As Della learns more about autism, she begins to find other medical terms which she would like to learn more about. She can perform a search using specific terms to find more information. She can perform her search in a specific website, or by using a search engine.
One of the terms she wants to learn about is cognitive behavior therapy. This therapy is listed as a possible treatment for autism. It is also a treatment her nephew’s doctor has recommended.
Della searches for this term in MedlinePlus by using the search bar at the top of the page. This will allow her to search only the contents of the MedlinePlus website. Della can type the term directly into the search bar, and then click the Go button to continue.
Della’s search results indicate that cognitive behavior therapy is used to treat many conditions. To narrow down her search, she adds the term autism to the search bar.

The results for these combined search terms are listed on the screen. To the left of the results are some related topics. There are several options that can be selected to further refine and focus the search results.
Della decides she would like to try searching for more information, outside of the MedlinePlus website. To do this, she will use a search engine. However, Della is concerned about her privacy. Della has learned that some search engines track information about her search history. This includes her location, her search terms, and other private information that is often sold to corporations for marketing purposes. Della doesn’t want her search for health information to be tracked. She will use a private browser window and a privacy search engine to limit what information is collected.
She uses an **incognito window** in the **Google Chrome** browser, and the privacy search engine **Duck Duck Go**.
To begin her search, she starts to type her search terms into the search engine. As she types in her search terms, suggestions appear below. Della can choose one that is a close match to save time and complete her search.
Della’s search results appear on the screen. Next, she will need to think critically about which of these links come from trusted sources for information.