

Where abuse ends and healing begins...



S.A.F.E. House

**If you are in immediate danger,
call S.A.F.E. House's hotline at**

702-564-3227

Tips for Internet Safety

- Computers record everything you do. It is impossible to clear your tracks completely. Your abuser can readily track the websites you visit or read your email messages.
- If you suspect 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 activities – anyone can do it and there are many ways to monitor your activities – even without having direct access to your computer.
- Email is not a safe or confidential way to communicate. Sending email is like sending a postcard through the mail. Anyone along the path can read what it says. If you need to talk to someone about the danger or abuse in your life, if possible, please call our hotline instead at **702-564-3227**.
- If you must use email to discuss your situation, we suggest you use an account that your abuser doesn't know about. Set up a new account with a free email service like hotmail, yahoo, or gmail. **DO NOT** use a name or password that contains any identifying information (no names, nicknames, initials, birthdates, zipcodes, etc.) Instead use a name and password that contains a random mix of letters, CAPITAL letters and numbers (for example, HJ3v67Tn) – Make sure you can remember the user name and password! If you must write it down somewhere, put it in a place your abuser is unlikely to find it. If the computer asks if you would like it to save your password or login information tell it **NO**.
- If you must use a computer that your abuser knows about, we suggest “safer” Internet surfing. For example, if you are planning to flee to California, don't look just at California web pages for jobs, apartments, bus tickets, etc. Look for the same information in at least a half dozen other states too.