



Quick Tips for parents

1. Checking Internet History

Please be aware, that a child can clear the history of sites visited. If you find that your children have been emptying the history file, we would suggest installing **filtering or monitoring software**. (ex: Aliant Parental Control)

For Internet Explorer

To view the history:

There is a history button on the top, or you can click on "View" then "Explorer Bar" then "History". Or you can just press the control key and h key together.

To adjust the number of days kept in the history:

Click on "View" then "Internet Options" then use the up or down arrow in the history section to adjust the number of days.

To clear history:

Click on "View" then "Internet Options" then click on "Clear History" button in the history section.

For Netscape

To view the history:

Click on "Communicator" then "History" (on some versions, it is Communicator>Tools>History) or you can just enter "control + h"

To adjust the number of days kept in the history:

Use the above procedure then in the history window, click "Edit" then "Preferences" and enter the how many days you want kept.

To clear history:

Do the "adjust the number of days kept" procedure then click on "Clear History" button

After checking your history file, you have discovered sites that were definitely not appropriate. You are not sure who was the one visiting these sites though. You can find out the date that those sites were last visited which may narrow down the culprit.

Please note that there are many different versions of Internet Explorer and Windows, therefore these directions may not work if you are using an older version.

Most recent documents

A quick and easy way to check the last documents in use is:

Windows XP/ 2000/ ME/ NT

Click **Start** and select **Most Recent Documents**

Windows 98/95

Click **Start** and **Documents**- some of the most recent documents will be listed in the drop down menu.

2. Definitions and examples

Cache files

Browsers also make temporary copies of Web pages, known as cache files, and store them on your computer. This helps the browser to load recently viewed pages much more quickly than if it had to download them all over again every time you visit a site.

Depending on which version you use, Microsoft Internet Explorer allows users to click on either *Tools* or *View*. Next, select *Internet Options* and click on *General* and then *Settings*. Finally, click on *View Files* to see a list of all the cached Web pages on your computer. You can double-click on any file name to view it.

If you are using an older version of Netscape (anything before Netscape 6), simply type the words **about:global** in the URL box, to get a list of recently cached files.

To locate cache files using Netscape 6 or newer versions, search your hard drive using the following path: C:\Program Files\Netscape\Users*your name*\Cache. You can double click on any file to view it.

Web files, videos or images stored on your computer

To find Web pages or images that someone has purposely saved on your computer (as opposed to cache files, which are automatically saved), you can use your *Search for Files* tool in Windows or Macintosh.

In Windows, type the following file extensions in the *Search* box: ***.htm *.html** (remember to leave a space between the two terms). To search for images, type in: ***.gif *.jpg *.jpeg *.bmp**. To search for video files, type in ***.avi *.mpeg *.mpg *.asf** (again, leave a space). Macintosh users can do the same, but they must leave out the * before the file extension.

Your *Search* function will return a list of all Internet Web pages, images or videos stored on your computer. Just double-click on the file name or icon to view the file.

Cookies

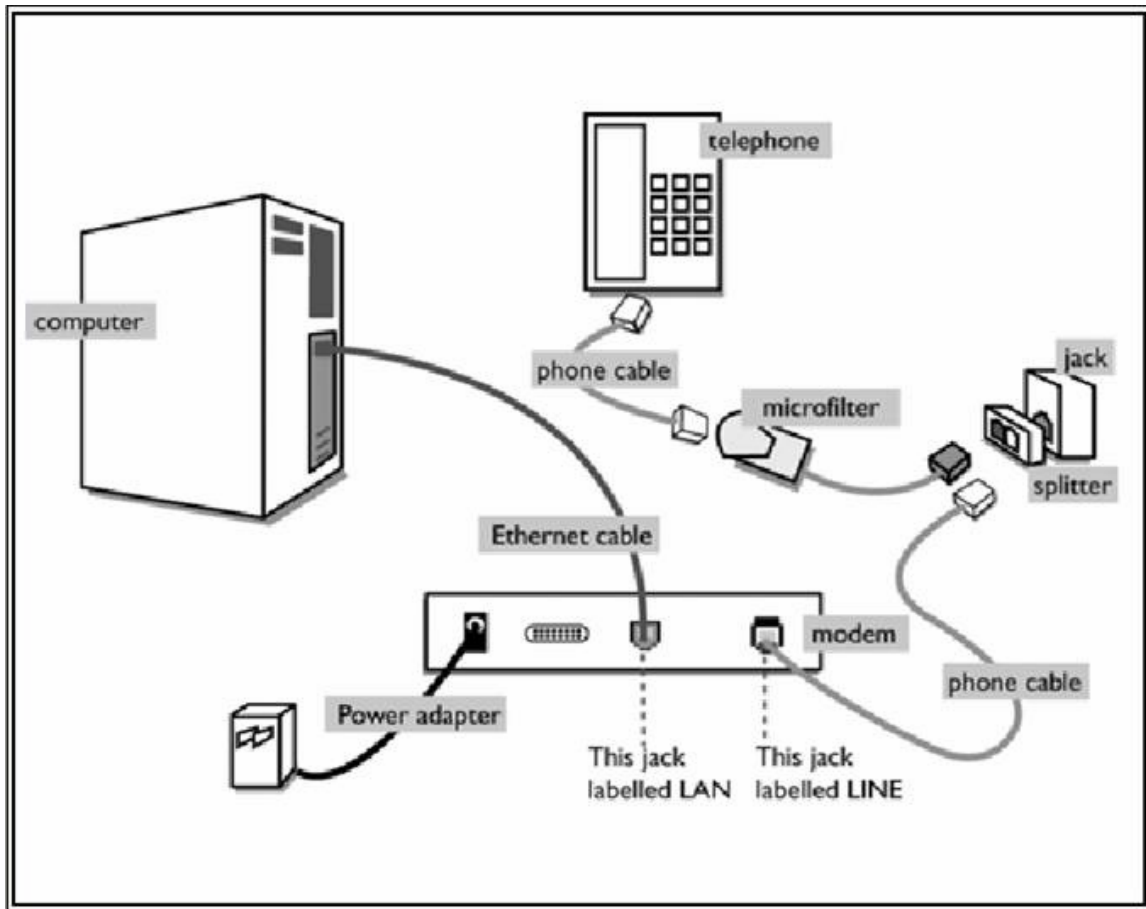
A cookie is a file that a Web site can park on your browser when you visit, and that records your activities on that site. The idea is that when you go back, the site can present you with customized information. These cookie files stay on your computer's hard drive so you can check them out to see what sites the browser has visited. Use the *Search* tool (described above) to look for files named **cookies.txt**. Click on the search results to see which Web sites have placed cookies on your computer.



How to change your Aliant High Speed internet connection from one jack to another. (with a self install kit)

If you have a telephone close to your computer, you will likely want to use the same telephone wall jack for both your telephone and modem,

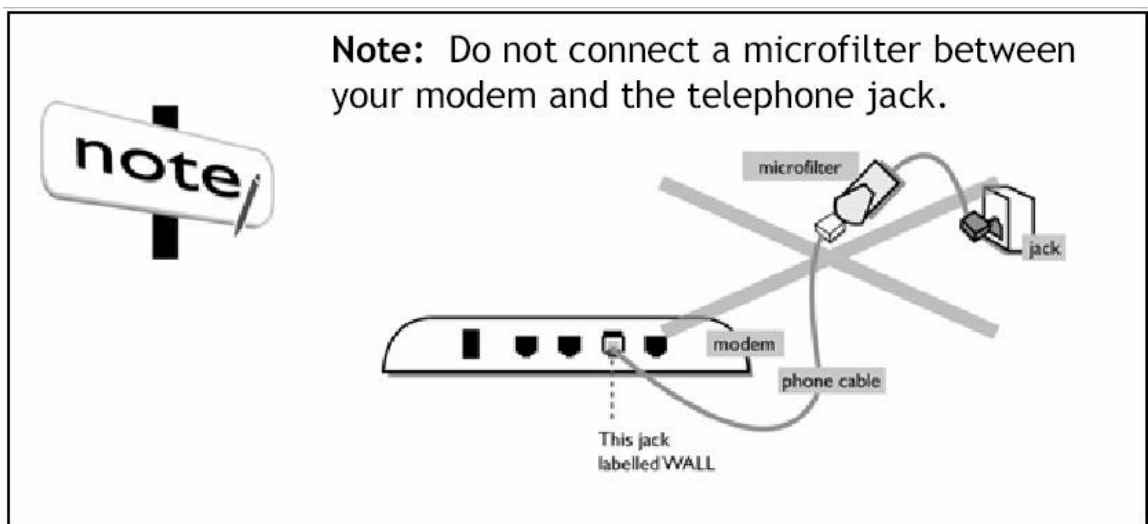
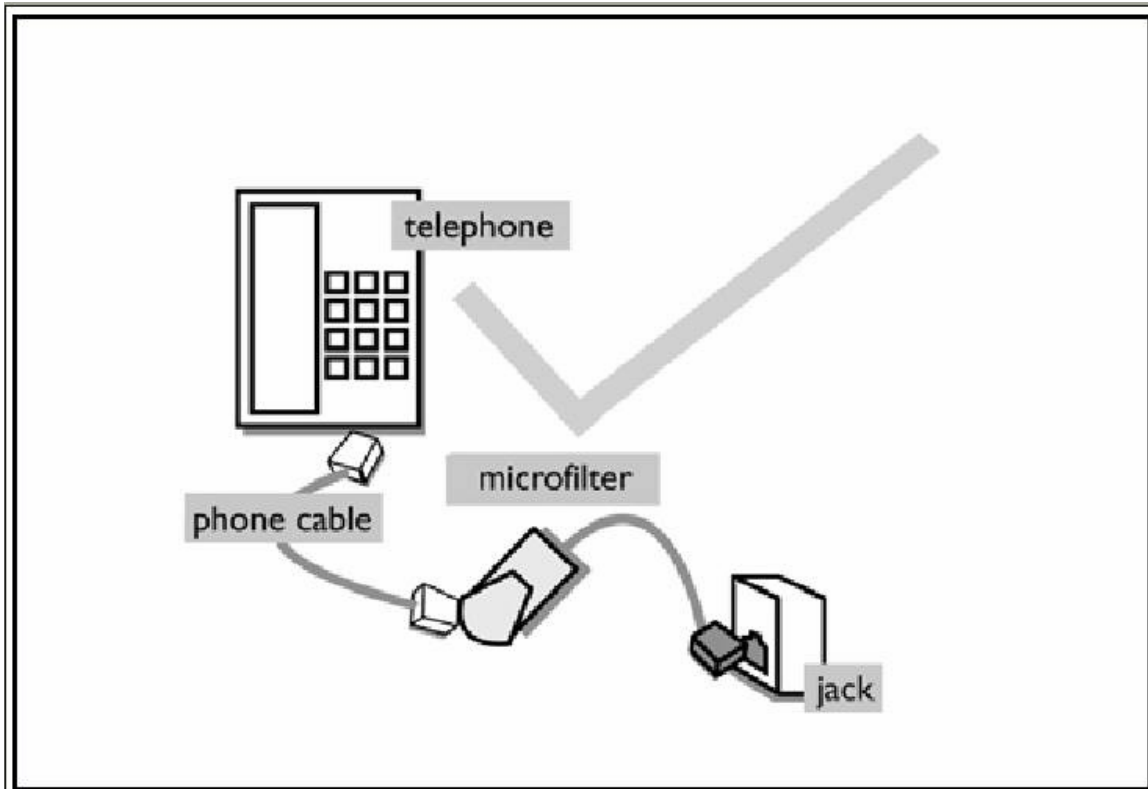
The following diagram shows this configuration:



Correct Installation of an in-line microfilter

A microfilter must be installed between every telephone jack and telephony devices (phones, fax machines, satellite receivers) at your location.

The following diagram shows the correct location for your microfilter:



For more information, please visit: www.aliant.net or call 1-800-561-6283.