

**Trust is not about knowing a partner's passwords or where they are 24/7. This is abuse.**

If somebody tries to monitor their partner's movements, emails, texts, messages or posts on social media and so on, this is abuse. It enables them to control and put fear into their partner even when they are not together. They may ask for, or steal, passwords to access their partner's personal information. Nobody should have to 'prove' they trust someone by giving them access to this type of information. Using digital or online methods to control others is now common. As well as monitoring, people use them to bully and frighten victims. This includes sharing intimate photos or videos without someone's permission (sometimes known as 'revenge porn') or using spyware or GPS on their devices to stalk them.

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