

# What is digital abuse?

A photograph of a man and a woman looking at a smartphone together. The woman is embracing the man from behind. The image has a purple tint and a red square in the top right corner.

You never deserve to be mistreated – online or off. It's never okay for your partner to use technology, such as texting or social media, to bully, harass, stalk, or intimidate you.

You have the right to feel comfortable and safe in your relationship. Your partner should respect your relationship boundaries, even online. If they don't, you may be experiencing digital abuse.

**NATIONAL  
DOMESTIC  
VIOLENCE  
HOTLINE**

**CALL** 1-800-799-SAFE (7233) | **TTY** 1-800-787-3224 | **CHAT** THEHOTLINE.ORG

**Digital abuse happens when one partner uses technology to maintain power and control over another in a relationship.**

**You may be experiencing digital abuse if your partner:**

- Tells you who you can or can't be friends with on Facebook and other sites.
- Sends you negative, insulting, or even threatening emails or social media messages.
- Uses social media or GPS on your phone to monitor you.
- Pressures you to send explicit video or text messages.
- Steals or insists on being given your passwords.
- Looks through your phone frequently to read your texts or look at your call history.

**If you have concerns about what's happening in your relationship, call or chat today. We're completely free and confidential.**

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