

## COUNSELOR'S CHECKLIST FOR "CLEANING UP" A COMPUTER

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In the process of helping counselees deal with sexual idolatry, it is often necessary to "clean up" inappropriate content from their computer(s). The following checklist is designed to assist the counselor. The steps in the "Beginner/Intermediate" section are minimum requirements. If the counselee's computer skills are considerably advanced, then the steps in the "Advanced" section may be necessary.

### BEGINNER/INTERMEDIATE

- Remove files
  - From hard drive
  - From storage media (e.g., CDs, flash drives, DVDs, external drives, etc.)
- Remove administrator privileges for counselee and young people  
(This prevents them from installing software or changing critical settings.)
- Decrease the number of internet service providers (ISPs) – ideally to one  
(These can be used to easily bypass some filtering.)
- Decrease the number of browsers – ideally to one  
(Browsers usually store information and histories in different places, so much more difficult to monitor online activity.)
- Remove all peer-to-peer (P2P) software  
(E.g., Napster, Kazaa, iMesh, eDonkey, Gnutella, Morpheus, LimeWire, G2, Overnet, Grokster, FastTrack, etc. P2P software provides a means to "tunnel" past many filters and also promotes illegal activity and increases susceptibility to malicious software (e.g., viruses).

### ADVANCED

- When the computer is "littered" with files, reformat the hard drive
  - Reinstall the operating system (OS)
  - Selectively install desired software
  - May need to remove old email accounts
- For exceptionally "sneaky" counselees, temporarily disable mass storage devices  
(E.g., CD/DVD writer, USB drives, etc. These are often a clandestine way to view, store, and hide downloads apart from the computer.)