

CHECK FOR TRACKING OR MONITORING ON DIGITAL DEVICES

Harmful tracking can happen during the workday, especially when working remotely.

This can include:

- Location tracking through phones, apps, shared accounts, GPS, or trackers
- Someone reading your messages, emails, or work chats
- Old or shared devices still showing your activity
- If it feels like someone always knows where you are or what you're doing, technology may be involved

This is why awareness matters. Technology is part of everyday work. Small steps can help reduce risk.



HELP NOW

If you are not safe: Call 911 or a crisis line.