

eSafetyWomen

Are you at risk  
of abuse through  
technology?



Australian Government

Office of the Children's **eSafety Commissioner**

For information about managing online abuse and cyberstalking, and how to put in place an esafety plan visit

**[esafety.gov.au/women](https://esafety.gov.au/women)**

- Learn about your device and how to use it safely
- Explore social media with confidence
- Get help and support