# Tech Disconnect Short Form

**Compiled by the Clinic to End Tech Abuse**

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## What is this?

We have created a checklist of ways you may still be connected with your ex-partner online or on your devices. These connections may let them continue to get information about your life.

If you are concerned that any of the actions we suggest below will increase any risks to your safety, we strongly recommend that you consult with a case worker at a domestic violence organization -- or other appropriate support organization -- beforehand.

## Checklist

- ❏ Make a list of all your current **devices**, such as phones, laptops, and tablets. Also include any other devices that can be connected to the internet, such as home security cameras, thermostats, smart speakers, and smart TVs. Then, think about whether you could be logged into any of your shared accounts on these devices.

- ❏ Now, make a list of all the **accounts** you have and how you log into each (for example: Instagram - registered email: sample@gmail.com). Think about whether your ex-partner might know or be able to guess your password.

- ❏ Think about whether you could be logged into any of your shared accounts on your devices. Think about **signing out** of your accounts on any devices your ex-partner might still be able to get access to.

- ❏ You can also think about changing the password or passcode (PIN) that you use to unlock the device.

- ❏ **Think about whether your ex-partner may know any of your account passwords** or still have access to a shared account. If so, you may want to change your password or use a new account instead.

  For example, do you use a home security camera such as Nest or Ring? In the past, have you shared your account for this service with your ex-partner? You may want to change the password.

- ❏ **Remove any saved passwords** in your web browsers. These are the steps to follow to check the saved passwords you might have in your web browsers:

  - ❏ In **Google Chrome**, enter the following URL and hit enter:
    chrome://settings/passwords

  - ❏ In **Firefox**, enter the following URL and hit enter:
    about:logins

  - ❏ In **Safari**, go to Safari > Preferences > Passwords > Enter your PC's password.

- ❏ Check your **phone's privacy and security settings**.

  - ❏ If you have a phone running **Android**, go to Settings > Security
    Check if there are privacy or security features turned off.

  - ❏ If you have an **iPhone**, go to Settings > Privacy
    Check which apps have requested access to what data on your phone.

- ❏ Check your **phone's location settings**. Which apps have access to your location?

  - ❏ If you have a phone running **Android**, go to Settings > Location

    - ❏ If your phone does not have the **Location** option, follow these steps:
      https://support.google.com/android/answer/3467281#older_android

  - ❏ If you have an **iPhone**, go to Settings > Privacy > Location Services

- ❏ Are any phone location apps such as **Find My** set to share your location with anyone else?

- ❏ Check your **social media privacy and security settings** -- do you need to change your password? Check to see if your account is set to private. Are your posts set to “private” rather than “public”?

- ❏ Check your **Photos Settings** to make sure you are not sharing your photos with your ex-partner.

- ❏ Check your **Google account settings** to see if anyone else is logged into your account (go to myaccount.google.com).

- ❏ If you use an iPhone or other Apple device, check your **iCloud settings** at icloud.com.

- ❏ Check your **location settings** on other electronic devices like smartwatches, tablets, laptops etc.

- ❏ Check your **privacy settings on web browsers**.
  Clearing the cookies, which are IDs that identify you while you navigate on the Internet, on your browser (for “all time”) should log you out of all active sessions.

- ❏ You may want to set up **two-factor authentication** for all your accounts. This is an extra security step that provides more protection for an online account.

- ❏ **Backups** allow you to keep a copy of your data in the cloud -- but this can also make your information visible to your ex-partner if they know your sign-in ID and password. Have you set up backups for any information from your device, such as photos or notes? If you have set up a backup, check the email address that is registered and where the data is being backed up to.

- ❏ Check all of the apps on your devices to make sure that you recognize them. You should be able to delete any apps you don’t recognize.

- ❏ If you are concerned that your children’s devices may have also been accessed by your ex-partner, we suggest that you follow these same steps for those devices.

# Additional Accounts

The following is a list of accounts you may have shared with your ex-partner. You can check and disconnect from any shared accounts.

**Food**

- ❑ Seamless
- ❑ Grubhub
- ❑ Restaurants
- ❑ Uber Eats
- ❑ DoorDash
- ❑ Caviar
- ❑ Postmates

**Music**

- ❑ Spotify
- ❑ Pandora
- ❑ Apple Music

**Smart speakers**

- ❑ Amazon Echo (Echo Show, Echo Dot, etc..)
- ❑ Google Home

**Phone**

- ❑ Shared family plan

**Car**

- ❑ GPS in car
- ❑ Apps for car
- ❑ Waze

**Banking and financial**

- ❑ Online banking
- ❑ Venmo
- ❑ Paypal
- ❑ Stocks
- ❑ Retirement accounts
- ❑ Investment and other financial accounts
- ❑ Cash App
- ❑ Credit cards

**Home Technology**

- ❑ Ring
- ❑ Nest
- ❑ Camera(s)
- ❑ Alarm system
- ❑ Hue
- ❑ Smart door locks
- ❑ Wemo

**Television**

- ❑ Netflix
- ❑ Hulu
- ❑ Disney+
- ❑ Amazon Prime Video
- ❑ Apple TV

**Shared car rides**

- ❏ Uber
- ❏ Lyft
- ❏ Via

**Traveling**

- ❏ Booking
- ❏ Airbnb
- ❏ Trivago
- ❏ Tripadvisor
- ❏ Airlines

**Telehealth**

- ❏ MDLIVE
- ❏ Lemonaid
- ❏ LiveHealth Online Mobile
- ❏ Express Care Virtual
- ❏ Plushcare

**Utilities**

- ❏ Cable/Internet
- ❏ Water
- ❏ Gas

**Workout apps**

- ❏ Strava
- ❏ Garmin
- ❏ MapMyRun

**Cloud storage**

- ❏ Dropbox
- ❏ Box
- ❏ Amazon Drive
- ❏ Google Drive

**Gaming**

- ❏ Discord
- ❏ Steam
- ❏ Xbox Live
- ❏ PlayStation Network
- ❏ Origin
- ❏ Nintendo Account

**Real Estate**

- ❏ StreetEasy
- ❏ RentHop
- ❏ Zillow
- ❏ Realtor.com
- ❏ Redfin
- ❏ Trulia