

# Information sheet

## Tracking

Tracking, also known as stalking, is when someone monitors or harms someone else. They can use technology as a tool to do this. Some of the common technologies that are used as tools for this are phones and laptops.

Tracking is a crime and can be reported to the police. Criminal behaviour includes stalking, sending threatening emails, and texts (harassment), using tracking apps and spyware without consent, as well as online bullying.

### Overview

You will watch a short video to explore the topic of tracking and use the questions provided to reflect on it.

### Objectives

- Understand what impact tracking can have.
- Understand the personal, social, and legal impacts of tracking.
- Know where to get help and support.



### Background to the story

22-year-old Dina lives with her husband, Ali. They have been married for two and a half years and arrived in Australia two years ago. Dina and Ali have no children. Dina and Ali are in Australia on working visas.

 **Dina's story:**  
[youtu.be/gygnimbM3gY](https://youtu.be/gygnimbM3gY)

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### Scene 1 - Discussing

Dina is sitting in her lunchroom. She is obviously scared and upset and is receiving a lot of text messages. Her manager and friend, Vanessa, is talking with her and trying to find out from Dina if she is okay.

**Q 1: What do you think is happening here?**

**Reflection:**

Think about what is occurring. Is this acceptable? Consider if a husband has a right to know where his wife is.

**Q 2: Is it okay for Ali to send so many texts to Dina?**

**Reflection:**

Consider what may be appropriate. What is the difference between frequent wanted contact and frequent unwanted contact. Consider how Dina is feeling.

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### Scene 2 - Disclosing

Dina talks to Vanessa about what is happening and how scared she is of her husband. Dina tells Vanessa that Ali is constantly following her and threatening her.

**Q 1: What information does someone have about you if they have access to your phone?**

**Reflection:**

Think about what information is on a mobile phone. Consider how this can be protected.

**Q 2: How easy do you think it is to track someone?**

**Reflection:**

Consider what the information that is given on phones tell others. Think about, for example, location status, checking in to restaurants, reviewing places, Snap Maps etc.

**Q 3: Why do you think Ali is doing this?**

**Reflection:**

Consider what reasons Ali may say he has to be contacting Dina.

Is there a difference if this occurs in an intimate partner relationship, or if it occurs outside an intimate partner relationship?

Think about the tools used (for example, phone, laptop) as well as the gender-based power imbalance that leads to this behaviour (for example, patriarchal structures, husband's 'rights' etc).

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### Scene 3 - Supporting

Vanessa and Dina talk about what help Dina can get. Vanessa gives Dina information on support at work as well as support through a social worker.

#### **Q 1: What impact can tracking have on a person?**

##### **Reflection:**

Consider how Dina might be feeling - fearful, intimidated, harassed.

#### **Q 2: What can Dina do in this situation?**

##### **Reflection:**

Consider what rights Dina has in this situation and what laws may protect people around stalking and tracking.

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# Support services

## 1800RESPECT

1800RESPECT is available for free, 24 hours a day, 7 days a week to support people impacted by domestic, family or sexual violence. They provide confidential information, counselling and support.

### Contact details:

W: [www.1800respect.org.au](http://www.1800respect.org.au)

P: 1800 737 732

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## Adira NSW Multicultural Centre for Women's and Family Safety

Adira supports effective, culturally responsive safety services for migrant and refugee women, children and families. They provide collaborative case management as well as referral pathways for specialist support.

### Contact details:

W: [www.safetycentre@ssi.org.au](mailto:www.safetycentre@ssi.org.au)

P: 02 8111 7077

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## eSafety Commissioner

eSafety is Australia's independent regulator for online safety. They educate Australians about online safety risks and help to remove harmful content such as cyberbullying of children, adult cyber abuse and intimate images or videos shared without consent.

### Contact details:

W: [www.esafety.gov.au](http://www.esafety.gov.au)

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## NSW Police Force

If you believe you are experiencing technology-facilitated abuse — such as stalking, intimidation, or image-based abuse — you can report it to your local police.

In an emergency, call 000.

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# Support services

## Wesnet

Wesnet provides relief and support to women and children experiencing domestic and family violence, intimate partner violence and other forms of gender-based violence. They provide material relief to women and children as well as educational resources and advice to women and children to increase their safety.

### Contact details:

E: [wesnet@wesnet.org.au](mailto:wesnet@wesnet.org.au)

P: 1800 937 638

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## Immigrant Women's SpeakOut

Immigrant Women's SpeakOut is a key organisation for migrant and refugee women within NSW supporting women subjected to domestic and family violence or who are at risk of homelessness due to violence or abuse. Immigrant Women's SpeakOut provides information, guidance and other direct services.

### Contact details:

W: [www.speakout.org.au](http://www.speakout.org.au)

P: 02 9635 8022

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## Women's Legal Services NSW

Women's Legal Service NSW (WLS NSW) is a community legal centre providing women across NSW with a range of free legal services, with specialist legal services relating to domestic violence, sexual assault, family law, discrimination, victims support, child protection, human rights and access to justice.

### Contact details:

W: [www.wlsnsw.org.au](http://www.wlsnsw.org.au)

P: Domestic Violence Legal Advice Line:  
02 8745 6999

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## Muslim Women Australia

Muslim Women Australia offers a wide range of services including settlement support for newly arrived migrants and refugees, community development programs, financial counselling, legal aid, and specific support for domestic violence and homelessness through their service, Linking Hearts.

### Contact details:

W: [www.mwa.org.au](http://www.mwa.org.au)

P: 02 9750 6916

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