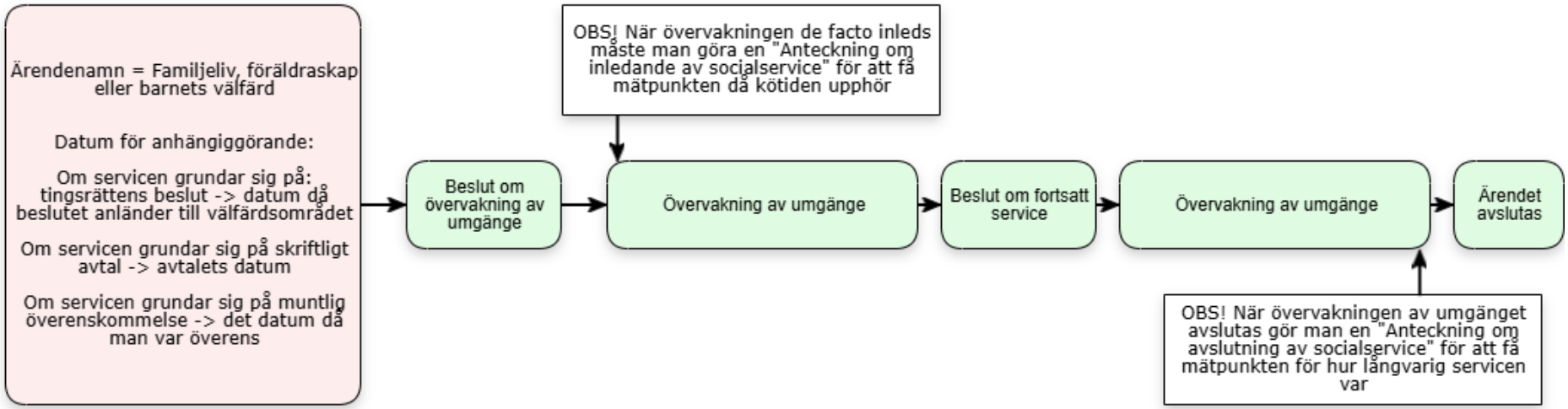Övervakning av umgänge