

TECHNOLOGY AND DOMESTIC ABUSE

WHERE IS THE LINE?



#Techanddomesticabuse
#Whereistheline?

Technology and domestic abuse – Where is the line?

Animation stakeholder briefing

What's happening?

The South Eastern Domestic and Sexual Violence Partnership, Safeguarding Board for Northern Ireland, North Down and Ards Women's Aid, and Neep Pictures have produced an animation aimed at young people and adults called 'Technology and Domestic Abuse – Where is the Line?' The animation was co-produced with young people who have lived experience of domestic abuse.

What's it about?

This is the second in an animated series on domestic abuse. The first animation, "Coercive Control – Where is the Line?" is available in English, Arabic, Bulgarian and British Sign Language. These can be accessed [here](#) on YouTube.

The new animation recognises that the online world can be a force for good, but for people in controlling and abusive relationships, technology and devices can bring a pattern of constant communication and surveillance over their lives, making it feel like every aspect of their world is controlled and monitored. This is abusive and controlling behaviour.

This is an important education tool to help raise awareness about what is healthy behaviour, harmful behaviour and where to get help if the line has been crossed. It covers four key components and the script is included on the following page. The animation will be translated into other commonly used languages and British Sign Language.

How to get involved

➤➤➤ Watch, use and share the animation widely. It can be accessed in full [here](#) on YouTube.

➤➤➤ To promote to your followers on Twitter, simply copy and paste the following message, or click the link to automatically generate a tweet.

'Technology and Domestic Abuse - Where is the Line?' animation explores how some abusive behaviours are enabled by tech and where support is available. #Techanddomesticabuse #Whereistheline? @SEDSVP @NDAWomensAid @safeguardingni @neepictures
https://youtu.be/7Kmh5jtH_Lgt

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Technology and domestic abuse – where is the line?

Animation script

Introduction

Technology is great! Having a smartphone is like having superpowers. Walking around with all the knowledge of the world in your pocket and being able to communicate with anyone on the planet at any time is awesome. They also have that handy wee torch to find stuff under the sofa. But like any superpower it can be used for GOOD OR for BAD and we don't mean that filter that makes you look silly.

ALWAYS ON

Most people carry their phones everywhere and never turn them off. You might miss something good! It's a constant channel of communication. But if you're in a controlling relationship and trying to get away from someone, your phone can become a constant presence or an extension of the abuse you may be experiencing. Unwanted and threatening calls or messages can instil fear and make you feel uncomfortable and even trapped. This is not okay. If this has been happening to you, the line has been crossed.

ALWAYS CHECKING

Our relationships and interests continue online. It's good to be able to chat and message friends and family instantly no matter where they are and know there's support when we need it. But an abusive partner may want to monitor your calls and messages. They may also dictate who you can contact and what you can and cannot say and this is not okay. If this has been happening to you, the line has been crossed.

ALWAYS WATCHING

People love sharing photos, videos or updates of the great places and people we encounter in life. And the things we choose to share make us all feel more connected and closer to each other. But in an abusive relationship that choice can be taken away. A partner can demand you send photos to prove where you are, who you're with, or share your location so they can track you. Sometimes an abusive partner can monitor you without your knowledge by using apps that already exist or adding other apps on your devices and in your home and car. This constant watching can make you feel like you have no privacy, and this is not okay, the line has been crossed.

ALWAYS IN CONTROL

Being in a relationship can be exciting and should make you feel happy and safe. Having someone that you can share the things you wouldn't tell anyone else is great. But sometimes that trust can be broken. Intimate photos, videos or screenshots you thought were just between you and your partner can be shared without your consent. These can also be taken without your knowledge to force or blackmail you to do things you don't want to do. Someone taking, sharing or threatening to share intimate images of you without your consent is illegal and this is not okay. If this has been happening to you, the line has been crossed.

Signposting to support

Everyone deserves to feel safe online and offline, to have privacy, to have healthy boundaries, to feel in control and to have the freedom to make choices. If someone or something is making you feel uncomfortable or unsafe, even if you're not sure, then it's important to talk about it. If you think that any of these things seem familiar and you feel your relationship may have crossed the line then please talk to someone you trust or you may contact any of the following services.

If this has been happening to you or someone you know contact the Police on 101 or 999 if it's an emergency. Or if you're over 16 you can contact the Domestic and Sexual Abuse helpline available 24 hours a day, 365 days a year – phone 0808 802 1414. And if you're a young person under 19 call the free and confidential Childline on 0800 1111.

