

Safety Online

Simple Steps to Help You Stay Safe

We encourage victims to use a safer computer at a library, community center or even at a local domestic violence advocacy office. This is especially important when researching escape plans. Looking for bus tick-ets, shelter information and housing classified ads on a home computer can alert your abuser and increase your risk.

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.

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.

