Be Safe Online

If you think your online activities are being monitored, they probably are...your Internet, online, and email activities can be easily traced. It is safer to use a computer at a local public library, Internet cafe, community center, or trusted friend's house.

If an abuser has access to your email account, he or she may be able to read your incoming and outgoing mail. Even if you believe your account is secure, make sure you choose a password he or she will not be able to guess. If an abuser sends you threatening or harassing email messages, print and save them as evidence of this abuse.

In addition, you can clear the online search history on your computer by clearing the cache history, temporary files, and cookies from your Internet browser. (Cookies are hidden bookmarks a website can place on your computer when you access or visit a website. They are harmless, but can leave a trail of when and where you have been online.) Here are some directions for common Internet browser programs:

Internet Explorer 8 & 9

To Clear History, Cache, and Cookies:

1. **If you are using IE8**, choose "Internet Options" from the "Tools" menu. **If you are using IE9**, in the upper right corner, click the small gear icon (to the right of the star icon) and choose "Internet Options".
2. On the "General" tab, under "Browsing History" click "Delete."
3. Un-check the "Preserve Favorites website data" box.
4. Check the "Temporary Internet Files," "Cookies," and "History" boxes.
5. Click "Delete."
6. When finished, click "OK" to return to your Internet Explorer window.
7. Close the Internet Explorer window and reopen.

Mozilla Firefox

To Clear History, Cache, and Cookies:

1. From the "History" menu, select "Clear Recent History."
2. From the "Time Range to Clear" drop down menu, select the desired range. To clear your entire cache, select "Everything."
3. Click the down arrow next to "Details" to choose what history elements to clear (e.g. check "Cookies" to clear cookies). Click "Clear Now."

American Online (AOL)
1. Choose "Preferences" from the "Members" menu
2. Click on the "WWW" icon
3. Select Advanced
4. Click "Purge Cache"

Netscape

To Clear History:

1. Click on "Communicator" then "Tools" and then "History" on the menu bar at the top of your browser
2. When the History window opens, highlight the addresses you want to erase and press your "Delete" key on the keyboard or click on "Edit" then "Delete" on the menu bar
3. To clear the History file, click "Edit" then "Select All" then "Edit" and "Delete"

To Clear Cache:

1. Click on "Edit" and then "Preferences" on the menu bar
2. Click the "+" sign in front of "Advanced" on the left side of the frame; then click on "Cache"
3. In the Cache window, click on "Clear Memory" and "Clear Disk Cache" buttons; then click "OK"

To Clear Cookies:

1. Open Windows Explorer and find the "Netscape" folder, usually in the "Program" folder on your "C" drive
2. In the "Netscape" folder, open the "Users" folder
3. In "Users" open the "Default" folder
4. In "Default" folder, find the file called "cookies.txt"
5. Delete the file "cookies.txt" to erase all the cookies or double click on the file which will open in Notepad with a list of cookies you can delete selectively.

Information courtesy of Domestic Violence Intervention Center, http://www.dvic2.org and National Coalition Against Domestic Violence, www.ncadv.org.