Trust my instincts. If I suspect someone is monitoring my calls, location or conversations, I should take precautions.

1. Lock my cell phone with a pass-code and don’t share it with anyone.

2. Turn off the GPS on my phone and leave it on emergency calls only. Be aware that some apps will not work with the GPS off.

3. Turn off the Bluetooth on my cell phone when it is not in use.

4. Check your cell phone account through your wireless carrier’s website to ensure that you know all the features running on your phone.

5. Keep a cell phone with me at all times and place a phone in a room that locks from the inside (like a bedroom).

6. Run antivirus and security software on my phone. Some software will even list all the programs that are running on your phone.

7. Avoid purchasing a "jail-broken" or an "unlocked" phone. They are more vulnerable to spyware and malware.

8. Be safe online. Use tools that prevent my email and internet activity from being discovered.

Domestic Violence Hotline (800) 799-SAFE (7233)

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