

AN ABUSER CAN DISCOVER YOUR INTERNET ACTIVITIES!

If an abuser knows how to read your history/cache file (automatically saved web pages and graphics), he or she may be able to see what sites you recently visited.

Clear your history or empty your cache file in your browser's settings!

This information may not completely hide your tracks. Many browser types have features that display recently visited sites. The safest way to find information on the Internet, would be at a local library, a friend's or at work.

Mozilla

Pull-down History menu. Select "show in sidebar" at the bottom of list. A sidebar will open with your recent viewing history. Select "today" or the days you want to delete, and hit the delete button.

Internet Explorer:

Pull-down Tools menu item or click on the tools icon in the upper right corner of the browser window. Select "Delete Browsing History." A popup window will appear. Delete your temporary files, cookies and browsing history. It may take a few moments. Close the popup window.

Older Browsers:

Internet Explorer:

Pull-down View menu, select Internet Options. On General page, under Temporary Internet Files click on "Delete Files". Under History click on "Clear History."

AOL:

Pull-down Members menu, select Preferences. Click on WWW icon. Then select Advanced. Purge Cache.

Netscape:

Pull-down Edit menu, select Preferences. Click on Navigator on choose 'Clear History'. Click on Advanced then select Cache. Click on "Clear Disk Cache".

Older versions of Netscape: Pull-down Options menu. Select Network Options, Select Cache. Click on "Clear Disk Cache".

email:

If an abuser has access to your email account, he or she may be able to read your mail. 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, they may be printed and saved as evidence of this abuse. Additionally, the messages may constitute a federal offense.