

How to Hide Your Cyber Footprints

Every time you search for something on the internet or visit a website, your computer keeps track of it. If you think you are in an abusive relationship, you may not want your partner to find out that you have been searching for on the internet. For your safety, avoid using your own computer when searching for information.

There are ways to clear your computer's browsing history and cache files but it is not a guarantee that everything has been removed from your computer.

How to clear history and cache files in Internet Explorer

- In the menu, click on Tools
- Click on Internet Options
- In General Options under Temporary Internet Files, Click on Delete Files. This clears your browser's cache files.
- Under history, click on Clear History. This will clear the pages you have recently visited.

How to delete data from Google Chrome

- In the top-right corner of Chrome, click the **Chrome menu**
- Select **More tools, Clear Browsing Data**
- Select the checkboxes for the types of information that you want to delete
- Use the menu at the top to select the amount of data you want to delete, if you select **Beginning of Time** it will delete everything.
- Click **Clear Browsing Data**

How to clear history from Safari on an iPhone or iPad

- Go into **Settings**, then select **Safari**
- Select **Clear History and Website Data**
- Note: If you enable **Private Browsing**, Safari doesn't remember the pages you visit.

How to clear history from Safari

- When in Safari, click on **Edit**
- Select **Reset Safari**
- You then can decide what to keep and what to delete
- Then click **Reset**
- Note: a quick way to check if it worked is to check your **History** and it should be empty. If you enable **Private Browsing**, Safari doesn't remember the pages you visit.

How to clear history from Firefox

- In the top-right corner of Firefox, click the **Menu** button
- click **History**
- then select **Clear Recent History**
- You can then select how long of a time range you want to delete
- Then click **Clear Now**