

Covering your Internet tracks

If you are in an abusive situation and you have viewed this and/or other websites similar in content, you may want to hide your visit.

Internet Explorer:

1. In the menu, click on Tools.
2. Click on Internet Options.
3. In the General tab under Temporary Internet Files, Click on Delete Files. This will clear your browser's cache.
4. Under History, Click on Clear History. This will clear the pages you've recently visited.

Mozilla Firefox:

1. In the menu, click on Tools.
2. Click on Clear Private Data.
3. Check the boxes beside Browsing History and Cache. You can check Saved Form Information, Saved Passwords, Cookies, and Authenticated Systems if you logged into any services (with a user name and password)
4. Click Clear Private Data Now

Netscape:

1. In the menu, click on Edit.
2. Click on Preferences.
3. In the left-hand column, Click on Navigator and then on the right side click on Clear History. This will clear the pages you've recently visited.
4. Underneath that, click on Clear Location Bar. This will clear the list of sites in your browser's location bar.
5. Back in the left-hand column, click on Advanced. Click on Cache and then click on Clear Disk Cache. This will clear your browser's cache.

AOL's Browser:

1. In the menu, click on My AOL.
2. Click on Preferences.
3. Click on the WWW icon and then under Temporary Internet Files click on Delete Files.
4. Then under History click Clear History.

Cover your email tracks:

1. Be sure to delete any outgoing and incoming emails
2. Change your email password often
3. Print all threatening and harassing emails to use as evidence of criminal activity. Do not handle the situation alone - contact the police for help.