Internet and Computer Safety

If you are in danger, please try to use a safer computer that someone abusive does not have direct or remote (hacking) access to.

If you think your activities are being monitored, they probably are. Abusive people are often controlling and want to know your every move. You don't need to be a computer programmer or have special skills to monitor someone's computer and Internet activities – anyone can do it and there are many ways to monitor with programs like Spyware, keystroke loggers and hacking tools.

It is not possible to delete or clear all the "footprints" that your computer saves of your online activities. If you are being monitored, it may be dangerous to change your computer behaviors such as suddenly deleting your entire Internet history if that is not your regular habit.

If you think you may be monitored on your home computer, be careful how you use your computer since an abuser might become suspicious. You may want to keep using the monitored computer for innocuous activities, like looking up the weather. Use a safer computer to research an escape plan, look for new jobs or apartments, bus tickets, or ask for help.

It might be safer to use a computer in a public library, community center, a trusted friend's house, or a local advocacy agency.

Email and Instant/Text Messaging are not safe or confidential ways to talk to someone about the danger or abuse in your life. If possible, please call a hotline instead. If you use email or IM, please use a safer computer and an account your abuser does not know about.

Computers can store a lot of private information about what you look at via the Internet, the emails and instant messages you send, internet-based phone and IP-TTY calls you make, web-based purchases and banking, and many other activities.

PLEASE CALL FOR HELP INSTEAD

- **911** if you are in immediate danger
- **Click here to find the number for your local domestic violence program**
- **National Domestic Violence hotline:** Phone:**800-799-SAFE**(800-799-7233) TTY: **800-787-3224**

More information about technology and online safety

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