



women's aid

until women & children are safe



Digniin (Warning)

Haddii aad ka baqayso/cabsanayso in qof ogaado in aad qashay websitkan, akhriso warbixintan amaanka ku saabsan ee hoos quran.

Sidee qofka dhibaataada gaystay u ogaankaraa bogga internet-ka ee aad gashay? (How can an abuser discover your internet activities)

Fadlan digniinahan hoosku qoran akhriso si aad u ogaato talaabooyin kordhinaya amaankaaga marka aad gaso website-kan.

Karka aad internet-ka gasho barowsaradu waxay kaydiyaan warbixino ku saabsan meelaha aad eegtay. Waxaa ka mida sawirada website-yada aad gashay iyo waxyaabihii aad baadhay. Marka talooyinkan raac si aad u yarayso in qofkale raadkaaga raaco.

Haddaad barowsarka aad isticmaalayso garanayso u gudub qaybaha ku khuseeya ee hoos ku qoran. Haddii aadan garanayn waxaad tagtaa **Help**, liiska soo baxa ta u hoosaysa ee ay ku qorantahay **!About Internet Explorer, About Mozilla Firefox ama wax lamid ah'** — wuxuu kuu sheegayaa barowsarka aad isticmaalaysid — raac tilmaamaha barowsarkaas khuseeya.

Internet Explorer

Tag meesha ay ku qorantahay **Tools** kadibna liiska ka dooro **Internet Options**. Poga ay ku qorantahay **General**, tag qeybta **Temporary Internet Files**, tag **Delete Cookies** dabadeedna **Ok**. Tag **Delete Files** oo sax meesha ay ku qorantahay **Delete all offline content** kadibna **ok**. Qaybta **History**, tag **Clear History** kadibna **Ok**. Waxaad tagtaa **Content** oo dooro **Autocomplete** ugu dambayna **Clear Forms**.

Firefox/Netscape

Tag meesha ay ku qorantahay **Tools** oo dooro **Options** ka dibna **Privacy**. Tag **Clear** oo ka hooseeya **Cache** iyo **Saved Form Information**.

Opera

Tag **Tools** Ka dibna **Preferences**. Tag **Advanced** kadibna **History**. Tag labada meelood ee **Clear** ku qorantahay kadibna **Empty Now**.

Tirtirida taariikhda barowsarka (Deleting your browsing history)

Barowsarisku waxay kale oo kaydiyaan bogaga internetka aad eegtay, waxaa loo yaqaan History. Si aad taa uga masaxdo Internet Explorer iyo Netscape/Firefox hoos u hay **Ctrl** kadibna taabo **H (Ctrl, Alt iyo H for Opera)**

Find meel ay ku qorantahay www.womensaid.org.uk, taabo dhinaca midig ee mouse-ka ka dibna dooro **Delete**

E-mail

Haddii lagu soo diro e-mail hanjabaad ah, waad daabacan kartaa ama haynkartaa si ay caddayn kuugu noqoto. E-mail-kasta oo aad dirtay waxay gelayaa faylka e-mail-ka la diray. Haddii aad bilawday inaad qorto e-mail laakiin aadan dhamayn, waxay gelikartaa Drafts folder. Haddaad ka jawaabto wax e-mail ah, orijinkii waxaa laga helayaa e-mail-kaaga — Daabaco kadibna masax haddaad doonayso in aan la arkin.

Marka aad waxka masaxdo E-mail program (Outlook Express, Outlook, Thunderbird etc) ma tirtirmo ee wuxuu geeyaa fayl kale oo layidhaahdo waxyaabihii la masaxay. Wixii faylkan gala waa inaad gooni u masaxdaa.

Amaanka guud (General security)

Haddii aadan isticmaalin password markaad kopmbutarka furanayso, waxaa dicikarta in qofkale furto e-mail-kaaga iyo boggaga aad isticmaashay. Meelaha ugu amaansan ee aad internet-ka ka gelikartaa waa laybareeriga, guryaha saaxiibadaa ama shaqadaada.

Warbixinaya aan soo sheegnay oo dhan waxaa dhicikarta in aanay qarin raadadkaagii. Barowsariska badankooduna waxay muujiyaan meelaha aad internet-ka ak gashay. Meelaha ugu amaansan ee aad internet-ka ka gelikartaa waa laybareeriga, guryaha saaxiibadaa ama shaqadaada.

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