

Staying safe on the Internet

Please read this safety warning before looking at our site.

If you're worried about someone knowing you have visited this website then please read the following. Listed below is a simple guide which can help increase your safety when using the internet.

The safest way to find information on the internet is to do it in a safe place. This could be at a local library, a friend's house, or at work.

However we are aware that this may not be possible, so we have put together this short guide.

Other users can look at the history of sites you've visited

As a rule, internet browsers will save certain information as you surf the internet. This includes images from websites visited, words entered into search engines and a trail ('history') that reveals the sites you have visited.

Warning about deleting cookies and address histories

It is important that you are aware that there is a risk involved in removing data from your computer. For instance, if your partner uses online banking and has a saved password, then if you clear the cookies on your PC, your partner will realise you've done so, because their password will no longer be saved. Also, your partner may notice if the address history on the PC has been cleared, and this may raise suspicion.

Clearing History / Cache on Internet Explorer:

(other browser information can be found at <http://www.wikihow.com/Clear-Your-Browser's-Cache>)

Clearing History:

- Click on the Tools menu (in the row at the top of the browser).
- Select Internet Options from the drop down menu. You should now be on a tab that says 'General' - if not, select 'General'.
- Under the title, 'Temporary Internet Files', click on 'Delete Files'. You can also check the box that says delete all offline content.
- Then, under 'History' click on 'Clear History.'
- Then click OK, at the bottom.

Clearing Cache:

- Pull down the 'Options' menu. Select 'Network Options', Select 'Cache'.
- Click on 'Clear Disk Cache'.

Deleting your browsing history:

Internet browsers also keep a record of all the web pages you visit. This is known as a 'history'. To delete history for Internet Explorer hold down the Ctrl key on the keyboard, then press the H key. Find any entries that you need to delete, right click and choose Delete.

Toolbars:

Toolbars such as Google, AOL and Yahoo keep a record of the search words you have typed into the toolbar search box. In order to erase all the search words you have typed in, you will need to check the individual instructions for each type of toolbar. For example, for the Google toolbar all you need to do is click on the Google icon, and choose "Clear Search History".

Other Browsing options

There is an option with many browsers now, to go into 'in private' or incognito' mode which enables you to browse the internet without storing any History or Cache data.

With Internet Explorer, you can upgrade to Internet explorer 8, which allows an in private mode of searching

<http://www.microsoft.com/windows/internet-explorer/features/safer.aspx>

Google Chrome can also be downloaded, and this has its option of incognito browsing.

<http://www.google.com/support/chrome>

E-mail:

If an abuser sends you threatening or harassing e-mail messages, they may be printed and saved as evidence of this abuse.

Be aware of how records of your emails can be accessed:

- Any email you have previously sent will be stored in sent Items. Go to sent items and delete emails you don't want a person to see
- If you started an email but didn't finish it, it might be in your drafts folder. Go to the draft folder to delete it
- If you reply to any email, the original message will probably be in the body of the message - delete the email if you don't want anyone to see your original message.
- When you delete an item in any email program (Outlook Express, Outlook, Thunderbird etc) it does not really delete the item - it moves the item to a folder called Deleted Items. You have to delete the items in Deleted Items to remove them completely
- If there's a risk that your abuser may know how to access your emails, it's a good idea to set up a new email account. Use a provider like Hotmail or Yahoo for an account you can access from anywhere, and use a name that is not recognisable as you. Keep this email account secret.