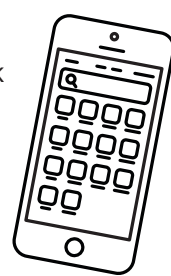



This resource is designed to accompany the workshop Explore Online Relationship Safety. It provides some practical first steps for protecting your digital privacy after you end a relationship.

These are general tips on keeping your devices secure. The exact steps may be different for different devices and may change over time. On iPhones and iPads, you can usually find a setting by tapping Settings on the Home Screen, then swiping down to show the search bar. (For help, see <http://tiny.cc/iphonesearch>.) On Android devices, swipe up from the Home Screen: a search bar will appear that says Search Your Phone and More. Type the setting you're looking for in the search bar.

Refresh your memory by watching this video: <https://youtu.be/DgSOKrYguqq>


Then see if you can answer these questions:

<p><b>1</b></p> <p>Why should you change your password recovery questions after breaking up with someone?</p> <div data-bbox="90 1176 503 1417"><p>Name of first pet</p><p>Select one</p><p>Mother's birthplace</p><p><b>Name of first pet</b></p><p>Favourite teacher</p><p>Favourite historical person</p></div>	<p><b>2</b></p> <p>How do you look for spyware on your devices?</p> 	<p><b>3</b></p> <p>If you have done a factory reset of your device, why should you not reset it from a saved backup or a cloud service?</p> 
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### ADDITIONAL INFORMATION AND RESOURCES

**On different browsers, Incognito Mode is called:**

- Firefox**  
Private Window
- Edge**  
inPrivate Window
- Safari**  
Private Browsing



**Support websites with "Quick Exit" buttons:**

- Clinic to End Tech Abuse** <https://www.ceta.tech.cornell.edu/>
- Operation Safe Escape** <https://safescape.org/>
- West Coast LEAF** <https://westcoastleaf.org/>
- Women's Support Network** <https://womenssupportnetwork.ca/>
- Tech Safety Canada** <https://techsafety.ca/>
- BC Society of Transition Houses Technology Safety** <https://bcsth.ca/project/technology-safety/>