

Detect Stalkerware On A Phone You Share — Checklist

is a real safety threat. Detection requires care; removal requires a plan. If in an abusive context, call NDVH 1-800-79

Date completed: _____

Re-run this quarterly. Each pass takes about 12 minutes.

Beginner — do these in order

- 1. If in abuse context — call NDVH 1-800-799-7233 BEFORE doing technical checks
- 2. Look for behavioral signs: battery drain, data spike, overheating, knowledge the
- 3. Check device admins / profiles / accessibility services / installed apps / permi
- 4. Run a reputable scanner (Malwarebytes, TrendMicro)
- 5. Document evidence with screenshots before any removal
- 6. Plan removal with a DV advocate if applicable; otherwise factory reset
- 7. Restore essentials manually rather than from full cloud backup
- 8. Change all critical account passwords from a clean device after removal

Advanced — if you want to go further

- Use a secondary 'safe' device
- Run iVerify or similar on iOS
- Use Signal for sensitive communication
- Subscribe to Coalition Against Stalkerware alerts
- Document everything carefully
- Get a domestic-violence safety plan