

## **Safety Alert:**

Computer use can be monitored. It is impossible to completely clear the “footprints” showing where each patron has been. If you are in danger, exit our website immediately and return to our site from a safer computer (a computer in a safe location where someone abusive does not have direct or remote access).

You can call the YWCA at (801) 537-8600 or call the National Domestic Violence Hotline at (800) 799-SAFE (7233).

**If you are in immediate danger call 911.**

Computers create records in hundreds of ways of everything you do on the computer and on the internet.

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

It might be safer to use a computer in a public library at a community technology center (CTC) [www.ctnet.org](http://www.ctnet.org) for a national directory, at a trusted friends house, or at an Internet Cafe.

If you think your activities are being monitored, you are probably right. 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.

Computers can provide a lot of information about what you look at on the Internet, the emails you send, and other activities. It is not possible to delete or clear all computer "footprints".

If you think you may be monitored on your home computer, consider no home internet use or “safer” internet surfing. Example: If you are planning to flee to another state, don't look at classified ads for jobs and apartments or bus tickets for that state on a home computer or any computer an abuse has physical or remote access to. Use a safer computer to research an escape plan.

Email is not a safe or confidential way to talk to someone about the danger or abuse in your life; please call us instead. “Corded” phones are more private than cell phones or cordless phones.

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empowering women  
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