

There are three basic ways to check your computer for offensive materials or websites. You do not need to be intimidated by the process as any novice computer user can perform these tasks.

• HISTORY FILES

The history files are a log of all the websites visited on your computer. They are arranged by date and then alphabetized. To check your history files in Internet Explorer follow these steps:

1. Click the history tab along the top Navigation bar.
2. The history log appears on the left.
3. Browse through the previous day's activity and select items you do not recognize.
Do not overreact if you find something offensive. It may have been unintentional. Be sure to talk other user in the home to find out when it occurred and how.
If the history log is empty it has either been erased by a user so you will not know what they have viewed or your computer is set automatically erase the log file. Follow these steps to check you History Files Setting:

1. Select Tools on the top Navigation bar.
2. Select Internet Options on the drop down menu.
3. The last option on the General tab reads "Days to keep pages in history." Be sure this is set to at least seven days. This will allows you to check a week's worth of websites at any given time.

• COOKIE FILES

A cookie is a small file placed on your computer by the websites you visit. It allows that site to keep a record of your activity on their site. For instance, it tells the site which items to place in your shopping cart if you are making a purchase. Cookies can also be used maliciously to track personal information about you. To view your cookies for offensive material follow these steps:

1. Click on your Start button then select My Computer
2. Select your C: drive then the Documents and Settings folder
3. Open the User folder. If have assigned specific users to your computer then there should be a folder with their name. Open that instead.
4. Browse the cookies for any offensive, unusual, or unknown. Cookie files contain both dates and times so it is easy to see when that site was viewed.

• FILTERING SOFTWARE

Filtering software is the easiest and most comprehensive way to check your computer for offensive materials. Good filtering software will give you a log of all the sites, good or bad, viewed on your computer and make you aware of any hate, pornographic, sexual, or harassing sites viewed. Presently we recommend BSafe Online as the most effective all-around filtering software.

For more information on BSafe Online and all of it's capabilities visit our website at

www.awaketolife.org

