Title: Use of technology by abusers and victims

Victims of family violence can use technology to reduce risks by being mindful of their online behavior. For example, they can use password-protected devices to prevent abusers from accessing their personal information, such as emails or social media accounts. Victims can also use privacy settings to limit the amount of personal information that is shared publicly. However, it's important to note that abusers can also use technology to perpetuate family violence. They may use social media to monitor and stalk their victims, or they may use messaging apps to harass and threaten them. Abusers may also use spyware or other tracking software to monitor their victim's online activity. Therefore, it's crucial for victims to seek support from trusted friends, family, or professionals who can help them stay safe both online and offline.