

You deserve to be in a safe and healthy relationship, whether in person or online. If your partner is digitally abusive, know their behaviour is not acceptable and could be illegal. Check out our tips below for staying safe on social networking sites like Facebook, Twitter, foursquare and others:

- Only post things you want the public to see or know. Once it's online, it's no longer under your control.
- Be protective of your personal information. Your phone numbers and addresses enable people to contact you directly, and things like your birth date, the schools you attended, your employer and photos with landmarks may make it easier for someone to find where you live, hang out or go to school.
- You can keep your passwords private -sharing passwords is not a requirement of being in a relationship.
- Don't do or say anything online you wouldn't in person. It may seem easier to express yourself when you are not face to-face, but online communication can have real-life negative consequences.

### Abuse or Harassment

- Don't respond to harassing, abusive or inappropriate comments. It won't make the person stop and it could get you in trouble or even put you in danger.
- Keep a record of all harassing messages, posts and comments in case you decide to tell the police or get a restraining order.

### Leaving an Abusive Relationship

- If you are leaving an unhealthy relationship, start by blocking your ex on Facebook and other social networking pages. We recommend you don't check-in on foursquare or other location-based sites or apps -- you don't want your ex or their friends tracking your movements.
- Adjust your privacy settings to reduce the amount of information that particular people can see on your page. Privacy settings on sites like Facebook allow the user to control how their information is shared and who has access to it. Remember, registering for some apps require you to change your privacy settings.
- Avoid posting private details on your friend's pages. They may not have appropriate settings and doing so may allow someone to see your movements and location. The same goes for tagging yourself in pictures.

For more information email [info@westwalesdas.org.uk](mailto:info@westwalesdas.org.uk)

#### Connect with us

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Discuss your options  
confidentially