

Your safety on-line is our primary concern

Here are steps you can take to help protect yourself



Note: It's not possible to delete all 'footprints' left on your computer during online activities!* A history of all emails, instant messages (IMs), internet phone and IP-TTY calls, online purchases, banking, etc., is stored on your computer and anyone can monitor these activities, including your abuser.

- Always use a safe computer at the public library, a friend's, or at work or at an internet café.
- Use an email account and password the abuser doesn't know and cannot guess.
- Suddenly changing your computer habits, such as no longer using it, clearing histories or deleting Spyware) can be dangerous if the abuser is monitoring what you are doing. Also, don't delete Spyware, it may be useful evidence.
- Use your home computer for basic activities, while using a safe computer to get help.
- Print and save any threatening emails/IMs as evidence of abuse. These messages also may constitute a federal offense. For more information, call the United States Attorney's Office: Office of Florida Attorney General at (866) 966-7226.

***You can also clear your history or empty your cache file in your browser's settings.**

History/Cache Filer

Your abuser may know how to read your computer's history or cache file (automatically saved web pages and graphics), and therefore able to see the information you have recently viewed on the internet. To clear these files, please follow the directions below:

- Netscape – Pull down the Edit Menu, select Preferences. Click on Navigator and choose Clear History. Click on Advanced, then select Cache. Click on Clear Disk Cache.
- For older Netscape versions: Pull down Options menu. Select Network Options, select Cache. Click on Clear Disk Cache.
- Internet Explorer – Pull down Tools menu, select Internet Options. On General page, under Temporary Files click on Delete Files. Under History click Clear History.
- AOL – Pull down Members menu, select Preferences. Click on WWW icon. Then select Advanced, Purge Cache.

Tips compiled from various sources, including the National Network to End Domestic Violence.