COVER YOUR TRACKS

How an abuser can discover your internet activities

E-MAIL

If an abuser has access to your email account, he or she may be able to read your incoming and outgoing mail. If you believe your account is secure, make sure you choose a password he or she will not be able to guess.

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

HISTORY / CACHE FILE

If an abuser knows how to read your computer's history or cache file (automatically saved web pages and graphics), he or she may be able to see information you have viewed recently on the internet.

Try to utilize private browsing, which is an option available in most browsers. In Chrome, it's called "Incognito". In IE, it's called "InPrivate" browsing, and in Firefox it's simply called "Private Window".

You can clear your history or empty your cache file in your browser's settings:

CHROME
1) Open the Chrome app .
2) Tap More Settings.
3) Under "Advanced," tap Privacy Clear browsing data.
4) At the top, tap the dropdown under "Clear data from the."
5) Choose a time period, such as past hour or past day. …
6) Select the types of information you want to remove.
7) Tap Clear data.

FIREFOX
1) Tap the Menu button (either below the screen on some devices or at the top-right corner of the browser) and select Settings (you may need to tap More first).
2) Scroll down to the Privacy & Security section and choose Clear private data.
3) Select the items you want to clear and then tap Clear data.

INTERNET EXPLORER
1) In Internet Explorer, select the Tools button, point to Safety, and then select Delete browsing history.
2) Choose the types of data or files you want to remove from your PC, and then select Delete.

SAFARI
1) Choose History > Clear History, click the pop-up menu.
2) Choose how far back you want your browsing history cleared.

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