



The rise of mobile technology is making methods of control ever easier and more varied, from instant messaging services showing when communications have been read, to popular apps that track a person's whereabouts. "While over a third of those questioned consider themselves as having been in controlling relationships, 37 per cent only knew this in hindsight and 10 per cent when it was highlighted to them by their friends and family."

A survivor said "I think it's often the case that young people don't have the experience of healthy relationships to know that what's happening isn't normal. It's so easy just to think 'all couples argue', especially when someone is telling you that you provoked them all the time. And once they start wearing down your self-esteem and isolating you, it spirals to a point that you can't see a way out. Having experienced coercive control I know it's very easy not to recognise those early signs of abuse, and end up staying in a relationship that's dangerous and takes over every aspect of your life. Raising awareness with young people is so important because it'll empower them to recognise signs of control early on and know what they are experiencing isn't normal or their fault."

How your iPhone has been tracking your every move in secret!

I previously featured this in June last year but have been shocked at how few professionals are aware of this feature so feel the need to share it again. Please share this new found knowledge with others and remember that it may pose a risk to people you're supporting. Described as "the divorce lawyer's dream"- this iPhone feature that has existed for months, buried deep into the settings menu. I am more concerned how this feature can be used to increase the risk posed to victims. If you put this information in someone else's hands, then it becomes powerful, and in some cases, dangerous.

Without your knowledge, every move you make is being tracked in alarming detail. The Frequent Locations system pinpoints the places you go on a map, how many times you're paid a visit, and the exact times of your arrival and departure.

If you haven't disabled this feature, this means that Apple knows where you live and work and is even able to understand your daily routine. That includes an abusive partner too. Few people know this exists – after being shown the information, I was stunned and it almost felt I was like I was a "person of interest" in a low budget film about the FBI. Thankfully, I'm not that interesting!

Go to Settings section, and hit the Privacy tab. Then click Location Services at the top, which will probably say "on". From here scroll right to the bottom of the menu and click System Service: Finally, press Frequent Locations, which is the last option available.

At the bottom, you'll see your history, including the locations and how many visits made. By clicking on one of them for more information, you might be presented with several addresses. Selecting a specific location will lead you to a list of the dates and times you were there – scary.

Thankfully, there are ways to disable this, in the Frequent Locations menu it's possible to clear your history, and stop your iPhone from logging these details in the future.

