

Web Browsers store a history of all the pages that you visit during your time on the Internet. It is important for you to remove this information from your computer so that an abuser cannot discover it. Please remember to complete this procedure each time you use the Internet prior to logging off.

Instructions for clearing the History in your Web Browser:

Using the toolbar of your web browser, find the menu selection that allows you to view the history.

For **Microsoft Internet Explorer** go to: *tools*, then click on *Internet options*, then select *clear history*. From this same screen you can also delete your temporary Internet files and cookies from this page for further history clearing.

For **Netscape Navigator** go to: *options*, select *Network Preferences*, then select *Clear Memory Cache* and *Clear Disk Cache*, click *OK*.

For **AOL** click on the *Members* menu, click on *Preferences*, click on the *www* icon, select *Advanced*, then select *Purge Cache*.

Be aware while this is one step in ensuring that an abuser will not be able to trace your computer use, it is not foolproof. An observant computer user may notice that the history is erased and become suspicious. As an alternative, you may want to use a public computer such as one at a County or City library. Finally, if you feel that your safety is in jeopardy as a result of your computer use or for any other reason, call our crisis line immediately at (425)656-7867! The advocate that answers might not be able to assist you with your concerns about security as they relate to your computer use however, they can discuss your safety options.