

Tech Abuse & eSafety

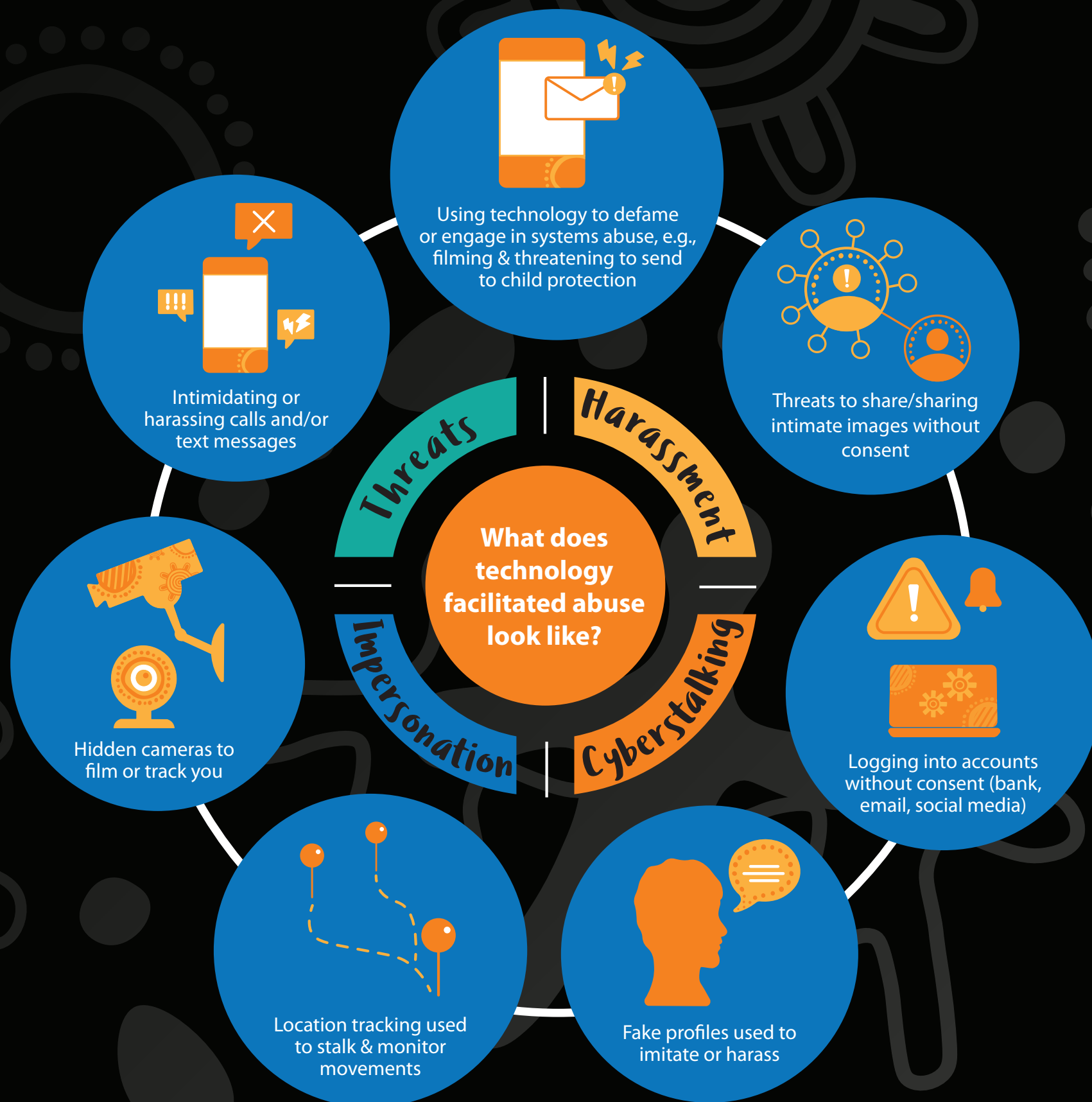


Report Technology Facilitated Abuse: www.esafety.gov.au/report

VACCA
Connected by culture

VICTORIAN ABORIGINAL
CHILD CARE AGENCY

Technology-facilitated abuse is a type of family violence involving a person using technology to control, harass or harm another person.**



eSafety Tips

- Do not use saved passwords to log into accounts.
- Sign out of accounts after use (social media, email, bank).
- Create new pins, passcodes & passwords on all accounts & devices, e.g., cloud accounts.
- Create a new email address.
- Suspect your phone is being tracked? Leave it at home when possible.
- Use a safe device for safety planning, e.g., friends phone to call, check emails & online banking.
- Delete browser history or use private/incognito mode.
- Update software on devices.
- Do not check in to locations on social media & ask friends not to tag you.
- Change mobile phone number & get a new phone.
- Turn off location & bluetooth.

*Brown, C., Yap, M., Thomassin, A., Murray, M. and Yu, E., (2021), "Can I just share my story?" Experiences of technology-facilitated abuse among Aboriginal and Torres Strait Islander women in regional and remote Australia. Journal of Global Ind

**eSafety Commissioner (n.d) 'Domestic and family violence', Australian Government, accessed 16 August 2022. <https://www.esafety.gov.au/key-issues/domestic-family-violence>

If you or someone you know is in immediate danger, call 000

VACCA Family Violence Case Management & Support Services

VACCA Preston - (03) 9287 8800

VACCA Dandenong – (03) 9108 3500

VACCA Frankston - (03) 8796 0700

VACCA Morwell - (03) 5135 6055

VACCA Melton - (03) 8746 2776

VACCA Werribee - (03) 9742 8300

VACCA Oven Murray - (03) 5756 9000

Djirra

Aboriginal Family Violence Response & Support Service.
Legal and non-legal family violence support for
Aboriginal people.

03 92 443 333

<https://djirra.org.au/>

Yarning SafeNStrong

Crisis line (24 hour). Phone counselling service and
social and emotional support.

1800 959 563

<https://www.vahs.org.au/yarning-safenstrong/>

13Yarn

Aboriginal and Torres Strait Islander 24/7 crisis support
Call 13 72 96

QLine (supporting LGBTQIA+ young people)

Phone and online peer support

1800 184 527 or online

<https://www.qlife.org.au/>

Rainbow Door

LGBTIQIA+ Helpline. Family violence,
AOD support, mental health

1800 729 367 or text 0480 017 246

<https://www.rainbowdoor.org.au/>

Elizabeth Morgan House Aboriginal Women's Service

24 hour support line: 03 9403 9400

<https://www.emhaws.org.au/>

Kids Helpline (24 hour service)

1800 551 800 or online

<https://kidshelpline.com.au/>

Report Technology-facilitated abuse at the e-safety commissioner:

<https://www.esafety.gov.au/report>

The Orange Door

Family Violence support.

Find your closest Orange Door:

<https://www.orangedoor.vic.gov.au/contact>

Safe Steps

Family Violence Response Centre.

24/7 Phone line, live chat support & safety planning.

1800 015 188

<https://www.safesteps.org.au/>

1800 RESPECT

National Helpline (24 hour service).

Phone and online support, safety planning.

1800 737 7328 or online

<https://www.1800respect.org.au/>

Sexual Assault Crisis Line (24 hour service)

National helpline. Phone crisis counselling services
and immediate crisis response.

1800 806 292

<https://www.sacl.com.au/>

Men's Referral Service

Phoneline counselling and referral service.

Brief intervention service.

1300 766 491

<https://ntv.org.au/>

Men's Line

Men's support Helpline (24 hour).

Phone and online counselling.

1300 789 978

<https://mensline.org.au/>

Dardi Munwurro

Brother to Brother 24 hour crisis line -
supports Aboriginal men.

1800 435 799

<https://www.dardimunwurro.com.au/>

Lifeline

24 hour crisis support

13 11 14 or online