



---

## I don't want my partner to see the websites that I have visited.

---

### At Risk

You may be at risk if you have visited domestic violence websites to search for information or support services. There are ways to erase your computer records.

You can erase the history of the sites that you have recently visited by doing the following:

#### Internet Explorer

Click on "Tools" on the drop down menu at the top of the page.  
Select "Internet Options" and then "General"  
Under "History" there is a button that says "Clear History". This will remove the trail of website pages that you have recently visited.

#### Netscape

Click on "Edit" on the drop down menu at the top of the page.  
Select "Preferences" and then "Advanced"  
Under "Cache" click on "Clear Disk Cache."

Whilst these methods clear the immediately obvious internet history on your computer, it may not completely delete records.

The safest way to access information on the internet would be on an independent computer. These could be at the local library, internet cafe or at a friend's or family member's house.

#### Email

If you are receiving abusive emails, maintain a record of the emails, as you may need these in the future as evidence.

Email browsers are not generally passworded and easily accessible by anyone. For a secure email account, you can set up an email on the internet for free that requires a login code and password.

For example:

Set up a hotmail account at [www.hotmail.com](http://www.hotmail.com)  
Set up a ninemsn account at [www.ninemsn.com.au](http://www.ninemsn.com.au) or a yahoo account at [www.yahoo.com.au](http://www.yahoo.com.au)

