

WHAT IS STALKERWARE?

Stalkerware is an app that runs on a computer or smartphone and sends all of your information to another person without your permission or knowledge.

Do you have a stalker or abuser that consistently seems to know everything about you? Have they referenced something you'd only shared privately?

You might be a victim of stalkerware.

HOW CAN THIS HAPPEN?

- Open knowledge of your passwords
- Physical access to your devices
- Opening malicious email attachments

Use different, complex passwords for each service (Instagram, Facebook, etc), encrypt your devices (and PIN-lock your phones) and don't click on links or attachments in email unless you're completely confident in the sender.

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HOW CAN I FIX THIS?

⚠ WARNING ⚠

An attacker will immediately know if you've removed Stalkerware from your device. Make a safety plan (domestic violence shelter, friends, etc) before you continue.

- Reset your passwords (use a password manager) and enable 2-Factor Authentication
- Back-up your device and reset it to the factory settings. Restore your photos and contacts but **don't** restore your apps.
- Always keep your apps and operating system updated.



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