Domestic Violence Prevention Centre

Email

- Free accounts: gmail.com, hotmail.com, outlook.com, mail.com, yahoo.com, aol.com
- How to check your email account security – Gmail – Cyber.gov.au

Passwords

- Set secure passphrases – Cyber.gov.au
- Quick Wins for your Password Manager – Cyber.gov.au

Mobile phones

- View and delete call history – Phone app Help – google.com
- View and delete the call history on your iPhone – Apple Support (AU)
- Personal Safety User Guide – Apple Support (AU)

Computers

- Google Safety Centre – How We Help You Stay Safer Online
- View and delete your Chrome browsing history – Computer – Google Chrome Help
- View and delete browser history in Microsoft Edge
- Protect your accounts and devices – microsoft.com

Apps/social media

- Facebook: Safety Centre
- WhatsApp: Safety Tips
- Instagram: Managing Your Privacy Settings – Help Center
- TikTok: Safety Center

Family safety

- Leave family group or remove members – microsoft.com
- Manage your family on Google – Google For Families Help
- Add or remove members from your Family Sharing group on iPhone – Apple Support (AU)
- Keeping your information safe when leaving a relationship – Family and domestic violence – Services Australia

Tracking devices

- What to do if you get an alert that an AirTag, Find My network accessory, or set of AirPods is with you – Apple Support
- Webcams – Cyber.gov.au (webcam cover for computers and phones from amazon or ebay)
- Smart Toys – eSafety Commissioner
- Internet of Things devices – Cyber.gov.au (including baby monitors)

Government and service providers

- Silent electors – Australian Electoral Commission
- Redirect mail – Australia Post
- Use a 24/7 Parcel Locker – Australia Post
- Financial abuse in the context of domestic and family violence – CommBank

Further information

- Have I Been Pwned: Check if your email has been compromised in a data breach
- Identity theft – Cyber.gov.au
- Image-based abuse – eSafety Commissioner
- Domestic and family violence – eSafety Commissioner
- Understand, find and edit your photos' locations – Android – Google Photos Help
- Legal – Location Services and Privacy – Apple
- Taming the technology – eSafety Commissioner (home wifi and network connections)
- Protect your internet connection – Cyber.gov.au
- Performing a malware scan using Microsoft Defender Antivirus for Windows 10 – Cyber.gov.au
- Choosing anti-virus software – Cyber.gov.au
- 8 Best Co-Parenting Apps to Download After Divorce (parents.com)
- Microchip Registry Lookup (aaha.org) (finds the register for the pet microchip)
- ReportCyber – Cyber.gov.au