Technology and Privacy

Purpose

Explore digital boundaries and unwanted monitoring.

How to use this worksheet

1. Read the information and prompts at your own pace.
2. Respond only to what feels comfortable; you may skip any part.
3. Pause whenever you need to.

Reflection prompts

Have I experienced unwanted account access or monitoring?

Are there privacy concerns I would like professional guidance about?

Educational resource developed for Soteldo Psychotherapy Clinic. This worksheet is not a diagnostic instrument, formal risk assessment, legal opinion, or substitute for individualized professional advice.

Reflection prompts — continued

What support services might help?

What questions do I have about safer technology use?

References

Concepts informed by:

Department of Justice Canada. (2021). The Divorce Act changes explained. https://canada.justice.gc.ca/eng/fl-df/cfl-mdf/dace-clde/index.html

Reflection questions and worksheet layout are original clinic educational content.

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