



How to Protect Yourself from Tech Stalking

As technology advances, so do the tactics used by stalkers. Unfortunately, tools like geotagging and spoofing can be exploited to invade your privacy. Advancing technology has many benefits, but it's important to remain aware of its potential downsides. By staying informed and cautious, you can protect yourself from tech-based stalking and maintain your personal safety. This guide offers crucial tips to help individuals safeguard their privacy against the rising risks of tech stalking. Stay informed and take proactive steps to secure your digital safety.

Here's how to identify these risks and protect yourself from tech stalking:

Geotagging

Geotagging refers to the automatic storage of location data when you take a photo on your cell phone. This information is often shared on social media and can reveal your precise location to someone who may wish to cause harm.

How to Protect Yourself: Avoid posting pictures on social media if you're concerned about revealing your location. Turn off geotagging features in your phone settings to prevent your whereabouts from being tracked.

Spoofing

Spoofing occurs when someone disguises their voice or changes the background noise during a call to sound like someone else. This tactic is often used to deceive, intimidate, or harass individuals.

How to Protect Yourself: Develop a code or set up a plan with loved ones. For instance, agree on a specific number of rings or a special phrase so they know it's you calling. Stay vigilant if you notice any suspicious behavior during phone calls.

Steps for Added Protection

Location Protection: Always think twice before sharing your location or any personal information online. Review your privacy settings regularly on social media platforms.

Call Safety: If you suspect you're being spoofed, end the call and contact the individual through a known, secure method.

If you believe you are being targeted by tech stalking, there are resources available to assist you. You can reach out to the National Domestic Violence Hotline at **800-799-7233** or visit **thehotline.org** for support and guidance.