

How to find email headers

Apple Mail (Mac)

- Select the message you want to view the headers of.
- Press SHIFT-COMMAND-H to toggle full headers for the message. (Alternatively you can click VIEW in the menu bar, click MESSAGE, click LONG HEADERS.

Microsoft Outlook 2010 (Win)

- Open the message you want to view the headers of.
- Go to the FILE Menu, select INFO>PROPERTIES
- Headers will be displayed within the "Internet Headers" area of a pop-up window.

Microsoft Outlook 2007 (Win)

- Select the message you want to view the headers of.
- Right click the mouse, select OPTIONS or MESSAGE OPTIONS
- Headers will be displayed within the "Internet Headers" area of a pop-up window.

Microsoft Outlook (Mac)

- Select the message you want to view the headers of.
- Right click the mouse, select VIEW SOURCE
- Headers will be displayed within the "Internet Headers" in a pop-up window.

Mozilla Thunderbird

- Select the message you want to view the headers of.
- Press CTRL-U (or click VIEW from the menu bar, select MESSAGE SOURCE)
- Headers will be displayed in a new window.

Gmail

- Open the message you want to view the headers of.
- Click the down arrow next to the "Reply" link.
- Select "Show Original" to open a new window with the full headers

Windows Live Hotmail

- Right click on the message.
- Select "View message source"
- A new window with the full headers and HTML source of the email will open

Yahoo Mail

- Right click on the message.
- Select "View Full Headers"
- A new window with the full headers will open

More instructions for reading headers at:

<http://www.cyberbullying.info/resources/headers.php>