



Internet Safety Tips

- Computers create records in hundreds of ways of everything you do on the computer and on the Internet. They can provide a lot of private information about what you look at on the Internet, the emails you send, and other activities. It is not possible to delete or clear all computer "footprints" or history.
- If you are in danger, please try to use a safer computer where someone abusive does not have direct access, or even remote (hacking) access. Safer computer access may be at a public library, a community technology center (CTC) www.ctcnet.org (National directory), at a friend's house, or at an Internet Café.
- There are many ways to monitor computer usage. If you think your activities are being monitored, you are probably right. Abusive people are often controlling and want to know your every move. You don't need to be a computer expert or have special skills to monitor someone's computer activities - anyone can do it.
- If you think you may be monitored on your home computer, you might consider no home Internet use or "safer" Internet surfing.

Internet Safety Resources

- National Center for Victims of Crime page on [Cyberstalking](#)
- National Network to End Domestic Violence [Safety Net Project](#)