



NLA-I DVP INFORMATION PACKET

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Thank You

The National Leather Association- International Domestic Violence Project would like to thank you for taking the time to review the NLA-I DVP Information Packet. Within this packet you will find out more about NLA-I DVP, important safety information and information for victims of intimate partner abuse.

This information packet may be freely redistributed. If you are using a NLA-I DVP Information Packet that was distributed prior to **April 17, 2011** please replace it with this version. We have expanded this NLA-I DVP Information Packet to include:

- The updated NLA-I's statement on domestic violence and the NLA-I DVP history;
- Updated cache cleaning instructions for online browsers;
- Online stalking and harassment information;
- Domestic Violence Victims Privacy Rights and Information;
- And other miscellaneous updates.

This packet is by no means a complete guide to domestic violence or stalking related issues. We hope that you will find the information in this packet useful. If after reading the NLA-I DVP Information Packet you still have questions please feel free to review the NLA-I DVP website at: <http://www.nlaidvproject.us> or contact the NLA-I DVP.

If you wish to be listed as a resource or submit information for future NLA-I DVP Information Packets please contact the [NLA-I DVP Chair \(dvchair@nla-i.com\)](mailto:dvchair@nla-i.com)

Thank you for your support,
NLA-I Domestic Violence Project

NLA-I DVP Vision

The vision of the NLA-I Domestic Violence Project is to create a national and international network to provide information, appropriate referrals, resources, and safe shelters for those in the world community who have been subjected to abusive and violent BDSM relationships and who are seeking a way out of those relationships or who require a more extensive support network than is otherwise available to them.

With the information compiled by our Regional Representatives and their assistants, we hope to better gauge the climate relative to these issues in each community.

NLA-I DVP Mission Statement

The National Leather Association-International (NLA-I) calls on the leather/SM/Fetish community to take the lead in reducing domestic violence through education. No group is free of domestic violence, assault or abuse; but fear, denial and lack of knowledge have slowed public response to this serious social problem.

The NLA-I is committed to reducing all forms of domestic violence by:

1. Showing community action can reduce violence.
2. Supporting victims who wish to take legal action against the offender/abuser by providing them with information, referrals and resources.
3. Providing referrals or resources to qualified mental health professionals for offenders/abusers or victims who need support.
4. Listening to and supporting those who have the courage to tell us about their domestic violence and help them end their shame and isolation.
5. Providing outreach within the legal and social service systems to enable them to discern the differences between consensual SM and domestic violence, assault and abuse, and to encourage their appropriate intervention.
6. Taking the responsibility of interacting with the SM community about the forms of domestic violence, assault and abuse as well as its extent and severity. Use of drugs or alcohol as an excuse for domestic violence, assault or abuse is unacceptable. Domestic violence takes many forms: physical violence, assault, isolation, outright or subtle psychological and emotional abuse, economic control, sexual assault and abuse as well as the destruction of personal property. Non-consensual manipulation and assault are not part of SM. The NLA-I advocates relationships based on personal responsibility, honesty and integrity in which power and pleasure is derived from mutual respect.
7. Promoting information about where to go for help.

NLA-I DVP History

National Leather Association- International was the first SM organization to tackle domestic violence directly. The NLA-I Organization created the National Leather Association International Domestic Violence Project in **1998** and is one of many projects within the NLA-I organization. During its history NLA-I DVP has made it one of their primary objectives to distinguish the differences between SM and domestic violence.

NLA-I DVP has played an instrumental part in providing educational workshops to BDSM groups and mainstream domestic violence programs, shelters, social workers, and law enforcement. One of NLA-I DVP's tasks during its earlier days was to transcribe their workshops, audiotape them, and send their materials to *all* of the national mainstream domestic violence groups in the country. As a result many mainstream domestic violence groups started making use of the NLA-I DVP's materials within their own programs. You can still find these materials in use today.

In **1998**, Jan Hall became the first Domestic Violence Chairperson. One of her biggest accomplishments while residing as the NLA-I DVP Chairperson was to draft and gain wide-spread approval on what has now become known as, "NLA-I's Statement on Domestic Violence."

In **1999**, Lady Victoria Knight became the second NLA-I Domestic Violence Chairperson. In an effort to continue Jan Hall's work, Victoria Knight created and published a number of small pamphlets intended to help make the distinctions between SM and abuse. By the end of **2001** a total of 12 pamphlets were created and distributed widely throughout the BDSM/Kink/Leather and mainstream communities.

In **February 2003**, boy Joey and Keith were appointed as Co-Chairs of NLA-I DVP. Boy Joey resigned as the NLA-I DVP Chair in **May 2006**. It is unknown when Keith resigned. Some of the many accomplishments during Boy Joey's term was the creation of the NLA-I Domestic Violence Project website launched in **2003** and the creation of NLA-I Domestic Violence Project pins and banner in **2004**.

Many groups, individuals, projects, coalitions, and law enforcement officials have helped NLA-I DVP flourish over the years. It is the hopes of NLA-I DVP to continue it's work to help individuals **KNOW THE DIFFERENCE**.

At a Glance: NLA-I DVP Chair History

- **1998-1999**- Jan Hall
- **1999-2003**- Victoria Knight
- **February 2003** boy Joey, and Keith were appointed as Co-Chairs of NLA-I DVP. boy Joey resigned in **May 2006**. It is unknown when Keith resigned.

The current NLA-I Domestic Violence Chair is seraphina.

What Does NLA-I DVP do for the BDSM/Kink/Leather Community?

The NLA-I DVP is continually striving to make the project a vital part of the BDSM/Kink/Leather communities. Some of the activities NLA-I DVP participates in include:

- ✓ NLA-I DVP offers workshops for individuals in the BDSM/Kink/Leather communities.
- ✓ NLA-I DVP provides safety plans for victims to get out of abusive intimate partner relationships.
- ✓ NLA-I DVP provides pamphlets for individuals, groups, and events. These pamphlets help individuals distinguish the differences between a healthy relationship and an abusive relationship.
- ✓ NLA-I DVP distributes postcards for individuals, groups, and events. These postcards supply individuals with information on how to get help, distinguishing the difference between abuse and a healthy relationship, and where to go if they need additional information or help.
- ✓ NLA-I DVP publishes a newsletter 1-4 times per year with information on resources, NLA-I DVP updates, and other related domestic violence information. The newsletters are free and subscriptions are open to anyone who wants to receive the NLA-I DVP's newsletter.
- ✓ NLA-I DVP maintains a resource directory of agencies and services that are empathetic and willing to work with individuals in the BDSM/Kink/Leather communities. If a resource is not available for a particular area a NLA-I DVP Regional Representative or the NLA-I DVP Chair will work with individuals to find the resources or help they need.
- ✓ NLA-I DVP provides training, NLA-I DVP pamphlets, or other NLA-I DVP related materials to domestic violence agencies and services at the state, national, and international levels when it is necessary to improve or educate services and agencies about the BDSM/Kink/Leather communities.
- ✓ NLA-I DVP actively investigates and works with domestic violence agencies and services to discern their level of acceptance and willingness to work with individuals in the BDSM/Kink/Leather communities.

NLA-I DVP Donations

1. Individuals can sign up to become sponsors of NLA-I DVP. For more information please contact the [NLA-I DVP Chair \(dvchair@nla-i.com\)](mailto:dvchair@nla-i.com)
2. The NLA-I DVP has vest pins. These pins are sold by the NLA-I DVP for a donation of \$3.00 or more. The vest pins can be obtained by making an online donation to NLA-I DVP, by contacting the NLA-I DVP Regional Representative for your region/states, or by contacting the NLA-I Domestic Violence Chair or through the NLA-I DVP website. **Bulk orders are accepted.**
3. Individuals can choose to donate money to NLA-I DVP when joining or renewing their membership with the National Leather Association-International.
4. Individuals can choose to donate through the NLA-I DVP website at: <http://www.nlaidvproject.us> Simply click the "Doante" button on the homepage.
5. Individuals can make a donation to NLA-I DVP by postal mail at any time. When sending money for NLA-I DVP simply write a check or money order and put "NLA-I DVP" in the memo section so NLA-I knows where the money goes. All donations should be mailed to:

National Leather Association—International
 P.O. Box 423
 Blacklick, Ohio 43004-0423.

Note: In-Kind services and donations are also accepted. Please contact the [NLA-I DVP Chair \(dvchair@nla-i.com\)](mailto:dvchair@nla-i.com) if you would like to donate services or goods to NLA-I DVP.

NLA-I DVP Gazelle Drive

Turn your old and unused electronic items into a cash donation for the NLA-I DVP! Items accepted are: Cell phones, MP3 players, Digital Cameras, Laptops, GPS Devices, Gaming Consoles, Camcorders, Satellite Radio, PDA's, External Hard Drives, Video Games, Movies, Blue Ray Players, LCD Monitors, and Calculators.

As an added incentive the NLA-I DVP will donate 50% of all money received to a different domestic violence agency each quarter.

This quarter the NLA-I DVP has selected Bravo in Columbus, Ohio as its beneficiary. The drive dates will run from now until June 1, 2011. To learn more about Bravo please visit their website at: <http://www.bravo-ohio.org>

To suggest a DV resource for future quarters or to contact the NLA-I DVP please visit: <http://www.nlaidvproject.us>

How does it Work?

1. Visit the NLA-I DVP's drive at: <http://nla-idvp.gazelle.com>
2. Type in the name of your electronic gadget.
3. Answer a few questions about the condition of the item. Then click the "Calculate" button.
4. Gazelle will tell you the exact amount the item is worth.
5. If you wish to donate the item click "Add to the box."
6. You may then add other items or "checkout."

7. When you checkout you will be asked a few questions so that a shipping label can be sent to you.

What is the Cost?

There is no cost to you. SHIPPING IS FREE. All you need to do is box the item(s) and send them!

Note: Items from outside the USA are accepted, but you must pay shipping.

I don't have everything that my device came with. Can I still donate it?

Yes. Gazelle will ask you a few questions about your item as part of the trade to help determine its value. Which accessories you have is part of this. In most cases, including accessories with your item will increase the value of your donation.

Is there a limit on the number of items I can donate to Gazelle?

No limit! The more items you donate, the more money you will raise for the cause.

Other FAQ's are available at the NLA-I DVP's drive at: <http://nla-idvp.gazelle.com>

Your NLA-I Chapter or group may participate in the NLA-I DVP drive to collect items. If you wish to obtain a flyer or more information please contact the [NLA-I DVP Chair \(dvchair@nla-i.com\)](mailto:dvchair@nla-i.com)

Note: If your cell phone does not have a monetary value at Gazelle please donate them to the National Coalition for Domestic Violence.

NCADV is recycling cell phones to:

1. Fund programming that empowers victims of domestic violence and helps them remain free from abuse.
2. Support legislation aimed at ending domestic violence.
3. Give support and resources to organizations across the US working to stop violence in the home.

How It Works:

1. Roughly 60 percent of cell phones will be refurbished and resold.
2. The revenue generated from the sale of refurbished phones will be used to support NCADV programs that help end violence in the home.
3. The remaining cell phones are recycled according to the highest environmental standards.

For more information please visit the NCDV website:

<http://www.ncadv.org/takeaction/DonateaPhone.php>

What Does Money Raised Help NLA-I DVP do?

All individuals within NLA-I DVP are volunteers and serve without any compensation. Money donated to NLA-I DVP helps the project continue its efforts to educate the BDSM/Kink/Leather communities, money helps the project print and distribute

promotional and informational materials, and helps Regional Representatives provide in-house training for mainstream domestic violence agencies and services at the state, national, and international levels.

Other Ways You Can Help NLA-I DVP:

1. Provide a link or banner to NLA-I DVP on your website and/or mailing list.
2. Become a NLA-I DVP Sponsor.
3. Invite a NLA-I DVP Regional Representative to talk with your group or at your events.
4. Distribute NLA-I DVP postcards at your meetings, events, or within your community.
5. Distribute NLA-I DVP safety plans or pamphlets at your meetings or events.
6. Become a volunteer for NLA-I DVP. You may join the NLA-I DVP Community Volunteer mailing list by going to:
http://groups.yahoo.com/subscribe/NLAIDVP_Volunteers
7. Subscribe to the NLA-I DVP Newsletter or submit domestic violence related information or resources to the NLA-I DVP Newsletter Editor.
8. Help NLA-I DVP spread the word about what it is doing on your mailing lists or within your groups.
9. Inform NLA-I DVP of any agencies or resources that you feel may be interested in working with individuals in the BDSM community who are experiencing domestic violence.
10. Submit domestic violence related news, information, fundraisers or events for our newsletter or to be published on the NLA-I DVP website. Personal experiences and/or articles can remain anonymous.

The following information is being provided for further information on domestic violence. If you need information that is not provided in this packet please contact the NLA-I DVP Regional Representative for your area or the NLA-I DVP Chair.

Domestic Violence in the Community, *by Jan Hall*

Domestic violence is not the same as consensual s/m. Yet, abusive relationships do exist within the leather-s/m community, as with all groups. Unfortunately, due to our lifestyle choices and sexual orientation, abused persons who are into s/m may suffer additional isolation and may hesitate to turn to available resources for fear of rejection or of giving credence to stereotypes. No group is free of domestic battering; but fear, denial, and lack of knowledge have slowed public response to this serious social problem.

Domestic violence is not restricted to one particular group within the s/m community. A person's size, gender, or particular sex role (top-bottom, butch-femme) is irrelevant; anyone can be subject to abuse.

Abuse tends to be cyclical in nature and escalates over time. It is a pattern of intentional intimidation for the purpose of dominating, coercing, or isolating another without her or his consent. Because of the intimidation factor, where there is abuse in any part of the relationship, there can be no consent.

Defining the Problem: The following questions can help a person to define the problem, which can have characteristics that are physical, sexual, economic, and psychological.

- Does your partner ever hit, choke, or otherwise physically hurt you outside of a scene?
- Has she or he ever restrained you against your will, locked you in a room, or used a weapon of any kind?
- Are you afraid of your partner?
- Are you confused about when a scene begins and ends? Rape and forced sexual acts are not part of consensual s/m. Battering is not something that can be "agreed" upon; there is an absence of safe words or understandings.
- Has she or he ever violated your limits?
- Do you feel trapped in a specific role as either the top or bottom?
- Does your partner constantly criticize your performance, withhold sex as a means of control, or ridicule you for the limits you set?
- Do you feel obligated to have sex?
- Does your partner use sex to make up after a violent incident?
- Does your partner isolate you from friends, family, or groups?
- Has your partner ever destroyed objects or threatened pets?
- Has your partner abused or threatened your children?
- Does your partner limit access to work or material resources?
- Has he or she ever stolen from you or run up debts?
- Are you or your partner emotionally dependent on one another?
- Does your relationship swing back and forth between a lot of emotional distance and being very close?
- Is your partner constantly criticizing you, humiliating you, and generally undermining your self-esteem?
- Does your partner use scenes to express/cover up anger and frustration?
- Do you feel that you can't discuss with your partner what is bothering you?

No one has the right to abuse you. You are not responsible for the violence. You are not alone; connect with other survivors. There are many reasons a victims may stay in an abusive relationship: fear of (or feelings for) the abuser, and lack of economic or emotional resources. If you stay, help is still available. Find out about shelters, support groups, counselors, anti-violence programs, and crisis lines in your area; ask a friend to help you make these calls. Plan a strategy if you have to leave quickly. Line up friends and family in case of an emergency.

Battering is a crime. Find out about your legal rights and options. One of your options to help keep an abuser away from you and to help stop the instances of abuse is to ask a court to issue an Order for Protection or Harassment Restraining Order. You do not need a lawyer. There should be free services in your area to assist you in filling out the necessary paperwork. An Order of Protection or Harassment Restraining Order is one way to ensure your abuser leaves you alone, but you should not let your guard down. Occasionally it may take awhile for these legal documents to make their way into the computer system so be sure to carry the paperwork with you at all times. In addition, keep records of any instances of an abuser breaching the protection orders.

We Can Reduce Domestic Violence, *by Jan Hall*

Domestic violence does exist in the s/m-leather-fetish community. We can make it clear that we will listen to those who have the courage to speak out. Understand that leaving is difficult. Let the person make his or her own choices. Keep all information confidential. Encourage survivors to take legal action and seek support. Help find safe housing and legal advocacy. Hold batterers accountable and urge them to seek

treatment. Deny that drug or alcohol use can excuse battering. Support changes in that person's behavior.

Leather groups in our community are crucial to reducing domestic violence. Invite knowledgeable speakers; lead discussions; print up a list for members of what resources in your area are s/m-supportive. Educate your local legal and social service system about our lifestyle; encourage their appropriate intervention.

Holding Group Discussions about Domestic Violence Awareness, by Jan Hall

In planning a group discussion about domestic violence awareness, first consider the facilitator. The ideal situation is one in which someone trained in this field, who is SM, or SM supportive, can be brought in to facilitate. If no such person is available, select a facilitator who is knowledgeable about this issue and who is comfortable leading a discussion about it.

Here are the main subjects for a discussion. You will want to discuss recognizing the signs of abuse, the cycle of abuse (build-up, confrontation, and honeymoon), and local resources. Stress that anyone can be subject to abuse; a person's size, gender, or specific sex role (e.g., top-bottom, butch-femme) is irrelevant.

Domestic violence awareness is a very wide topic and your group won't be able to cover everything about such a complex issue in one meeting. What is important is to raise consciousness that domestic violence is a community problem, not just a personal problem, and that real action can be taken to reduce domestic violence. Make sure that the group knows about local resources--where to go for help and support.

The tone of the discussion needs to be accepting of the survivor, rather than accusatory. Realize that being abused is not an easy topic to deal with. It is a subject that can bring up a lot of complicated emotions in all of us--pain, shame, betrayal, guilt, or fear. It is a particularly sensitive topic for SM people because it is what we're usually accused of by people who cannot distinguish violence from consensual SM. Thus be aware of "blaming the victim." Explore any responses further that sound like blaming the victim, such as "I wouldn't let this happen to me" or "Why doesn't the abused person just leave!"

Topics for Discussion, by Jan Hall

- What is abuse? Is it only physical? How can we tell if we are being abused?
- What differentiates abuse from safe, sane, consensual SM?
- Why would someone resort to abuse?
- What keeps us in abusive relationships?
- What particular problems do we face within the SM community where domestic violence is concerned?
- How do we deal with abuse within our community? How can we offer support and safety to survivors?
- How can the community make clear to the abuser that he or she must take responsibility for his or her actions--and at the same time, how can we support changes in that person's behavior?
- What local resources are available for both abusers and the abused? How can we best work with local domestic violence programs and shelters to enable them to support members of our community?

Email Safety & Precautions

Computer technology can put your privacy and safety at risk. Computer hard drives are capable of recording every action taken on the computer and the Internet. It is virtually impossible to completely delete or clear all computer "footprints." Even if your abuser is not a computer expert, he/she may be able to trace what you have done on the computer.

If an abusive partner uses your computer, you may be increasing your danger by visiting sites about domestic violence. The safest practice is to use computers that are located in a public library, community technology center, Internet cafe or at a trusted friend's house.

Computers can also be a useful tool in accessing information about what you are going through and what you can do to seek help. However, keep in mind that some domestic violence websites are not legitimate and may give you misleading information. Your local domestic violence advocate can help sort out any information that may be confusing. Finally, e-mails from your abuser can provide excellent evidence in a court case. You may want to consider saving his/her e-mails even if you don't have a case pending, so they are available if you ever need them.

Other precautions you can take include the following:

- ✓ Never share your e-mail password(s). However, if you believe your abuser knows your password consider whether changing your password may cause more danger to your well-being and safety.
- ✓ When creating passwords they should be difficult to figure out and should contain both numbers and letters. Never use birth dates, street addresses, names, a favorite pet or place, and so forth.
- ✓ Consider having more than one e-mail account so that you have an alternative if your abuser forces you to close an account.
- ✓ Ask friends and family to not share your any new e-mail addresses you create.
- ✓ Never register your personal information such as your real address or phone number when you sign up for web e-mail accounts such as Yahoo or Hotmail.
- ✓ Use web-based e-mail services. Many of these services are free and they allow you to access e-mail from any computer that has Internet access, and your e-mail will NOT be stored on your local computer. Some good web-based e-mail services are Yahoo Mail, Hotmail, and Excite Mail. Remember, e-mail corresponded is not a completely safe or confidential way to talk to someone about the danger or abuse in your relationship. The best way to get help is to call domestic violence hotline numbers.
- ✓ Be sure not to store important or private documents on a computer an abuser has access to. You can use various internet services to store these documents including many of the free web-based e-mail services. If you use a floppy disk or CD to store your documents in a safe place or with a trusted individual.

When you search for information or communicate about partner abuse do **not** use any computer your abuser may have access to. Your Internet, e-mail and document use activities leave traces on your computer that can be found by your abuser. It is always best to use a computer which he/she does not have access, such as at work, in a library or a friend or family member's computer

Be advised that taking the steps below will **not** remove all traces of your computer activities. If you need additional help or have questions simply call our information hotline or email us.

Internet Explorer 9.X

Step 1: Open Internet Explorer browser.

Step 2: Click on the "gear" icon, located in the upper right hand corner of your IE9 window. When the drop-down menu appears, click on **Internet Options**.

Step 3: The IE9 Internet Options should now be visible, overlaying your browser window. Click on the **General** tab if it is not already selected.

Step 4: Towards the middle of the **General Options** window is a section labeled **Browsing history**. Within this section is a check box labeled **Delete browsing history on exit**.

Disabled by default, this option ensures that IE9 deletes your history and other specified private data each time your browser is shut down.

Step 5: Within the **Browsing history** section is a button labeled **Delete**. Click on this button to begin the deletion process. The **Delete Browsing History** dialog should now be displayed, overlaying your browser window.

- **First option: Preserve Favorites Website Data.** Internet Explorer 9 also has the ability to preserve stored data from your favorite sites whenever you delete your browsing history. This lets you keep any cache files or cookies used by sites in your Favorites to avoid having your favorite sites "forget you". Generally, this option would be check marked to ensure that this data is not deleted. However, it is recommended that if your computer is shared with an abuser or if you are unsure if the computer is safe to use then do NOT place a checkmark next to this option.
- **Second option: Temporary Internet Files** Internet Explorer stores images, multimedia files, and even full copies of webpages that you have visited in an effort to reduce load time on your next visit to that page.
- **Third option: Cookies.** When you visit certain Web sites, a text file is placed on your hard drive that is used by the site in question to store user specific settings and information. This text file, or cookie, is utilized by the respective site each time you return in order to provide a customized experience or to retrieve your login credentials.
- **Fourth option: History.** Internet Explorer records and stores a list of all Web sites that you visit.
- **Fifth option: Download History.** A list of all files you have downloaded.
- **Sixth option: Form data.** Anytime you enter information into a form on a webpage, Internet Explorer stores some of that data. For example, you may have noticed when filling out your name in a form that after typing the first letter or two your entire name becomes populated in the field. This is because

IE has stored your name from entry in a previous form. Although this can be very convenient, it can also become an obvious privacy issue.

- **Seventh option: Passwords.** When entering a password on a webpage for something such as your email login, Internet Explorer will usually ask if you would like for the password to be remembered. If you choose for the password to be remembered, it will be stored by the browser and then repopulated the next time you visit that webpage.
- **Eighth option: InPrivate Blocking data.** This data is stored as a result of the InPrivate Blocking feature, which informs you about and gives you the ability to block webpage content that is configured to observe your personal browsing history. An example of this would be code that could tell a site owner about other sites that you have recently visited.

Auto Delete: Internet Explorer 8.X

Be aware that using this option may result in confrontation if your abuser looks at your computer and no cache history is being recorded. Also, if you are being monitored they may want to know why the settings have been changed. Again, it is always best to use a computer that your abuser does not have access to.

You can setup Internet Explorer 8 to automatically delete browsing history when you exit (or close) it.

Step 1: Open Internet Explorer browser.

Step 2: Go to Tools > **Internet Options.**

Step 3: Click to **check option** "Delete browsing history on exit".

Step 4: Then click **Apply**, OK.

From now on, after every browsing session when you close Internet Explorer window – the browsing history will be deleted automatically in the background, without you having to click anywhere to delete it.

Internet Explorer 8.X

Step 1: There are 3 ways to gain access to deleting your browsing history in Internet Explorer 8.X. You only need to use **ONE** of these methods to delete your browsing history.

- Access your browser's Tools menu, located in the top menu bar of the browser.
- Click on the Safety menu, located at the far right hand side of your browser's Tab Bar. When the drop-down menu appears, select the Delete Browsing History option.
- Use the keyboard shortcut **Ctrl+Shift+Delete.**

Step 2: The **Delete Browsing History** window should now be visible, overlaying your main browser window.

- **First option: Temporary Internet Files.** Internet Explorer stores images, multimedia files, and even full copies of webpages that you have visited in an effort to reduce load time on your next visit to that page.

- **Second option: Cookies.** When you visit certain Web sites, a text file is placed on your hard drive that is used by the site in question to store user specific settings and information. This text file, or cookie, is utilized by the respective site each time you return in order to provide a customized experience or to retrieve your login credentials.
- **Third option: History.** Internet Explorer records and stores a list of all Web sites that you visit.
- **Fourth option: Form data.** Anytime you enter information into a form on a webpage, Internet Explorer stores some of that data. For example, you may have noticed when filling out your name in a form that after typing the first letter or two your entire name becomes populated in the field. This is because IE has stored your name from entry in a previous form. Although this can be very convenient, it can also become an obvious privacy issue.
- **Fifth option: Passwords.** When entering a password on a webpage for something such as your email login, Internet Explorer will usually ask if you would like for the password to be remembered. If you choose for the password to be remembered, it will be stored by the browser and then repopulated the next time you visit that webpage.
- **Sixth option: InPrivate Blocking data.** This data is stored as a result of the InPrivate Blocking feature, which informs you about and gives you the ability to block webpage content that is configured to observe your personal browsing history. An example of this would be code that could tell a site owner about other sites that you have recently visited.

Internet Explorer 8 also has the ability to preserve stored data from your favorite sites whenever you delete your browsing history. This lets you keep any cache files or cookies used by sites in your Favorites to avoid having your favorite sites "forget you". Generally, this option would be check marked to ensure that this data is not deleted. However, it is recommended that if your computer is shared with an abuser or if you are unsure if the computer is safe to use then do NOT place a checkmark next to this option.

Step 3: After you have chosen which information to delete simply click the Delete button at the bottom of the form. A status window will now be displayed as IE's browsing history is deleted. The process is complete once this window disappears.

Internet Explorer 7.X

Step 1: Click on the **Tools** menu, located at the far right hand side of your browser's Tab Bar. When the drop-down menu appears, select the **Delete Browsing History** option from the drop down menu.

Step 2: Choose the appropriate portions of browsing history you wish to delete in the pop-up box.

- **First option: Temporary Internet Files.** Internet Explorer stores images, multimedia files, and even full copies of web pages that you have visited in an effort to reduce load time on your next visit to that page.
- **Second option: Cookies.** When you visit certain web sites, a text file is placed on your hard drive that is used by the site in question to store user specific settings and information. This text file, or cookie, is utilized by the respective site each time you return in order to provide a customized experience or to retrieve your login credentials. [/li]

- **Third option: History.** Internet Explorer records and stores a list of all web sites that you visit.
- **Fourth option: Form data.** Anytime you enter information into a form on a website, Internet Explorer stores some of that data. For example, you may have noticed when filling out your name in a form that after typing the first letter or two your entire name becomes populated in the field. This is because IE has stored your name from entry in a previous form. Although this can be very convenient, it can also become an obvious privacy issue.
- **Fifth Option: Passwords.** When entering a password on a web page for something such as your email login, Internet Explorer will usually ask if you would like for the password to be remembered. If you choose for the password to be remembered, it will be stored by the browser and then prepopulated the next time you visit that web page.

To remove all of these temporary files from your hard drive, click on the button labeled **Delete all....** A message dialog box will then appear asking **Are you sure you want to delete all temporary Internet Explorer files?** Click on the **Yes** button. All of your temporary Internet files will then be permanently removed.

Internet Explorer 6.X

Step 1: Click on **Tools** at the top of the page.

Step 2: Click on **Internet Options.**

Step 3: You will see **History** and the button **Clear History**, Click on **Clear History** and you're done.

Auto Delete in Firefox 4.X

WARNING: Be aware that using this option may result in confrontation if your abuser looks at your computer and no cache history is being recorded. Also, if you are being monitored they may want to know why the settings have been changed. Again, it is always best to use a computer that your abuser does not have access to.

Please see instructions for clearing a single website in Firefox 4.X below to clear only certain websites instead of removing all website history.

Step 1: At the top of the Firefox window, click on the Firefox button (Tools menu in Windows XP) and then click Options

Step 2: Select the Privacy panel.

Step 3: Set **Firefox will:** to **Use custom settings for history.**

Step 4: Check the box for **Clear history when Firefox closes.**

Step 4: To specify what types of history should be cleared, click the Settings button next to **Clear history when Firefox closes.** In the **Settings for Clearing History** window, check the items that you want to have cleared automatically each time you quit Firefox. (See settings you can clear in the instructions for Firefox 4.X below.)

Step 5: After selecting the history to be cleared, click OK to close the **Settings for Clearing History** window. Click OK to close the Options window.

Firefox 4.X Clear a Single Website

Step 1: At the top of the Firefox window, click on the Firefox menu, go over to the History menu and select Show All History to open the Library window.

For Windows XP: At the top of the Firefox window, click on the History menu and select Show All History to open the Library window.

- Search for the website you want to remove from your history by typing its name in the **Search History** field in the top-right corner and then pressing Enter.
- Then, in the search results, right-click on the site you want to remove, and select **Forget About This Site**.

All history items (browsing and download history, cookies, cache, active logins, passwords, saved form data, exceptions for cookies, images, pop-ups) for that site will be removed.

Step 4: Finally, close the Library window.

Firefox 4.X

Step 1: At the top of the Firefox window, click on the Firefox menu, go over to the **History** menu and select **Clear Recent History**.

For Windows XP: At the top of the Firefox window, click on the Tools menu and select **Clear Recent History**.

Step 2: Select how much history you want to clear.

- Click the drop-down menu next to **Time range to clear** to choose how much of your history Firefox will clear.
- Next, click the arrow next to **Details** to select exactly what information will get cleared.

Browsing & Download History: Browsing history is the list of sites you've visited that are shown in the History menu, the Library window's History list, and the Location bar autocomplete's address list. Download history is the list of files you've downloaded that are shown in the Downloads window.

Form & Search Bar History: Form history includes the items you've entered into web page forms for Form auto complete. Search Bar history includes items you've entered into Firefox's Search bar.

Cookies: Cookies store information about websites you visit, such as site preferences or login status.

Cache: The cache stores temporary files, such as web pages and other online media that Firefox downloaded from the Internet to speed up loading of pages and sites you've already seen.

Active Logins: If you have logged in to a website that uses encryption since you most recently opened Firefox, that site is considered "active". Clearing this logs you out of those sites.

Site Preferences: Site-specific preferences, including the saved zoom level for sites, character encoding, and the permissions for sites (like pop-up blocker exceptions) described in the Page Info window.

Step 3: Click the **Clear Now** button and the window will close and the items you've selected will be cleared.

Auto Delete in Firefox 3.5 & 3.6

WARNING: Be aware that using this option may result in confrontation if your abuser looks at your computer and no cache history is being recorded. Also, if you are being monitored they may want to know why the settings have been changed. Again, it is always best to use a computer that your abuser does not have access to.

Step 1: At the top of the Firefox window on the menu bar, click on the ToolsFirefoxEdit menu, and select **Options > Preferences**.

Step 2: Select the Advanced panel.

Step 3: Click on the Network tab.

Step 4: In the Offline Storage section, click **Clear Now**. Click OK to close the Options window click Close to close the Preferences window. Close the Preferences window.

Firefox 3.X

Step 1: At the top of the Firefox window on the menu bar, click on the ToolsFirefoxEdit menu, and select **Options > Preferences**.

Step 2: Click on the **CLEAR BROWSING HISTORY NOW** button. Then click the OK button to close the OPTIONS dialogue box.

You can change the amount of days that Firefox will remember your history if required. Also you can change other settings here, such as whether Firefox remembers what you enter into forms or into the search bar and also downloads.

Netscape Communicator 4.7 to 8.X (All versions phased out in 2008)

8.X

Step 1: Go to "Tools" menu and select "Options".

Step 2: Select "Privacy".

Step 3 : Click the "Clear" button in the Page History area to clear a list of web site visited during a certain time period. Click the "Clear" button in the Search History area to clear all records from the search history.

6.X & 7.X

Step 1: Click on Edit at the top of the page.

Step 2: Click on Preferences.

Step 3 : When the Preferences window opens up, Click on the Grey triangle next to Navigator. Click on History. You will see the Clear History button, click on that and you're done.

4.7

Step 1: Click on Edit at the top of the page.

Step 2: Click on Preferences. When the Preferences Window opens up Click on Navigator. You will see the Clear History button, click on that and you're done.

Phone Use Precautions in Domestic Violence Situations, *by Jan Hall*

Here are five tips for use of the phone if you are trying to get out of an abusive situation. If your children are old enough to use the phone, teach them these precautions also.

1. **To out-fox Caller ID:** Before dialing any number, **dial *67** (or **1167** from a rotary phone). Then dial the number that you want to call. Even if they have caller ID, they will not see your number. (This will not work with a pay phone.) You can also buy line-blocking service for your home. Blocking service costs a dollar per month and keeps the number from appearing on caller ID boxes. What shows up instead is a "p" or "private" on their caller ID box.
2. **To get around automatic callback:** There's unfortunately no easy way to block this service. When your abuser has access to your phone (and you have automatic callback service), he or she can call back the last person who called you, simply by dialing ***69**. So if you get a call and it would be dangerous for your abuser to have that number (such as your lawyer's number), have someone else, like a family member or friend, call you second. This ensures the abuser does not have access to the first caller and would not discover that you are seeking help.
3. **To keep from being found:** After leaving an abuser, if you have to call where you left to discuss children or finances, remember that where you call from can be traced by these services. Do not put yourself or those assisting you in danger (like the Shelter, family, friends, counselors, or clergy). If you don't want where you are to be known, call from a pay phone or from your lawyer's office. Another option is to get a prepaid cell phone.

Many domestic violence agencies and service now use cell phones from the Wireless Foundation through a program called "Called to Protect." In addition, if you need assistance with erasing call history on a cellular phone go to the Wireless Foundation

website, <http://www.wirelessfoundation.org> , for more information on how to erase call history from your particular cell phone.

4. **To out-fox the phone's Redial feature:** If the abuser has access to your phone, he or she can call back the last number dialed from your phone, if your phone has a redial feature. To avoid that happening, after you call someone you want to conceal, immediately call the weather number for your area or some other "safe number."

Telephone Privacy & Safety

1. **Call Return Service (*69)** allows you to call back the last number that called you, whether or not you answered the call. In some areas, a recording will give you the number you are attempting to call back, even long distance numbers. However, if the last call you received was from someone you don't want your abuser to know about, you can press *89 after you end the call. This will prevent Call Return from working.
2. **Call Trace Service** traces the number of an annoying, obscene or harassing call by dialing *57. If your trace is successful, your telephone company will provide the number to the police. You must file a complaint with the police and call your telephone company to request an investigation.

There is a fee for purchasing the Caller ID service and a fee for using the Call Return and Call Trace. More complete information about these and other services is available in the front of your telephone book or by calling your local telephone company.

3. An answering machine is another good way to make sure the caller is someone you want to speak to, before answering the telephone. If your abuser leaves a threatening message on the answering machine, be sure to remove the tape and save it (do not record over it). Such recordings can be used as evidence of threats and stalking.
4. If you use a cell phone, be aware there are numerous ways an abuser can use cell phone technology to overhear your calls or locate you. Use a cell phone only if you do not have access to a regular phone, and make sure that you do not give any identifying details on a cell phone. If your abuser works for a phone company or law enforcement agency, use extreme precaution, and discuss cell phone safety with a domestic violence advocate.
5. A cellular phone in "silent mode" or "auto answer" can serve as a tracking device. Some recent models of cellular phones have GPS (Global Positioning System), which is a location-finding feature. You can check with your phone company to learn if your cell phone has this feature. If you are fleeing from your abuser, either turn off your cell phone or leave it behind.

Stalking and Harassment: How to Lower Your Risk, by Jan Hall

How can we protect ourselves from these situations, often involving domestic violence? In this article we will discuss the behaviors behind stalking and harassment, and how you can lower your risk.

Harassment is unwanted attention, including phone calls, gifts, or letters. It may include vandalism.

Stalking is persistent unwanted pursuit. It includes pursuit by mail, email, fax, or the phone. It includes someone following you, approaching you, or waiting in ambush for you.

For example, someone may try to stalk you at your workplace, damage your property, steal from you, kill your pet, or threaten your loved ones.

To gain access to you, the stalker may pose as a legitimate caller or visitor. Or a stalker may obtain a job close to you, to allow approach.

There are more stalkers of ordinary citizens than of the rich and famous.

Stalkers and their victims are both men and women.

Cultural or national boundaries do not deter stalkers.

Sometimes stalkers pursue people who have helped them---or who stalkers want to help them.

What motivates stalkers?

Reasons include reconciliation of broken love relationships; destruction of former partners; self-destruction; or a desire for a relationship with someone who is disinterested.

Stalkers may also have grievances against an employer or work partner. They may want retribution against a person, institution, or culture for a real, exaggerated, or imagined harm. They may seek retaliation against whomever they blame for ruining their lives or what they value.

How can you lower your risk?

Choose lovers, friends, and employees with care. Treat others fairly; be responsible in relationships.

Sadly, we must sometimes think twice before being kind to someone we do not know well who seems lonely. Even innocuous actions, such as smiling, have ignited some stalking situations. Do listen to your instincts.

Say no early and clearly to unwanted relationships.

Keep your personal life private.

Avoid appearing to fit someone's fantasy ideal.
Assume a low profile.

What if you are being pursued?

Almost all states have anti-stalking laws. However, you should discuss these options

carefully with the police. Commonly, the methods used are arrest, restraining orders, or referral for psychiatric treatment. Discuss with the police the personality and means of the stalker. The police's methods need to be applied correctly and matched well to the deluded pursuer to avoid further danger.

Domestic Violence Victims Privacy Rights & Information

1. Most, if not all, cell phone companies will allow you to change your cell phone number, free of charge if you are being harassed. Simply contact your cell phone carrier and request a number change due to harassment.
2. When fleeing an abusive relationship **Do not file a change of address with the U.S. Postal Service.** Send personal letters to friends, relatives and businesses giving them the new private mailbox address. Give real residential address only to the most trusted friends. Ask that they do not store this address in address books that could be stolen.
3. **Use a private post office box.** Residential addresses of post office box holders are generally confidential. However, the U.S. Postal Service will release a residential address to any government agency, or to persons serving court papers. The Post Office only requires verification from an attorney that a case is pending. This information is easily counterfeited. Private companies are generally stricter and will require that the person making the request have an original copy of a subpoena.

Be sure to get a private mailbox that is at least two ZIP codes away from your residence. Use your private post office box address for all of your correspondence. Print it on your checks instead of your residential address. Instead of recording the address as "Box 123," use "Apartment 123." If you must use a traditional home mailbox, make sure it has a lock.

4. **Sign up for your states address confidentiality program.** As of October 2007, 28 states had an address confidentiality program, though many of the other states and territories had some mechanism in place to protect victim confidentiality. Address confidentiality programs offer a no-cost mail-forwarding program that enables victims of domestic violence and stalking to protect their residential address. A few states limit the program to just the driver's license or voter records. For a list, visit the Stalking Resource Center's [Address Confidentiality Programs Chart](http://www.ncvc.org/src/AGP.Net/Components/DocumentViewer/Download.aspx?DocumentID=46189).

<http://www.ncvc.org/src/AGP.Net/Components/DocumentViewer/Download.aspx?DocumentID=46189>

5. **Obtain an unpublished and unlisted phone number.** The phone company lists names and numbers in directory assistance (411) and publishes them in the phone book. Make sure you delete your information from both places. Do not print your phone number on your checks. Provide a work number or use an alternate number such as a voice mail number when asked – that is, a message-only number that is used solely for receiving recorded messages from callers. Consider replacing you landline with a cell phone if you haven't already done so. Always use caution when sharing your number. *Tip:* You can also purchase pre-paid cell phones, use cash.
6. **Have your name removed from any "reverse directories."** The entries in these directories are in numerical order by phone number or by address.

These services allow anyone who has just one piece of information, such as a phone number, to find where you live. Reverse directories are published by phone companies and direct marketers. Contact the major directories and request that you be removed from their listings:

- Haines Criss+Cross Directory, Attn: Director of Data Processing, 8050 Freedom Ave. N.W. , North Canton, OH 44720.
By phone: Call (800) 843-8452 and ask for extension 312.
 - Equifax Direct Marketing Solutions (formerly Polk):
By mail: Equifax Direct Marketing Solutions, Attn: List Suppression File, PO Box 740256 Atlanta GA 30374
Include your name, address, ZIP code, phone number and a description of what information you would like suppressed.
By phone: (888) 567-8688.
 - You may also review other reverse directories at:
<http://www.privacyrights.org/fs/ar/infobrokers.htm>
7. **When conducting business with a government agency**, only fill in the required pieces of information. Certain government agency records are public. Anyone can access the information you disclose to the agency within that record. Public records such as those held by a county assessor, county recorder, registrar of voters, or state motor vehicles department (DMV) are especially valuable to a stalker, as are business licenses. **Ask the agency if it allows address information to be confidential in certain situations.** If possible, use a commercial post office box and do not provide your middle initial, phone number or your Social Security number. If you own property or a car, you may want to consider alternative forms of ownership, such as a trust. This would shield your personal address from the public record.
8. **Don't put your name on the list of tenants** on the front of your apartment building. Use a variation of your name that only your friends and family would recognize.

Online Social Networking Precautions

Social networking, through websites such as Facebook, Twitter, MySpace, Meetup and LinkedIn, present security issues for victims of stalking. A profile on a social network might include information such as your email address, phone number, general (or even specific) address information, birthday, legal name, names of family members, and even minute-to-minute updates on your location.

If a victim has a public profile, a stalker could easily access any information posted to the social networking account. Even with strong privacy settings or a private profile, a stalker might be able to access your account. A few of the ways this can be accomplished include:

If you are a victim of domestic violence or stalking, consider suspending your social networking accounts until the stalking has been resolved. If you decide to continue to use social networking sites, here are a few tips to help keep you safe:

- Set your profile to "Private." With some social networking sites, this might entail just checking a box. With others, such as Facebook, this can be a complex, multi-step process.

- Limit how much personal information you post to your account. For example, you may not want to include contact information, your birth date, the city you were born in or names of family members.
- Do not accept "friend requests" (or "follow requests") from strangers. If you recognize the individual sending the request, contact him or her off-line to verify he or she sent the request.
- Warn your friends and acquaintances not to post personal information about you, especially your contact information and location.
- Avoid online polls or quizzes, particularly those that ask for personal information.
- Don't post photographs of your home that might indicate its location. For example, don't post photographs showing a house number or an identifying landmark in the background.
- Use caution when joining online organizations, groups or "fan pages." Never publicly RSVP to events shown online.
- Use caution when connecting your cell phone to your social networking account. If you do decide to connect your cell phone to your online account, use extreme caution in providing live updates on your location or activities.
- Avoid posting information about your current or future locations, or providing information a stalker may later use to hone in on your location, such as a review of a restaurant near your house.
- Always use a strong, unique password for every social networking site.
- Remember, you most likely will not know if your stalker has accessed your online social networking account. Only post information that would not expose you to harm if your stalker should read it.

You cannot reason with someone who is stalking or harassing you online. When contacted you should not respond. Responding, asking the person to stop or threatening to turn them in will most likely only escalate the harassment or stalking.

If you are being harassed or stalked report it to the website or social networking site you are using. Many of them have rules and regulations about stalking and online harassment. If a service you are using doesn't have these types of policies you should discontinue use of their services for your own safety.

Keep all the electronic media you receive. Also, log dates and times you have been harassed. This information can be utilized when reporting the person to a website or social networking services. If you are worried about reporting the harassment because of your lifestyle send a broad overview of how you are being stalked or harassed. Only send specific electronic media if it is required. Not all website and social networking website policies require copies of electronic media be sent to stop the harassment. Also remember that is highly likely the website or social network you are reporting the incident to already maintains backups and copies of all user activity.

If you know of services who do not have policies regarding online stalking and harassment you should encourage them to consider adopting these policies or contact the NLA-I DVP with information about website services who do not adopt these policies.

If you are being harassed or stalked online you may also report this to the email provider of the person harassing you. If harassment continues through new or

multiple email accounts you may track down an individual's ISP and report it to their ISP. If you are unsure how to do this you may do a search on the Internet on how to get the ISP from electronic media you are receiving or contact someone from the NLA-I DVP for assistance.

Important NLA-I DVP Contacts and Information

NLA-I Website: <http://www.nla-i.com>

NLA-I DVP Hotline: 1-816-984-STOP

NLA-I DVP Website: <http://www.nlaidvproject.us>

NLA-I DVP Community Volunteer Mailing List:

http://groups.yahoo.com/subscribe/NLAIDVP_Volunteers

NLA- I DVP Project Chair: dvchair@nla-i.com

Please see the NLA-I DVP website for the most current listing of [NLA-I DVP Regional Representative](#) and volunteer contact information.

NLA-I & NLA-I Chapters



National Leather Association:
International
<http://nla-i.com/>



National Leather Association: Atlanta
<http://nla-atl.com/>



National Leather Association: NW
Arkansas



National Leather Association: Central Florida
<http://www.nla-cfl.com/>



National Leather Association: Colorado
<http://www.nla-colorado.org>



National Leather Association: Columbus
<http://www.nlacolumbus.com/>



National Leather Association: Dallas
<http://www.nla-dallas.org/>



National Leather Association: Houston
<http://www.nlahoustontx.org/>



National Leather Association:
Indianapolis
<http://www.nlaindianapolis.com/>



National Leather Association: Northern Nevada
<http://www.renoleather.org/nla-nnv/>



National Leather Association: Oklahoma
City
<http://www.nla-okc.com/>






National Leather Association: Philadelphia
<http://philly.nla-i.com/>

NLA-I DVP Coalition Partner

The logo for NCAVP consists of a dark blue circle on the left and the letters "NCAVP" in a bold, dark blue, sans-serif font to its right.	<p>Website: http://www.ncavp.com/</p>
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NLA-I DVP Sponsors

	<p>Second Life: Fallen</p>
	<p>Website: http://www.theexiles.org/</p>
	<p>Leather Pride NYC Website: http://www.leatherpridenight.org/</p>

NLA-I DVP Supporters

National Domestic Violence Hotline: 1-800-799-SAFE OR 1-800-787-3224 TTY
Emergencies: 911

	<p>Website: http://www.haltabuse.org/</p>
	<p>Website: http://www.revisef65.org/</p>

Additional Resources

National Crime Victim Bar Association: NCVBA provides victim referrals to local attorneys specializing in victim-related litigation. NCVBA can be reached by phone at: (202) 467-8753 between 8:30 AM thru 5:30 PM (EST) Monday through Friday. Their website can be found at: <http://www.victimbar.org>