

Appendix 8:

This is an online document accessed via page 85 of the DFV Action Framework. If you have printed or saved this, check the IIH website for updated versions at industryimpacthub.org/domestic-and-family-violence/dfv-action-framework-resources/. The version number is in the header.

What is the difference between a 'Quick Exit' button and 'Safety Check' information?

If a perpetrator knows that a DFV victim-survivor has been looking at/researching information about DFV or support it can be a trigger for abuse.

Many websites now have a button enabling the person who is reading your online information to leave the page quickly. The action of pressing the button immediately puts content on the screen that is not associated with DFV. This is a 'Quick Exit' button. It is important to code the button so that the 'back button' can't take a viewer back to the previous page.

The Quick Exit button enables the computer user to immediately switch to a different screen when the perpetrator comes into the room.

However, a Quick Exit button will only be beneficial to a DFV victim-survivor if the perpetrator is looking over their shoulder or comes into the room at the time at which the person is accessing the information. It is an important aid, but will not help at other times.

Perpetrators are able to monitor computer-use remotely and access user history. The Quick Exit won't prevent this; however, taking 'Safety Check' steps will reduce the possibility of monitoring.

The Safety Check enables the computer user to reduce the risk of the perpetrator knowing which pages they have been looking at when the perpetrator is not in the same room

It is important to:

- Have a Quick Exit button on all relevant pages on your website
- Include Safety Check information on all relevant pages on your website

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Online information about technology facilitated abuse

The examples of Quick Exits and Safety Checks below are on pages that discuss technology facilitated abuse. This information will be useful for your teams when forming your own communication/links about the subject. Here are some relevant links to review:

1800RESPECT

- 1800respect.org.au/help-and-support/technology-and-safety/general_online_safety
- 1800respect.org.au/help-and-support/technology-and-safety/devices

Wesnet

- techsafety.org.au/resources/resources-women/
- techsafety.org.au/resources/

eSafety

- esafety.gov.au/women/domestic-family-violence
- esafety.gov.au/key-issues/domestic-family-violence/how-to-identify-tech-abuse
- esafety.gov.au/key-issues/domestic-family-violence/online-safety-planning
- esafety.gov.au/key-issues/domestic-family-violence/help-support
- esafety.gov.au/key-issues/domestic-family-violence/help-support/get-help-in-your-language
- esafety.gov.au/diverse-groups/living-with-disability/easy-read
- esafety.gov.au/key-issues/domestic-family-violence/professional-development/stories
- esafety.gov.au/key-issues/domestic-family-violence/professional-development

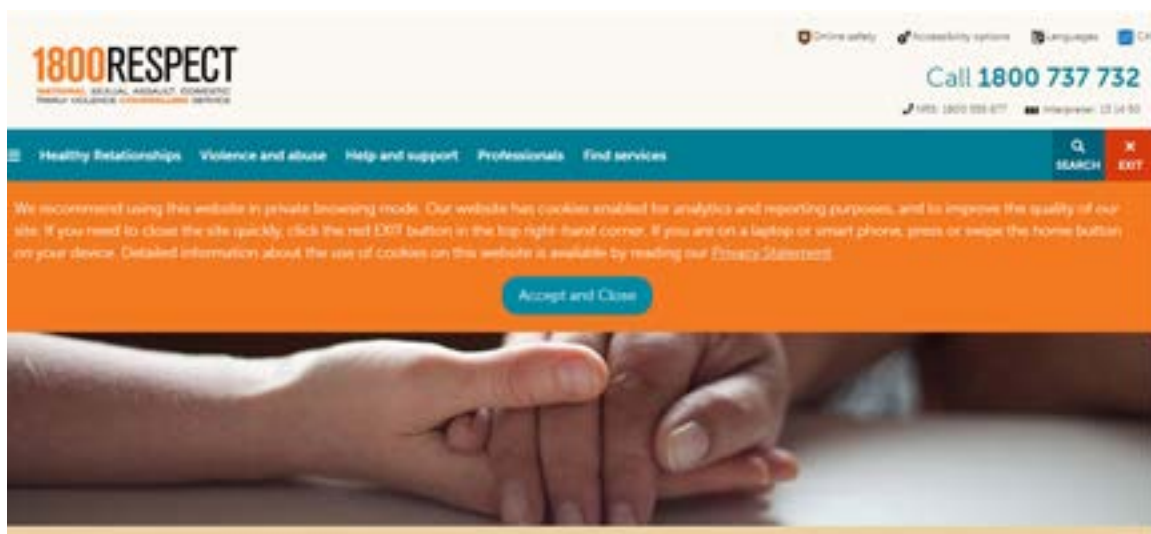
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Example websites with a Quick Exit Button

1. 1800RESPECT

1800respect.org.au/

Website Homepage



Screen view when 'Exit' button is pressed

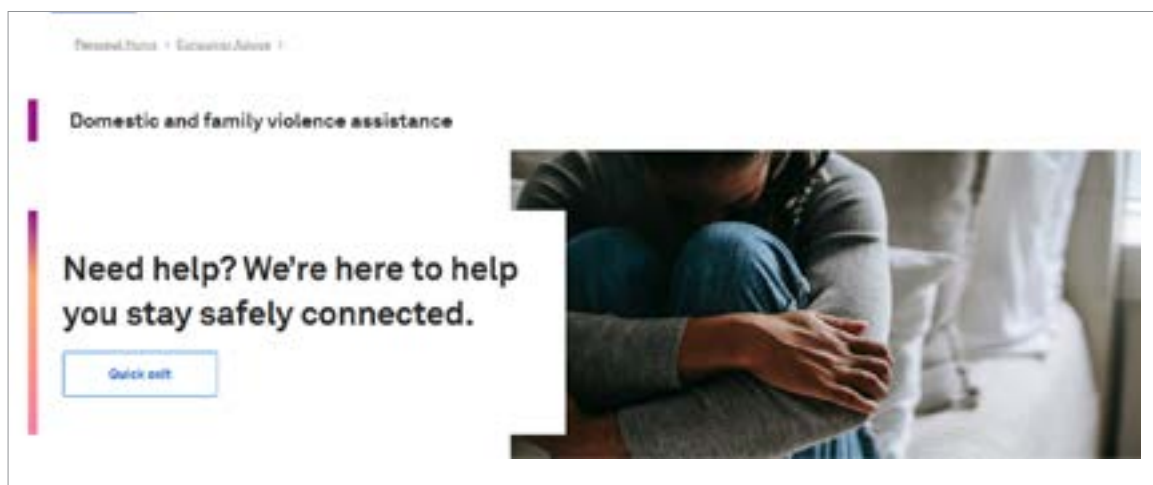


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2. Telstra

telstra.com.au/consumer-advice/domestic-family-violence

Domestic and Family Violence page



Screen view when 'Quick Exit' button is pressed

Warnings current
NSW VIC QLD WA SA TAS ACT NT

Weather for Tuesday 8 February

City	Now	Max	Conditions
Sydney	17.5°	25°	A few showers
Melbourne	24.4°	31°	Sunny
Brisbane	25.7°	30°	Mostly sunny
Perth	18.3°	26°	Mostly sunny
Adelaide	29.0°	34°	Showers developing in the afternoon
Hobart	18.5°	23°	Cloudy
Canberra	19.5°	24°	Possible shower
Darwin	28.7°	31°	Showers, Possible storms

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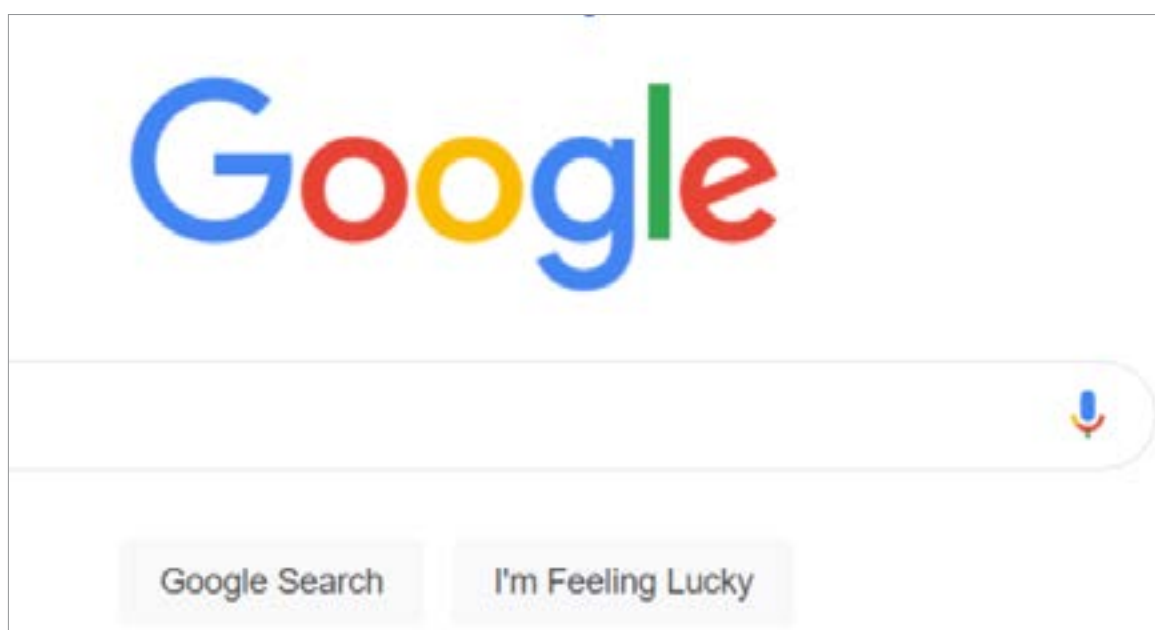
3 eSafety

esafety.gov.au/women/domestic-family-violence

Domestic and Family Violence Page

The screenshot shows the eSafety Commissioner website. At the top, there is a navigation bar with links for 'About us', 'Key issues', 'Research', and 'Newsroom'. Below this is a search bar with the text 'I want help with' and buttons for 'SEARCH' and 'REPORT ABUSE'. A secondary navigation bar includes categories like 'Education', 'Parents', 'Young people', 'Kids', 'Women', 'Seniors', 'Disability groups', and 'Industry'. A purple banner below the navigation bar reads 'Tips on how to stay safe online during the COVID-19 pandemic'. The main content area features a 'QUICK EXIT' button with the text 'Click here to exit quickly. Browser history won't be cleared.' The page title is 'Domestic and family violence'. A sidebar on the left lists various topics under 'Women', with 'Domestic and family violence' selected. The main content area has the heading 'Domestic and family violence' and a sub-heading 'If you are experiencing online abuse as part of domestic and family violence, we have advice to help you stay safe.' Below this, there is a paragraph stating 'It is absolutely important that you stay connected to your family, friends and community. We have advice and support to ensure you can continue to safely use technology and remain connected.' A dark blue box titled 'Stay safe' contains the text: 'If you are in Australia and feeling unsafe right now, call the police on Triple Zero (000) or contact 1800RESPECT (1800 737 733). Remember your safety is important. If an abusive person learns that you are seeking resources and information, their abusive behaviour may get worse. Learn more and connect with support.'

Screen page when 'Quick Exit' button is pressed



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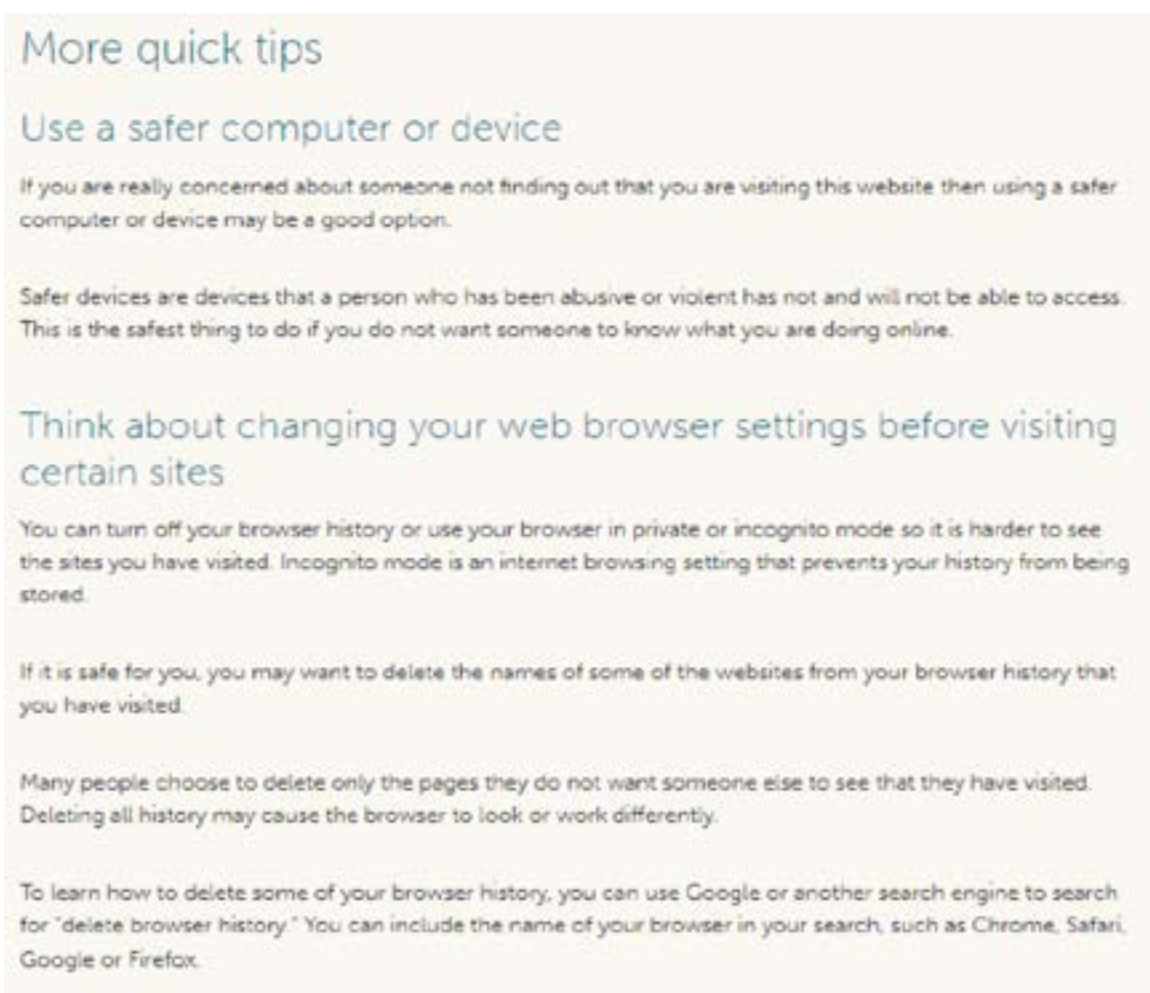
Example websites with Safety Check Information

1 1800RESPECT

1800respect.org.au/help-and-support/technology-and-safety/online_safety_tips.

The 1800RESPECT 'technology and safety page' under the 'Help and Support' tab

This has comprehensive information, all of which is relevant and will be useful to you. Some of which includes:



More quick tips

Use a safer computer or device

If you are really concerned about someone not finding out that you are visiting this website then using a safer computer or device may be a good option.

Safer devices are devices that a person who has been abusive or violent has not and will not be able to access. This is the safest thing to do if you do not want someone to know what you are doing online.

Think about changing your web browser settings before visiting certain sites

You can turn off your browser history or use your browser in private or incognito mode so it is harder to see the sites you have visited. Incognito mode is an internet browsing setting that prevents your history from being stored.

If it is safe for you, you may want to delete the names of some of the websites from your browser history that you have visited.

Many people choose to delete only the pages they do not want someone else to see that they have visited. Deleting all history may cause the browser to look or work differently.

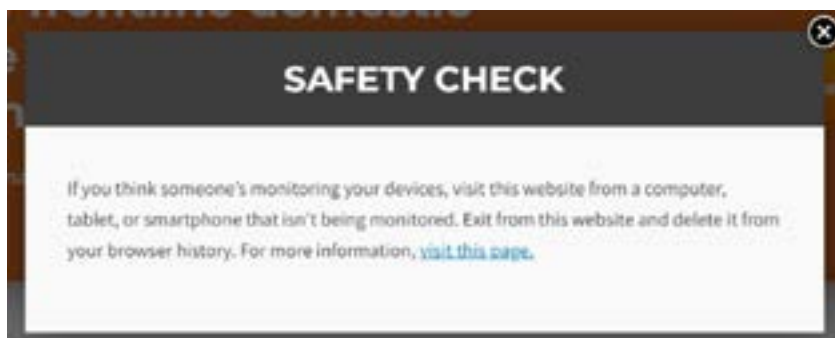
To learn how to delete some of your browser history, you can use Google or another search engine to search for "delete browser history." You can include the name of your browser in your search, such as Chrome, Safari, Google or Firefox.

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2 Wesnet

wesnet.org.au/

Pop-up notice



'Visit this page' leads the reader to:

WESNET
The Women's Online Network

ABOUT US ▾ OUR WORK OUR IMPACT SHOP CONTACT MEMBERS ▾

Exit this site quickly

A Safety Message for our visitors and some safety tips for using this website

Many websites that have information about domestic violence, sexual assault, or stalking have a "quick escape" or "leave this website" button at the top of their web pages. Some websites have a pop-up message to let you know that you should leave that website if your device is being monitored. These buttons or messages are there to allow someone to quickly leave the website if she or he is concerned that it could be an issue should someone know that they are seeking this kind of information.

This button is only helpful if someone is watching over your shoulder or enters a room and you need to quickly switch to another website. It will not prevent the other person from going through your browser history or from knowing you were on that website if they are monitoring your device or internet activity remotely.

To minimise the chances of someone knowing that you are researching information about domestic violence, sexual assault, or stalking, follow these tips.

- 1 If you think your devices or internet search activities are being monitored, **access this information from a device that isn't being monitored**. That should be a device to which the abusive person does not have physical or remote access. This is the safest thing to do if you don't want someone to know that you are visiting these websites.
- 2 Sign out of other accounts, such as Google or Facebook, before visiting these sites.
- 3 Use your internet browser settings to increase your privacy, such as turning off browsing history or using the browser in private mode. [Read more about browser settings here.](#)
- 4 If it is safe to do so, delete the websites URLs that you don't want to be stored from the browser history.
- 5 Use a Virtual Private Network (VPN) to increase the security of your internet browsing and activity.

Wondering if your devices are being monitored? [Learn more about computer spyware.](#)

- ['Read more about browser settings here'](#)
- ['Learn more about computer spyware'](#)