# Internet Usage Safety

- Please remember that **computers can track information** such as the sites you have visited on the Internet, the emails you send, and other activities.

- If you are in danger, try to use a safer computer that someone abusive does not have access to.

- Consider using a computer in a public library, at a community technology center (CTC) www.ctcnet.org (national directory), at a trusted friend's house, or an Internet Café.

- If you think your activities are being monitored, they probably are. Abusive people are often controlling and want to know your every move. You don't need to be a computer programmer or have special skills to monitor someone's computer activities - anyone can do it and there are many ways to monitor.

- Never share your email password(s).

- If you close an e-mail account and open another, ask family members and friends not to disclose your new e-mail address.

- Never give personal or identifying information to any online service unless you feel reasonably sure the site is legitimate and secure.

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## Instructions for Internet Explorer

To delete temporary internet files, cookies (cryptic bookmarks that a Website can place on your computer to acknowledge your visit) and web addresses in your history:

For New Version of Internet Explorer:

1.Click on the tools menu on the right hand side of toolbar.
2. Select Delete Browsing History.
3. Select Delete All.

For older versions of Windows Explorer:

1. On the menu at the top of the browser window, click on Tools>Internet Options...

2. In the dialog window that opens, click on the "General" tab.

3. In the section labeled "Temporary Internet Files", if you wish to delete all files and cookies, click on the "Delete Files..." button. A confirmation dialog will open asking if you want to delete all files in your temporary internet folder. Click "OK".

4. If you wish to selectively delete files and cookies, click on the "Settings..." button. A dialog window will open. Click on the "View Files..." button. A window will open with a list of all your temporary internet files and cookies. You can highlight the files you wish to delete and hit the delete key or click Edit>Delete.

5. To empty the History folder, click on the "Clear History" button and then the "OK" button.

## Instructions for Mozilla/Firefox

To delete pages in your history:

Click on Tools, then Clear Private Data.

Make sure to select Cookies, Browsing History and Cache.

Click Clear Private Data now.

## Instructions for Safari

Under History click clear History

Under Edit Click clear Cache

You can also select Private Browsing before using the web.

It will not track anything until it is turned off.

*The above information was taken from The National Network to end Domestic Violence materials and The Alabama Coalition Against Domestic Violence website ([www.acadv.org](http://www.acadv.org)).*