Protecting Your Children and Yourself while Browsing

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While you browse the Internet, information about your activities are constantly being stored for future use. This information includes:

- Where you have been. The History allows Internet Explorer to return to a previous page and allows you to return to some place you visited days ago.
- What you have seen. The Temporary Internet Files are the pictures, graphics, and other information that you see on the screen. This information is stored for a while in case you want to revisit a web site. Instead of re-downloading an image, the stored version is used. This makes the pages display faster.
- Add-Ins. Many programs including Anti-Virus, Adobe Reader, and viewers have modules that help your browser run better.

Like the Force in Star Wars, there is a good side and a dark side.

- The History can help you protect your children by letting you know where people have been on the Internet. At the same time, someone can spy on your activities simply by looking at the browser history.
- Temporary Internet Files speed up your web experience but they also are a place where viruses can be stored on your computer.
- Add-Ins increase the usefulness of your browser. They can also hide viruses and other nasty infections.

To protect yourself, you need to know a little bit about these items.

To see your Browsing history and traces left behind:

From Internet Explorer

- Favorites (The Golden Star) | Select History
  - Only shows places you typed in
  - Does not show all places you visited through links on web-pages
  - Easy to change view, by Date, by Site, etc.
  - To adjust how long you keep history information:
    - Tools | Internet Options | Browsing History | Settings

To clear the browsing history from within Internet Explorer

Tools | Internet Options | Browsing History | Delete

- Temporary Internet Files
- Cookies
- History (Where You Have Been)

To get a better view of internet usage we must go under the hood (Example for XP)

First, we need to see hidden files…

- Open My Computer | Tools | Folder Options | View Tab

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- Select: Show hidden files and folders
- Clear: Hide protected operating system files

Second, we need to go to where the stuff is stored.
- Open My Computer | Local Disk (C:)
- Documents and Settings | User folder
  - (one each for each user who uses the computer
- Local Settings (We are here!)
  - Temp (Temporary storage for downloads, installs, various programs.
    - Viruses sometimes hang out here!
    - OK to Delete everything in Temp, it is just temporary…
  - Temporary Internet Files
    - Holds cookies (Where you have been)
    - Images (What you have been looking at.
    - Easiest to see if you view as a list or as thumbnails
    - Deleting the contents of this folder gets rid of stuff that you can't get rid of in Internet Explorer.
    - Remember to empty the trash can!!!!
  - History
    - This is where IE keeps the history list!

* Third, hide the hidden files to protect the computer. Reverse Step 1 above.

To help protect your children Internet Explorer has basic content filtering
- Tools | Internet Options | Content Advisor
- Adjusts basic settings for what the user can see.
- Windows Vista also includes parental controls

Commercial products can also help protect children.
- Net Nanny, Web Watcher, Etc.
- Search on "children browsing protection software" to find more software
- http://www.wellresearchedreviews.com/computer-monitoring/?id=58&s=google&gclid=CIi12eyzz44CFQqgYgodGWcqBg

One of the most important issues is to have a fully protected computer system.
- All System Updates Applied (Free from Microsoft)
- Start | Programs | Windows Update
- Antivirus installed and up-to-date
- Anti-Spyware installed and up-to-date

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