

Internet Safety



WARNING

Taking all of the actions on this page may not prevent an abuser from discovering your email and Internet activity. **The safest way to find information on the Internet is to go to a safer computer.** Some suggestions would be your local library, a friend's house or your workplace. *Other safety suggestions:* Change your password often, do not pick obvious words or numbers for your password, and make sure to include a combination of letters and numbers for your password.

INCOGNITO

Did you know that some web browsers let you hide your tracks as you surf? Internet Explorer 8 (IE8), Chrome and Safari all have private browsing modes that hide your web surfing history and eliminate the need to delete history data to preserve your privacy. This also prevents suspicion about why all the browsing history data have been cleared. Below are the names of the private browsing features.

- IE8: "InPrivate Browsing"
- Safari: "Private Browsing"
- Chrome: "Incognito"

Surfing the web leaves evidence of what you viewed

HOW AN ABUSER CAN TRACK YOUR ACTIVITIES

In today's digital era people rely on the web for communication and information gathering. But if you do not want an abuser to trace what you are doing online, then there are some basic tips you should follow.

Email Privacy

Email is a fundamental form of communication online. However, if an abuser has access to your email account, he or she may be able to read your mail or communicate with others while posing as you. Even if you believe your account is secure, make sure you choose a password no one will be able to guess.

There are two types of email situations: **web-based email** keeps your e-mail stored on the web, and require a password. Examples are Hotmail, GMail or Yahoo! Mail where you log into a website with a password to get your mail.

If, however, you use a **desktop email client** (like Microsoft Outlook or Apple Mail), copies of all your email may be archived on the local hard drive, and if an abuser gets access to your machine it is possible that they could snoop through your private messages. If you are unable to safeguard your machine, consider switching to a web based email tool (GMail, Yahoo!) and securely delete all files associated with your desktop client.

If an abuser sends you **threatening or harassing email messages**, you can print and save them as evidence of this abuse. These messages may also constitute a federal offense. For more information on this issue, contact your local United States Attorney's Office.

Your web history can persist even after you close your browser.

Privacy on the Web

Every time you visit a web page your internet browser stores files related to your browsing session. These files include cookies, cache data, saved usernames and passwords, and downloaded items. If an abuser gets access to your browser after an online session, they can easily see what you have been looking at online.

In order to clear these browsing histories, you first have to identify exactly which web browser you are using. There are quite a few common web browsers in use today. Try to identify which of the following you are using.

- ♦ Internet Explorer (Microsoft)
- ♦ Firefox (Mozilla)
- ♦ Safari (Apple)
- ♦ Chrome (Google)
- ♦ Opera (Opera Labs)

If you have trouble identifying your browser, try looking in the Help > About menu. This should give you not only the name of your web browser, but also the version.

Take a look at the table on the next page to see how to safely remove *your* internet browsing history.

Steps to Securely Remove Your Internet Browsing History

Internet Explorer 6

1. Once your browser is open, click the Tools menu and select "Internet Options."
2. Click the "General" tab, and then click "Clear History."
3. In the Temporary Internet Files section, click the "Delete Files" button. This will delete all the files that are currently stored in your cache.
4. Finally click the "Delete Cookies" button.
5. Click OK to close the Internet Options dialog box.

Internet Explorer 7

1. Once your browser is open, click the Tools menu and select "Internet Options".
2. Click the "General" tab.
3. Under "Browsing History" click "Delete"
4. In the new window, click "Delete Files" in the Temporary Internet Files section.
5. Finally click the "Delete Cookies" button.
6. Click OK to close the Internet Options dialog box.

Internet Explorer 8

1. Once your browser is open, click the Tools menu.
2. Click on Delete Browsing History.
3. Select "Temporary Internet Files," "History," "Cookies," "Form Data," "Passwords."
4. Click on "Delete."
5. Once the files have been deleted, you can dismiss the "Internet Options" dialogue by clicking the "Okay" button.

Firefox 1.5, Firefox 2, Firefox 3

1. Go to Tools and select Options.
2. Go to the Privacy tab, and click Settings... (in the blue box in the image).
3. Select what you would like to have cleared.
4. Return to the Options menu. If you want your cache cleared automatically, every time you close the browser, click the appropriate checkbox (shown in red in an earlier image).
5. Press "Clear Now" under the Settings button.

Google Chrome

1. Once your browser is open, select the tools menu.
2. Select Clear Browsing data.
3. Select all the relevant boxes: "Clear Browsing History," "Clear Download History," "Empty the Cache," "Delete Cookies," "Clear Saved Passwords," "Clear Saved Form Data."

Apple Safari

1. In Safari, select from the top menu bar Safari > Reset Safari
2. Select *all* the checkboxes (cookies, history, cache, form data, etc)
3. Press "Reset."

Opera

1. Once your browser is open, select the tools menu and click delete private data.
 2. Click the "Details" button.
 3. Make sure to select Cookies, History and Cache from the available options.
 4. Press "Delete."
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