

TFGBV Reporting Template

A simple form you can fill in to record the most important information to document tech-facilitated gender-based violence.

You can fill in as much or as little as you want. Only complete the parts that feel safe. We recommend that you complete the form with a support person, if you have one.

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1. Your Information

Name (optional):

Preferred way to contact you:

☐ Phone: _____

☐ Text: _____

☐ Email: _____

☐ Through a support person:

- Name: _____
- Contact information (Phone/Email): _____

☐ Other: _____

2. Who Are Your Support People?

Is there someone safe who can help you?

- ☐ Yes
☐ No
☐ Not sure

Name or role (optional):

How they can help:

3. What Happened?

Describe what happened in your own words:

(You can write a short sentence or a long description. Anything is okay.)

When did it happen? Date: _____

Did it happen more than once?

- ☐ Yes
☐ No
☐ Not sure
-

4. Where Did It Happen?

Choose all that apply:

- ☐ WhatsApp
☐ Facebook

- ☐ Instagram
 - ☐ TikTok
 - ☐ X (Twitter)
 - ☐ Email
 - ☐ Text messages
 - ☐ Phone calls
 - ☐ Gaming platforms
 - ☐ Online groups or forums
 - ☐ On your device (settings changed, apps added, etc.)
 - ☐ Other: _____
-

5. Who Was Involved?

Do you know who caused the harm?

- ☐ Yes
- ☐ No
- ☐ Not sure

If yes, who was it?

- ☐ Partner
- ☐ Ex-partner
- ☐ Family member
- ☐ Caregiver
- ☐ Friend
- ☐ Stranger
- ☐ Someone online
- ☐ Other: _____

Name or username (optional):

6. What Did They Do?

Choose anything that matches your experience:

- ☐ Sent harmful or threatening messages
- ☐ Shared or threatened to share photos
- ☐ Logged into my accounts without permission

- ☐ Changed my passwords
- ☐ Created fake accounts pretending to be me
- ☐ Monitored my messages or location
- ☐ Took my device away
- ☐ Installed apps without asking
- ☐ Pressured me to send photos or information
- ☐ Stole money or accessed my banking apps
- ☐ Made me feel scared, controlled, or unsafe
- ☐ Other: _____

Describe the experience (optional):

7. Evidence You Have

You can attach or describe any evidence you feel safe to share. Evidence is important to ensuring that law enforcement can stop the person who harmed you.

- ☐ Screenshots
- ☐ Photos
- ☐ Emails
- ☐ Text messages
- ☐ Voice notes
- ☐ Links to posts or profiles
- ☐ Notes about what happened
- ☐ Device logs or notifications
- ☐ Bank or mobile money records
- ☐ Other: _____

Describe the evidence (optional):

8. How Did You Feel?

You can choose more than one:

- ☐ I felt scared
 - ☐ I felt confused
 - ☐ I felt embarrassed or ashamed
 - ☐ I felt watched or monitored
 - ☐ I had trouble sleeping
 - ☐ I avoided using my device
 - ☐ I felt unsafe at home or online
 - ☐ Other: _____
-

9. What Are Your Safety Concerns?

Do you feel safe right now?

- ☐ Yes
- ☐ No
- ☐ Not sure

Is anyone watching your device or messages?

- ☐ Yes
- ☐ No
- ☐ Not sure

Do you need urgent help?

- ☐ Yes
 - ☐ No
-

10. What Do You Want to Happen Next?

Choose what feels right for you:

- ☐ I want emotional support
- ☐ I want help changing my passwords
- ☐ I want help blocking or reporting the person
- ☐ I want help collecting evidence
- ☐ I want to make a formal report
- ☐ I want legal information

☐ I want a protection order

☐ I want help talking to police

☐ I am not ready to take action

☐ I am not sure what I want yet

☐ Other: _____
