

# TECHNOLOGY-FACILITATED COERCIVE CONTROL

Technology-facilitated coercive control is a **FORM OF ABUSE** that involves the use of technology to **CONTROL, MONITOR, and MANIPULATE** another person. It is a serious issue that can have devastating effects on victims, and it is important to be aware of the signs of this type of abuse.

**EXAMPLES:** Some common examples of technology-facilitated coercive control include:

- ◆ Monitoring someone's phone or computer activity, including reading their text messages, emails, or social media messages.
- ◆ Using GPS tracking to monitor someone's location.
- ◆ Using spyware or other monitoring software to track someone's online activity.
- ◆ Controlling access to someone's devices or accounts, such as by changing passwords or deleting apps.
- ◆ Using social media to monitor who someone is talking to or to publicly shame them.

## **IMPACT ON VICTIMS:**

Technology-facilitated coercive control can have a devastating impact on victims, both emotionally and physically. Victims may feel isolated, trapped, and powerless, and may experience anxiety, depression, and other mental health issues. They may also be at risk of physical harm if the abuser becomes more aggressive or violent.

**SIGNS:** It can be difficult to recognize when someone is experiencing technology-facilitated coercive control, but there are some signs to watch for. These may include:

- ◆ Feeling like you can't use your phone or computer without someone else's permission.
- ◆ Feeling like someone is always watching or tracking you.
- ◆ Having your devices or accounts controlled by someone else.
- ◆ Feeling like you can't communicate with certain people or share certain things online without fear of reprisal.
- ◆ Being publicly shamed or harassed online by someone you know.

**RESOURCES AND SUPPORT:** If you or someone you know is experiencing technology-facilitated coercive control, there are resources and support available. This may include hotlines, counselling services, and legal resources. It's important to reach out for help and support if you are experiencing this type of abuse. [sask.ca/resources](https://sask.ca/resources)

**SSVE** FRAMEWORK  
SASKATCHEWAN SEXUAL VIOLENCE EDUCATION