

Have a look through the following to see if you can check all the recommended basics:

Your devices - phone/computer:

- Has a strong password – unique, long, unpredictable.
- Has privacy settings enabled – location settings not shared.
- Is not part of a family group or shared photos/storage/calendars with ANY other accounts or devices.
- Remove applications which you didn't add to the device (you could consider a factory reset following backing up all your important information).
- Keep your devices software up to date (software updates).
- Use an anti-virus/anti-malware tool, use a webcam cover.

Your apps/social media:

- Have changed your password or established a new account.
- Have updated your privacy settings: location, account visibility to private, blocked access to all those who may not keep you safe – be brutal.
- Think before you post – what could be gained from the post or the image, e.g. location, habits etc, or is your friend posting about you, your routine or location.

Your subscriptions:

- Time for a new email or two.
- Update your subscriptions to your new phone/email and ensure there is a new strong password and no other access.
- Establish MultiFactor Authentication or MFA (a confirmation text message as well as your password) where possible.
- Be careful what attachments or links you click on.

Your information stored with other parties:

- Update your details – provide only details completely necessary. You could even use a safe person's address/ phone/email if needed.
- Government providers – visit: [Keeping your information safe when leaving a relationship – Family and Domestic Violence – Services Australia](#)
- Update your preferences for joint accounts or for emergency contacts etc. [Click here to download an email template example to provide advice of change of details.](#)

Gold Coast or Beenleigh region:

Free counselling, support, information and referral for women and their children who have or are experiencing domestic and family violence. Phone: (07) 5532 9000 (9am–4.30pm, Monday to Friday) · info@domesticviolence.com.au