords to all devices. Add a new passcode or pin to your phone or tablet and set Auto-Lock to one or two minutes. Add passwords to computers and laptops so you must sign in to use them.

Do not use saved passwords to access your accounts. Change the passwords on all online accounts and do not save the new password in your browser.

Turn off location services, GPS and Bluetooth on all your devices. Switch on only when needed and safe to do so.

If possible, get a new phone or a spare phone that a friend is not using. When setting up a new phone, do not reinstall it from a backup.

If necessary, get a new phone number. Call number display. Remember this does not work with text messages.

Install anti-virus protection on all your devices as this can block spyware. Set it to update automatically.

Ensure all software is updated when updates are available as these usually contain security updates.

Apply to Australia Post for free 12-month mail redirection. "Free 12-month mail redirection for special circumstances".

Do you have pets? If you are leaving an abusive relationship and taking any pets with you, consider if you are the registered owner.

Talk to friends and family and ask them not to identify, tag or check you in on social media.

Use privacy settings on all apps and social media to stop your personal information and photos being shared.

Be selective with future contacts on social media. Only add 'friends' you can trust not to communicate with the abuser.

Update your rules about what can safely be posted to social media, and what should be avoided. For more information on how to safely use social media see our social media checklist.

Change your electoral enrollment to "silent elector".

Search online for your name and phone number.

Sign off and log out of social media. Always log off or sign out of social media and email accounts rather than just closing the window, and make sure the privacy settings on social media are private. For more information on privacy settings see the eSafety.

Provide copies of protection orders to every Government agency you use. This includes MyHealth, MyGov, Medicare, DSS, Child Support and Centrelink. Ensure that these settings are not enable in your apps.

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Trust your gut feeling.

- If you think your partner somehow has access to the information in your new email account, set up another new email account on a safe device. Change how you use your current device – do not access anything important on it, or anything that might make your partner suspicious or angry.

Set up a new email account.

- Keep using old email accounts for day-to-day communication that will not upset your partner or make them suspicious.

Do not use saved passwords to access your accounts.

- Change the passwords on all online accounts and do not save the new password in your browser.

Use a safe device.

- A safe device is one that your partner is not able to check and does not have access to.

Add passcodes, pins or passwords to all devices.

- Do not use birthdates, children's or pets' names, favourite foods, colours, singers or band names in your new passwords.

Ditch your device or leave it at home.

- If you think your abusive partner is tracking your location through your device. Trust your instincts on this.

Set rules about what you can safely post to social media accounts.

- For example, do not check in to locations and ask your friends not to check you in.

Sign off and log out.

- Use “private” or incognito” mode when browsing the internet.

Think about online safety planning regularly

