Tech Safety Tips for Survivors:
When Your iPhone is Being Monitored

Getting Started

There are many complexities when it comes to technology, and it could be helpful to talk through these steps with an advocate. There isn't one right way for everyone when it comes to tech safety. We often have to try one step at a time to see if anything changes, and we always want to safety plan around the steps we take. For example, if the person is notified of changes, violence might escalate. We also want to be mindful of whether we are deleting evidence that might be important to preserve.

Location Settings

- **Settings > Privacy > Location Services**
  - If the icon next to Location Services is green, that means your location is being shared through apps, GPS, Bluetooth, etc. You can turn it off by tapping the green icon.
  - You will also see apps on this screen. Many apps have access to your location, but you can control this. If you don't want to turn off all location sharing as explained above, you can go through each app individually to turn off location sharing.
- **Settings > Privacy > Location Services > Share My Location**
  - This will show you who can see your location. To stop sharing with an individual: click on their name/phone #, click "Stop Sharing My Location".
  - You can also turn off "Find My iPhone" on this screen. Find My iPhone will share your location with anyone who has access to your account.

iCloud

- **Settings > Top Box with Account Owner's Name**
  - This screen will show you if other devices are logged in through your iCloud account. The devices are listed at the bottom of the screen. If you tap on an unwanted device, you can tap "Remove From Account". Note that the person will be notified of the change.

Other Options

- Factory Reset your iPhone, Safety Check Feature, Reset Passwords via a device that is not compromised (I.e. library computer), New phone & New Apple ID- do not transfer or restore apps/data during set-up.