

Tracking Web Activity on Your Computer

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If you suspect pornography on your computer, here are some helpful tips on how to check.

First, begin by looking for image and video files on your computer.

1. Go to START menu
2. Select SEARCH then FIND FILES or FOLDERS
3. Enter *.jpg in the "Search for files or folders named:" box
4. Your computer will then locate every .jpg image file ever downloaded onto that PC. *(Every time you visit a website .jpg files are downloaded automatically)* If pornography has been viewed on your computer those files will generally be recognizable by their names, which are often vulgar and profane. You can double-click on the file name to open and verify the nature of the image. There should be hundreds of .jpg image files on any given PC.
5. Repeat the procedure using *.gif, *.mpg, *.asf, *.mpeg, *.avi and *.wmv

(* .jpg & *.gif files are image files, the rest are video files. Video files would generally be present when a high-speed connection is in use)

6. Look for files that contain obvious pornographic names.

A second method is to review the browser History:

Windows Explorer:

1. Launch the Windows Explorer browser.
2. Click on the History icon on your toolbar (a sundial)
3. A window will appear on the left-hand side of the screen, select VIEW and DATE and you will see the websites visited within the most recent three weeks.

Netscape:

1. Launch the Netscape browser.
2. From the menu bar, select "Communicator" or (Control H)
3. Select "History" to view the sites visited categorized by date and frequency.

Third method:

After reviewing the history of your browser, you can also identify web sites visited by selecting the "▼" button located at the far right-hand side of the Address (URL) bar (where

you would type in the web address). A box should appear below the Address line with some of the most recent web sites visited listed.

In addition, you can simply begin entering web site addresses (URLs) in the address line – your browser will complete the web address with the most recent or most common web sites that the browser visits. For example, if you enter www.c on my computer, my browser will complete the address as www.centerfordecency.org without me having to type the rest in. Simply start with the letter “a” and work your way thru the alphabet. If a web site appears that you don’t immediately recognize as legitimate, hit enter and you will be taken to that site. You may also wish to enter a few extra letters for some of the more common letters like “d” or “m” or “s” or “t.”

These tips are taken from the www.centerfordecency.org website. For further information on please visit their site.

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For more information about mental health, substance abuse, and sexual addiction resources, contact 1-800-NEWLIFE or visit www.newlife.com.