


# Safety Tips For Using Computers & Cell Phones

Computers and cell phones are useful to gather information and stay in touch with family and friends. But cell phones and computers can also be used to harass you, follow you, and abuse you. Reading the attached safety tips will help you use your computer and/or cell phone more safely.

 [TechTips\\_for\\_Survivors-PCADV.pdf](#)

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**Source URL (retrieved on 01/26/2015 - 7:06pm):** <http://wcadv.org/content/resources/safety-tips-using-computers-cell-phones>