

Location Tracking And Technology-Facilitated Stalking

Among tech-facilitated stalking victims, 15% were tracked with a device or app.¹

What is location tracking and stalking?

A tactic of stalking that uses technology (e.g. GPS Bluetooth or hardwired devices) to track the location of a victim.

More than two times as many victims are stalked with technology than without it.²

Abusive partners or ex-partners might:

- Hide a GPS/Bluetooth device in your car in a discrete location
- Download a location tracking app on your phone
- Place a tracking device in your bag/pocket/purse/backpack
- Use a smart car GPS navigation system to track you
- Tracking devices and children's backpacks or bags.

Signs of location tracking and stalking:

- The person knows where you are, even when you didn't tell them
- Finding an unfamiliar device(s) on, under, or in your vehicle/belonging
- Find apps on your phone/children's phones that you didn't download
- Suspicious notifications on your smart device

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Safety Planning Tips

- **Trust your gut.** If you feel like something is off, listen to your intuition
- **Educate yourself** on types of tracking devices and what they look like
- **Check your car for devices** in easy-to-overlook places like under the hood and bumper, around the tires, and power outlets, under seats, etc.
- **Turn off location sharing** on your phone, GPS, and social media
- **Talk with an advocate** about safety concerns to create a safety plan
- **Change routes and routines** to and from frequent locations
- **Identify a plan** before removing devices/apps. Removal could alert the person tracking your location

Stalking Prevention, Awareness & Resource Center

stalkingawareness.org



Safety Net Project, NNEDV

nnedv.org



Sources:

1. Morgan, R.E., and Truman, J.L. (2022). Stalking Victimization, 2019. Washington, DC: US DOJ, Bureau of Justice Statistics, Special report
2. Truman & Morgan, 2021. Bureau of Justice Statistics



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