



Location tracking



Financial abuse



Intimate image
abuse



Monitoring



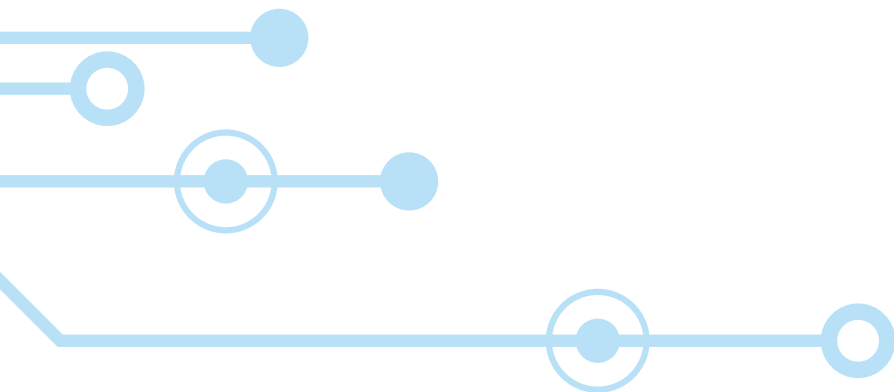
Harassment

Staying Safe from Technology-Facilitated **ABUSE**



This information booklet has been produced by Muslim Women's Network UK

Although much of the information is relevant to everyone, some sections specifically address the particular vulnerabilities and risks experienced by Muslim women. These have been included to reflect issues commonly reported through our services and research.



**Recognise
the Signs**

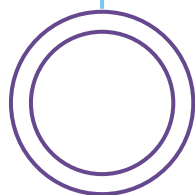


**Protect
Yourself**



**Get
Support**





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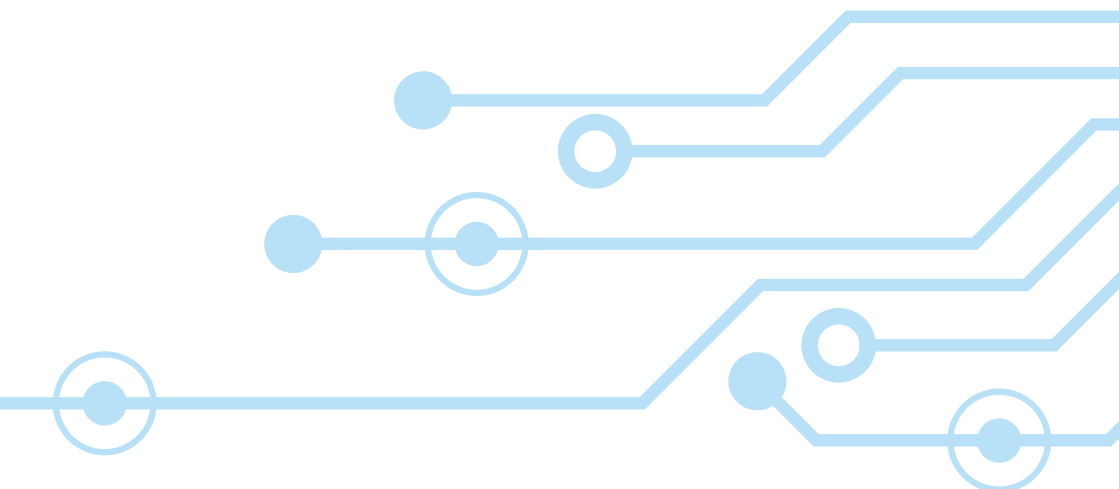
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What is Technology Facilitated Abuse?

Technology facilitated abuse is the use of digital technologies - such as phones, computers, social media, online accounts, apps and GPS devices - to monitor, control, threaten, harass, intimidate, exploit or abuse another person.

It commonly occurs in the context of domestic abuse, stalking, coercive and controlling behaviour, and sexual abuse. However, it can also be perpetrated by family members, acquaintances, colleagues or strangers.





Impact of Technology Facilitated Abuse?

Technology facilitated abuse can have serious consequences for victims, including:

- ! **Loss of privacy and personal safety**
- ! **Disruption to work, education and daily life**
- ! **Increased fear, anxiety, isolation and poor mental health**
- ! **Being constantly monitored or controlled (known as digital coercive control)**
- ! **Financial abuse and identity theft**
- ! **Escalation to physical violence or stalking**

Technology-facilitated abuse often continues after a relationship has ended, and can occur alongside other forms of domestic abuse, stalking and sexual abuse.

Before You Make Changes

It is important to recognise the signs and take steps to improve your digital security where it is safe to do so. If someone else has access to the accounts you are changing, they may be notified of these changes and may escalate their abusive behaviour. If you are worried about your safety, contact the police or a domestic abuse helpline.



Spying and Covert Surveillance

A perpetrator may secretly monitor or listen to you using technology without your knowledge or consent, often to control, intimidate or gather information about your daily activities, conversations and relationships. In many circumstances, covert surveillance may amount to a criminal offence. Examples include:



Hidden cameras concealed in everyday objects such as clocks, smoke alarms, chargers, plugs, pens, picture frames or other household items to record your movements or activities.



Hidden microphones or audio recorders placed in your home, car or personal belongings to capture private conversations.



Smart doorbells and security cameras used to monitor when you leave or return home, who visits you, or to listen to conversations. While these devices can have legitimate security purposes, they may be misused to monitor or control someone.



AirPods or other Bluetooth devices secretly left in a room or vehicle and connected to another device so they can be used as remote listening devices within Bluetooth range (typically around 10-30 metres).



Spyware on a smartphone, allowing someone to monitor calls, messages, emails, photographs, browsing activity, contacts or location - and in some cases to remotely activate the microphone or camera without your knowledge.





Access to cloud accounts, such as Apple ID or Google accounts, allowing a perpetrator to view backups, photographs, messages, notes or other personal information.



Smart glasses have built in cameras and microphones and are increasingly being used to covertly capture confidential conversations and record intimate or sexual encounters without consent



Access to WhatsApp, if linked to another device, to monitor conversations.



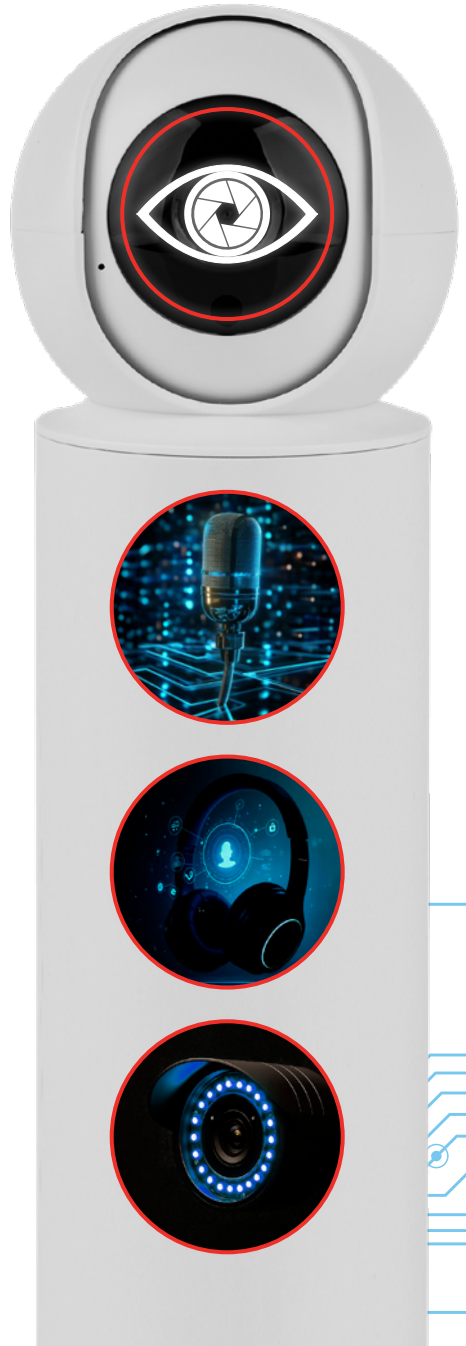
Smart home devices, including voice assistants (such as Amazon Alexa, Google Assistant and Apple Siri), connected speakers and home automation systems, which may be used to monitor activities or conversations if the perpetrator has access to the account.



YOU MAY NOT ALWAYS KNOW YOU ARE BEING MONITORED

Possible signs include:

- The perpetrator knows details of conversations or events they should not know.
- They appear to know who has visited you or when you have left home.
- You discover unfamiliar electronic devices or cables in your home or vehicle.
- Your phone behaves unusually - for example, becoming hot, the battery draining quickly, or the microphone or camera activating unexpectedly. These signs do not necessarily mean spyware is present, but should be taken seriously alongside other suspicious behaviour.





Actions to Take

If you suspect spyware, seek assistance from a trusted technology expert, the police or a specialist domestic abuse or stalking service. Avoid immediately resetting or disposing of the device, as it may contain important evidence.

- ✓ Check your home and vehicle for unfamiliar electronic devices.
- ✓ Review who has access to your smart doorbell, security cameras, smart home devices, voice assistants and cloud accounts, and remove anyone who should no longer have access.
- ✓ Change passwords for your Apple ID, Google account, email and other important accounts using a device you believe is secure, and enable two-factor authentication.
- ✓ Remove the perpetrator's fingerprint or face recognition from your device.
- ✓ Keep your phone and apps updated with the latest security updates.
- ✓ Remove connected devices and people you do not recognise.
- ✓ Be vigilant if someone leaves their phone behind while taking their AirPods with them.
- ✓ Keep a record of unusual incidents, including screenshots or photos.

Tech abuse can also involve someone changing your mobile phone settings to prevent you from making outgoing calls or receiving incoming calls. If your phone is not working as expected, check your settings.



Location Tracking

A perpetrator can track someone's location in many different ways, often without the victim realising. This may involve the misuse of everyday apps to monitor, control or locate someone without their knowledge. This can be done by:



Accessing your shared live location through apps such as WhatsApp, Google Maps, Apple Find My, Snapchat (Snap Map) or Facebook Messenger.



Location sharing through family accounts, such as Apple Family Sharing or Google Family Link.



Social media posts or check-ins that reveal your location or daily routines.



Tracking apps or spyware secretly installed on your phone, tablet or computer.



Apple AirTags, Tile trackers, Samsung SmartTags or GPS trackers hidden in your car, bag, clothing or personal belongings (including children's clothing and toys).



Vehicle tracking systems, including built-in GPS, dashcams, or trackers secretly added to the vehicle.



Access to your Google or Apple account, allowing someone to view your location history or use "Find My" (device).



Health and fitness apps, such as Fitbit, Strava, Garmin or Apple Health, which can reveal your exercise routes, daily routines, home address, health information or live location if activity sharing is enabled.



Online shopping apps, such as Amazon or eBay, which can reveal your delivery addresses, order history and saved payment methods - potentially showing where you live, work or spend time.



Geotagged photos and videos, where the location is embedded in the image metadata or visible in the background.



Food delivery apps, such as Uber Eats, Deliveroo or Just Eat, which can reveal where food has been delivered - your home, workplace or other locations.



Travel apps, such as Uber, Bolt, Trainline or National Rail, which can reveal your journey history, current location or places you regularly visit.



Online entertainment apps, such as Netflix, Disney+ or Spotify, which can reveal your viewing history, saved profiles, connected devices and, in some cases, your location or payment information.



Gifting children internet connected toys or gaming devices, such as an Xbox, PlayStation, tablet, smartwatch, TV or smart teddy bear, or adding trackers to their bags or clothes.



Smart home devices, security cameras or video doorbells that can monitor your movements.



Shared online calendars that reveal appointments, travel plans or routines.



Compromised email or cloud accounts, which may contain travel bookings, maps or location information.



- The perpetrator knows where you are without being told.
- They unexpectedly appear where you are.
- They know details about places you have visited or people you have met.
- Your phone battery drains unusually quickly or becomes hot (though this can have other causes).
- You discover unknown apps, devices or location-sharing settings.

Actions to Take

Taking simple steps to secure your accounts can reduce the risk of someone using them to monitor your location or control you.

- ✓ Change your password to a strong, unique one.
- ✓ Enable two-factor authentication (2FA) where available.
- ✓ Remove devices and people who should no longer have access.
- ✓ Check account recovery details (email address and phone number) and update them if necessary.
- ✓ Remove any payment cards or bank accounts that do not belong to you.
- ✓ Sign out of all other devices if the service offers this option.
- ✓ Review your privacy and security settings.
- ✓ Delete old addresses, locations or personal information that are no longer needed.
- ✓ If someone else pays your phone bill, they may access your account and call history. Change your login details or consider a new account.

- ✓ Get your devices professionally “cleaned up” to remove any spyware.
- ✓ Change your phone, not just your SIM — changing the SIM only will not be enough if the phone was bought or registered by the perpetrator, or if they had access to it.
- ✓ Disable geo-location services and delete tracking apps such as “Find My Phone” that you do not recognise.
- ✓ Keep a record of unusual incidents, including screenshots or photos.
- ✓ Perform a digital scan
 - Apple alerts you if an unknown AirTag or Find My accessory is moving with you. Open the Find My app, go to the Items tab, and tap “Items Detected Near You” to scan manually.
 - Android settings can be changed > Safety & Emergency > Unknown Tracker Alerts to run a manual or automatic scan.
 - Bluetooth scanner apps - download a free app such as nRF Connect or BLE Scanner to look for hidden Bluetooth beacons broadcasting nearby.



Check your vehicle

Conduct a physical inspection, or take it to a garage and ask them to inspect it. Ideal places to check include:

- ✓ **Under the bonnet** - look for small boxes attached to the car battery.
- ✓ **Vehicle exterior** - slide an inspection mirror or your hand under the front and rear bumpers, along the frame rails, and behind the inner lips of all four wheel wells.
- ✓ **Interior compartments** - trackers can be hidden behind glove boxes, inside centre consoles, or under floor mats. Slide the front seats fully forward and back to check underneath and along the rails.
- ✓ **The boot** - lift the carpet liner and spare tyre; trackers are often tucked into the spare tyre well or plastic side-wall panels.
- ✓ **OBD-II port** - look under the driver's side dashboard for a small device plugged into the diagnostic port, sometimes hidden behind plastic panels near the steering wheel.



Cyberbullying and Online Impersonation

As a form of revenge, control or harassment, perpetrators may use technology to abuse or impersonate a victim. This can include:



Hacking social media or email accounts and posting messages.



Creating fake social media, dating or other online profiles to impersonate the victim.



Using the victim's photographs or personal information without their consent.



Trolling the victim, encouraging others to abuse them, or using multiple fake accounts to harass them.



Contacting the victim's friends, family, employer or colleagues to spread false information or intimidate them.



Posting false personal or sexual advertisements to encourage strangers to contact or visit the victim.



Sharing the victim's personal information online (doxxing) to encourage harassment or threats.



This type of abuse can escalate rapidly from online harassment to stalking, coercive or controlling behaviour, sexual violence and physical harm.



Impersonation and cyberbullying can be criminal offences. This may include harassment, stalking, coercive or controlling behaviour, identity fraud, or malicious communications, depending on the circumstances.



Actions to Take

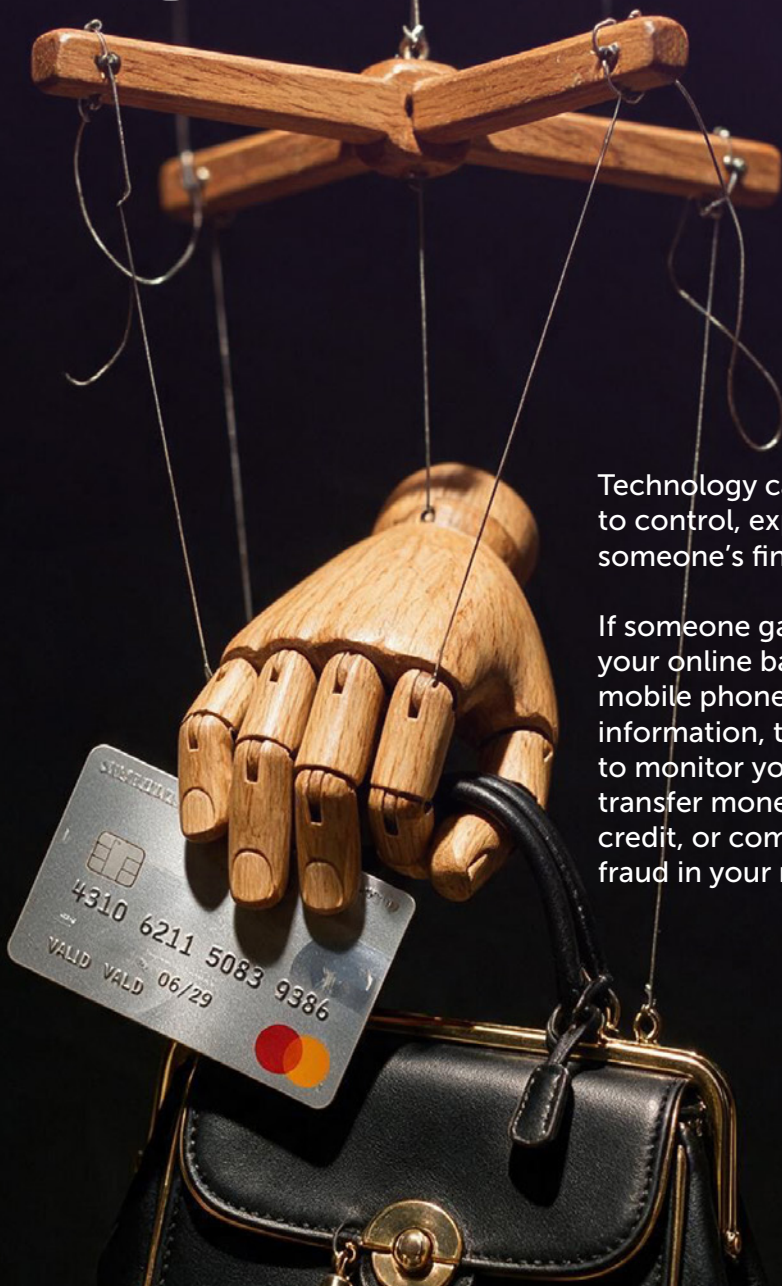
- ✓ Do not engage with the perpetrator.
- ✓ Change your passwords immediately and enable two-factor authentication on all accounts.
- ✓ Review and strengthen your privacy and security settings across your online accounts.
- ✓ Search your name online to identify any fake profiles or personal information that has been published.
- ✓ Preserve evidence by taking screenshots of profiles, messages, usernames, URLs, dates and times before reporting or blocking accounts.
- ✓ Block offending accounts after preserving evidence.
- ✓ Report fake profiles and abusive content to the relevant social media platform, dating app or website and request their removal.
- ✓ Inform trusted friends, family members or your employer if they may be contacted by the perpetrator.
- ✓ Consider changing your phone number or email address if these have been published or repeatedly targeted.
- ✓ Report the incidents to the police, providing as much evidence as possible.
- ✓ Contact a specialist domestic abuse or stalking organisation for advice, safety planning and ongoing support.



Using Technology for Financial Abuse

Technology can be used to control, exploit or steal someone's finances.

If someone gains access to your online banking, email, mobile phone or personal information, they may be able to monitor your spending, transfer money, apply for credit, or commit identity fraud in your name.



Examples of technology-facilitated financial abuse include:



Accessing your online banking or payment apps without your permission.



Changing passwords or security settings so you cannot access your own accounts.



Monitoring your bank transactions, spending or savings through shared accounts or devices.



Making unauthorised bank transfers or purchases.



Applying for loans, credit cards, mobile phone contracts or buy-now-pay-later accounts in your name.



Using your personal information to commit identity fraud.



Intercepting one-time security codes (OTPs) sent by text or email to gain access to your financial accounts.



Installing spyware on your phone or computer to capture passwords and banking details.



Coercing you into making online payments or transferring money.



Taking control of digital wallets, cryptocurrency accounts or online investment accounts.



Cancelling or redirecting benefit payments, wages or other income.

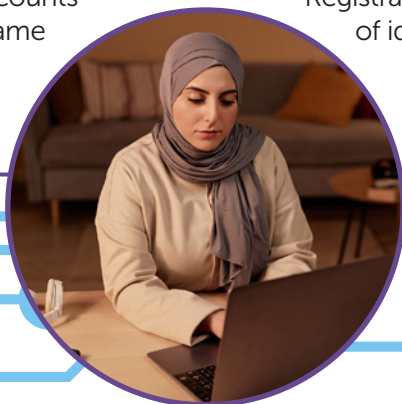


Changing the contact details on your financial accounts so statements and security alerts are sent to the perpetrator instead of you.



Actions to Take

- ✓ Contact your bank immediately if you suspect unauthorised access or fraudulent transactions. Ask them to freeze or secure your account if necessary.
- ✓ Change your passwords and PINs for banking, email and payment apps using a trusted device. Use strong, unique passwords and enable two-factor authentication (2FA).
- ✓ Review your bank and credit card statements regularly for unfamiliar transactions or changes.
- ✓ Check your credit report with Experian, Equifax and TransUnion to identify any loans, credit cards or accounts opened in your name without your knowledge.
- ✓ Close or separate joint accounts where it is safe and appropriate to do so. Speak to your bank about the safest way to protect your finances.
- ✓ Update your contact details with your bank and other financial providers to ensure statements and security alerts are sent only to you.
- ✓ Secure your devices by checking for spyware or malware. If you suspect your phone or computer has been compromised, seek expert advice before using it for banking.
- ✓ Protect your identity by considering CIFAS Protective Registration if you are at risk of identity fraud.





- ✓ Report identity fraud to Action Fraud or the police.
- ✓ Keep evidence, such as screenshots, bank statements, emails, text messages and records of unauthorised transactions.
- ✓ Seek independent financial and legal advice if you have debts, joint financial commitments or concerns about your liability.
- ✓ Tell your bank if the abuse is linked to domestic abuse - many banks have specialist teams trained to support customers experiencing economic or financial abuse.
- ✓ Seek support from a domestic abuse or specialist support organisation if the financial abuse forms part of coercive or controlling behaviour. They can help you develop a safety plan and access practical support.





Intimate Image Abuse

Intimate image abuse is the creation, taking, sharing, threatening to share, or distributing of intimate or sexual images without a person's consent. This may also include intimate audio recordings. It can happen during or after a relationship and is often used to humiliate, control, intimidate, blackmail or coerce victims. Perpetrators may be current or former partners, acquaintances, strangers or organised online groups.

Impact of Intimate Image Abuse



Fear, shame and humiliation.



Anxiety, depression and trauma.



Damage to relationships, education or employment.



Social isolation and loss of confidence.



Harassment, stalking or blackmail.



Ongoing fear that images will continue to circulate online.



Risk of honour-based abuse.

Examples of Intimate Image Abuse and Related Offences

Behaviour	Relevant law (England and Wales)
Sharing or threatening to share intimate images or videos without consent of a person (commonly referred to as revenge porn).	Sexual Offences Act 2003, ss.66B–66D, inserted by the Online Safety Act 2023.
Taking or recording intimate images or videos without consent of a person who is naked, partially naked or engaged in sexual activity or in an intimate state. This can include via hidden cameras and covert recording.	Crime and Policing Act 2026, which inserts new s.66AB into the Sexual Offences Act 2003.
Upskirting - taking images or videos underneath a person's clothing without their knowledge or consent e.g. capturing image of their genitals or underwear.	Previously addressed through s.67A Sexual Offences Act 2003, introduced by the Voyeurism (Offences) Act 2019. The Crime and Policing Act 2026 introduced expanded the rules to cover a wider range of sneaky non-consensual photo / video taking in intimate states, rather than just strictly upskirting.
Down-blousing - taking images or videos down the front of a person's clothing without their knowledge or consent, intending to capture breasts.	The Crime and Policing Act 2026 introduces broader offences of taking or recording an intimate photograph or film without consent through new s.66AB Sexual Offences Act 2003.
Cyberflashing - sending unsolicited images or videos of someone's genitals e.g. through social media, messaging apps, dating apps or nearby file sharing such as Air Drop.	Sexual Offences Act 2003, s.66A, inserted by s.187 Online Safety Act 2023. The offence applies when the sender intends to cause alarm, distress or humiliation or sends the image for sexual gratification.
Sextortion - blackmailing or coercing someone by threatening to share their intimate images or videos unless they provide money, further images, sexual acts, or comply with other demands.	Depending on the conduct, offences may arise under s.66B Sexual Offences Act 2003, the Theft Act 1968 (blackmail), the Sexual Offences Act 2003, or other legislation.
Deepfakes - using artificial intelligence or other digital technology to create, request, manipulate, share or threaten to share realistic false intimate or sexual images of a person without their consent. This can include using 'nudify' tools.	Sexual Offences Act 2003, as amended by the Online Safety Act 2023, Data (Use and Access) Act 2025 and Crime and Policing Act 2026.

This legal information is for general awareness only and is not legal advice. Laws and how they are applied can change always seek independent legal advice or contact the police about your specific situation.



Additional Risks for Muslim Women

Some Muslim women may be threatened with the release of photographs showing them without their headscarf (hijab) or with images of them alongside men to imply they are in a relationship. Sharing or threatening to share such images without consent is a serious violation of privacy and can amount to blackmail and harassment and may increase the risk of honour-based abuse, coercion, or other forms of harm.



If you are being threatened in this way or are concerned for your safety, report the matter to the police and seek support from a specialist organisation such as the Muslim Women's Network Helpline

www.mwnhelpline.co.uk



Actions to Take

- ✓ **Get take-down assistance**
Contact the Revenge Porn Helpline, which works directly with websites and social media companies to flag and remove non-consensual content. Under current regulations, platforms must take down flagged intimate images within 48 hours.
revengepornhelpline.org.uk
- ✓ **Contact StopNCII**
A free tool that generates unique digital hashes of your images directly from your device, allowing platforms to detect and block the images without anyone seeing the actual file.
stopncii.org
- ✓ **Contact the police**
Report all incidents, as criminal offences are likely to have been committed. The police can investigate and take further action.



Exploitation of Dating and Marriage Apps

Dating and marriage apps can be a useful way to meet new people, but they also carry risks. An abusive ex-partner may use these apps to locate or contact you, while some individuals create fake profiles to commit fraud, deceive users into giving them money, or arrange meetings with the intention of sexually assaulting or otherwise harming them.

To help protect yourself:



Protect your identity. Avoid including information that could identify you, such as your full name, home address, workplace, school or places you regularly visit.



Secure your account. Use a strong, unique password and enable two-factor authentication (2FA). Make sure the email account linked to your dating profile is also secure.



Limit location sharing. If the app allows it, set your location manually or use a broader area rather than your exact whereabouts.



Review your privacy settings. Check the app's privacy and security settings and adjust them to suit your comfort level.



Be cautious with photographs. Avoid posting photos that reveal your home, workplace, children's school, vehicle registration or other identifiable locations. Photos with friends or family can also expose their identities, and reverse image searches may link your photos to other online profiles.



Verify who you are talking to. Be cautious if someone seems too good to be true, avoids video calls, or asks for money. Consider a reverse image search to check whether their profile photos have been taken from elsewhere online.



Keep conversations within the app. Avoid moving to text messages, WhatsApp or other platforms too quickly – fraudsters and romance scammers often encourage this to avoid detection.



Never send money or share financial information with someone you have only met online, regardless of the reason given.



Arrange first meetings safely. Meet in a busy public place, tell a trusted person where you are going, arrange your own transport, and consider sharing your live location with someone you trust.



Trust your instincts. If something feels wrong or makes you uncomfortable, end the conversation or leave the meeting.



Report and block abusive users. Report fake profiles, harassment, threats or other abusive behaviour to the dating platform and block the individual. If you believe you are at immediate risk or a crime has been committed, contact the police.



Muslim Marriage Scam Warning

Some women have reported being deceived by men they met through Muslim marriage websites, apps or social media. For example:

- some men have falsely claimed to be single when already married
- some men have falsely claimed to be going through a divorce
- some men have falsely claimed to be Muslim
- some men have falsely claimed to be a UK resident, by using a UK mobile phone SIM



Some fraudsters persuade women to enter into a secret religious-only marriage (nikah) without carrying out any checks. In some cases, the ceremony is conducted remotely over the phone or online, with no opportunity to verify the identity of the officiant or witnesses, and no formal documentation.

Other scammers operate from overseas, falsely claiming to own a business in the UK to explain a non-English accent. They build a relationship entirely online, avoiding face-to-face meetings or video calls. Once trust has been established, they claim their business bank accounts have been temporarily frozen and ask for large "loans", often amounting to tens of thousands of pounds.

After receiving the money, they disappear, leaving the victim with significant financial and emotional harm.

Men can also be victims of marriage-related deception and abuse. In some cases, women from overseas have entered into marriages primarily to secure entry to the UK and have subsequently abandoned the relationship. There have also been cases where false allegations of domestic abuse have been made in an attempt to obtain immigration status or access to public funds. While such cases are relatively uncommon, they can have serious legal, financial and emotional consequences for those affected.



- Refusing to provide proof of identity or marital status.
- Arranging an Islamic marriage (nikah) with an officiant and witnesses known only to him.
- No written marriage certificate or documentation.
- Pressuring you to marry quickly or in secret.
- Avoiding introductions to family and friends.
- Discouraging you from carrying out any background checks





Actions to Take

- ✓ Verify identity. Ask to see original photographic identification, such as a passport, and ensure the details match the person you are dealing with.
- ✓ Confirm marital status. Ask questions and seek independent evidence where appropriate.
- ✓ Meet family and friends. Meet close relatives and friends and satisfy yourself that they are who they claim to be – some fraudsters have persuaded friends to pose as parents or siblings.
- ✓ Take your time. Do not allow yourself to be pressured into a marriage before you have carried out appropriate checks.
- ✓ Get independent advice. If you have any concerns, seek advice from someone you trust or from a specialist organisation before proceeding.
- ✓ Consider whether they are reluctant to enter into a civil marriage alongside the religious marriage.
- ✓ Contact your bank immediately if you have been scammed out of money as your bank may be able to reimburse you for some or all of the money you have lost.

Fraudsters often target women who are isolated, recently divorced, bereaved or otherwise vulnerable. They may approach women through WhatsApp groups, social media or community networks, claiming to know a suitable relative or friend looking for marriage. Always verify such claims independently before sharing personal information or agreeing to meet.





Technology-Facilitated Hate

Technology can be used to target individuals because of their race, religion, disability, sex, sexual orientation, gender identity or other protected characteristic. Online hate can spread rapidly through social media, messaging platforms, hate preachers and algorithms, reaching large audiences and causing significant emotional distress, fear and isolation.

In some cases, it escalates into stalking, harassment, criminal damage or physical violence by stirring up or inciting hatred against individuals or communities.





Actions to Take

- ✓ Log evidence such as taking screenshots and saving emails, text messages and URLs. When taking a screen shot of email, phone message or call log, remove name tag so the number / email address is visible to show the identity of the perpetrator.
- ✓ Report threatening or abusive content to the social media platform or website.
- ✓ Report abusive content to the regulator Ofcom if content is not removed.
- ✓ Reporting hate incidents or hate crimes to the police.
- ✓ Contact your employer, school, university or other relevant organisation if the abuse is connected to your work or studies.
- ✓ Report the perpetrator's conduct to their employer (if known) as their behaviour may breach their employer's code of conduct, equality, harassment or social media policies.



Help and Support

Police

call 999 in an emergency,
or 101 for non-emergencies or
'report' online on your local police
website

Revenge Porn Helpline

support and take-down assistance
for intimate image abuse.
www.revengepornhelpline.org.uk

StopNCII.org

a free tool to help prevent
non-consensual sharing of
intimate images.
www.stopncii.org

Action Fraud

the UK's national reporting
centre for fraud and cybercrime.
www.reportfraud.police.uk

CIFAS

for Protective Registration if
you are at risk of identity fraud.
www.cifas.org.uk

Muslim Women's Network Helpline

confidential culturally sensitive
multi-lingual national helpline for
women experiencing any kind of
abuse and related issues.

0800 999 5786

www.mwnhelpline.co.uk
info@mwnhelpline.co.uk

Muslim Safety Net

report any type of anti-Muslim
hostility wherever it occurs such
as on the street, in public spaces,
on public transport, while driving,
online, when accessing a service
or during employment.

0303 330 0288

www.muslimsafetynet.org.uk
contact@muslimsafetynet.org.uk

Your bank's specialist economic or financial abuse team

many UK banks have one; ask
when you call.

A specialist domestic abuse or stalking support organisation

for safety planning and ongoing
support.

Muslim Women's Network UK have launched **Amal Safety Mobile App** with

- ✓ Information on how to recognise abuse
- ✓ Safety Advice
- ✓ Advice on legal rights and protections
- ✓ Facilities to record evidence



Join the **Muslim Women's Network Member Platform** to stay up to date with the latest news, information and opportunities related to Muslim women.
Register at: <https://www.mwnhub.com/register>



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www.mwnuk.co.uk

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