

DIGITAL WELLNESS

DIGITAL FOOTPRINT

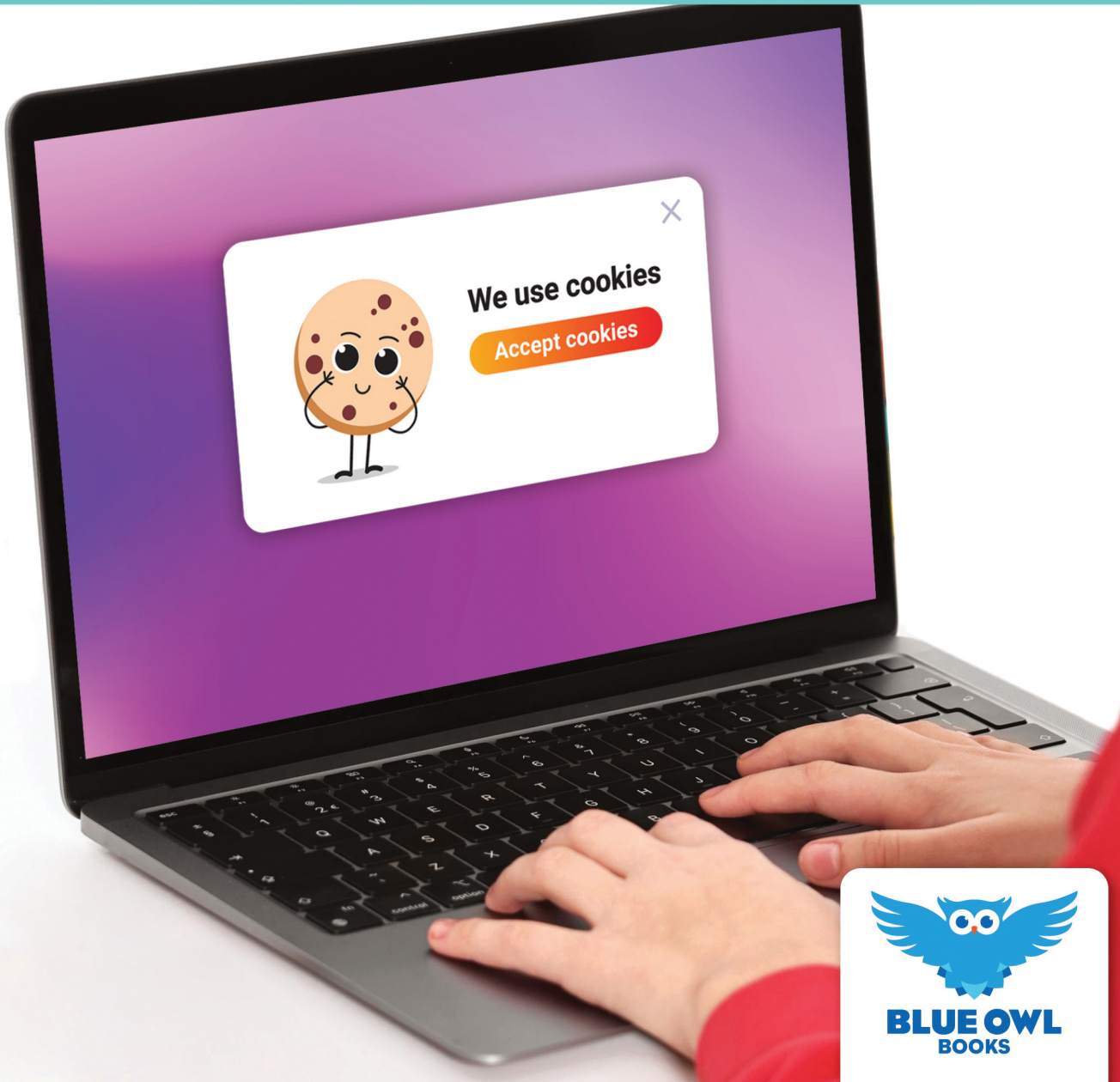


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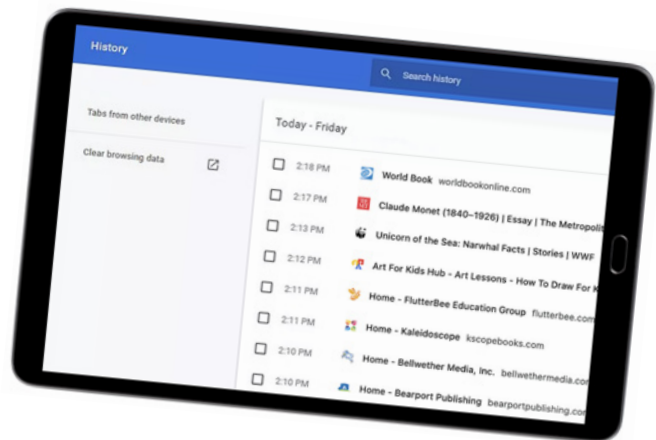
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CHAPTER 1

WHAT IS A DIGITAL FOOTPRINT?

Have you ever noticed your footprints?
Sometimes they disappear right away.

A young woman with dark skin and dreadlocks is shown in profile, wearing a black VR headset. She is holding two black VR controllers, one in each hand. She is wearing a pink sweater over a blue collared shirt. The background is a blurred indoor setting with blue and white elements. A large, semi-transparent red watermark with the text 'Preview Only' is diagonally across the image.

Other times, they last longer. This happens in the **digital** world. A digital footprint is a record of everything you do online. This includes **browsing**, playing games, and chatting on the internet.

The more you are online, the more your digital footprint grows. Your footprint can last a long time. Some actions last forever. It is important to understand your digital footprint. This will help you protect it!

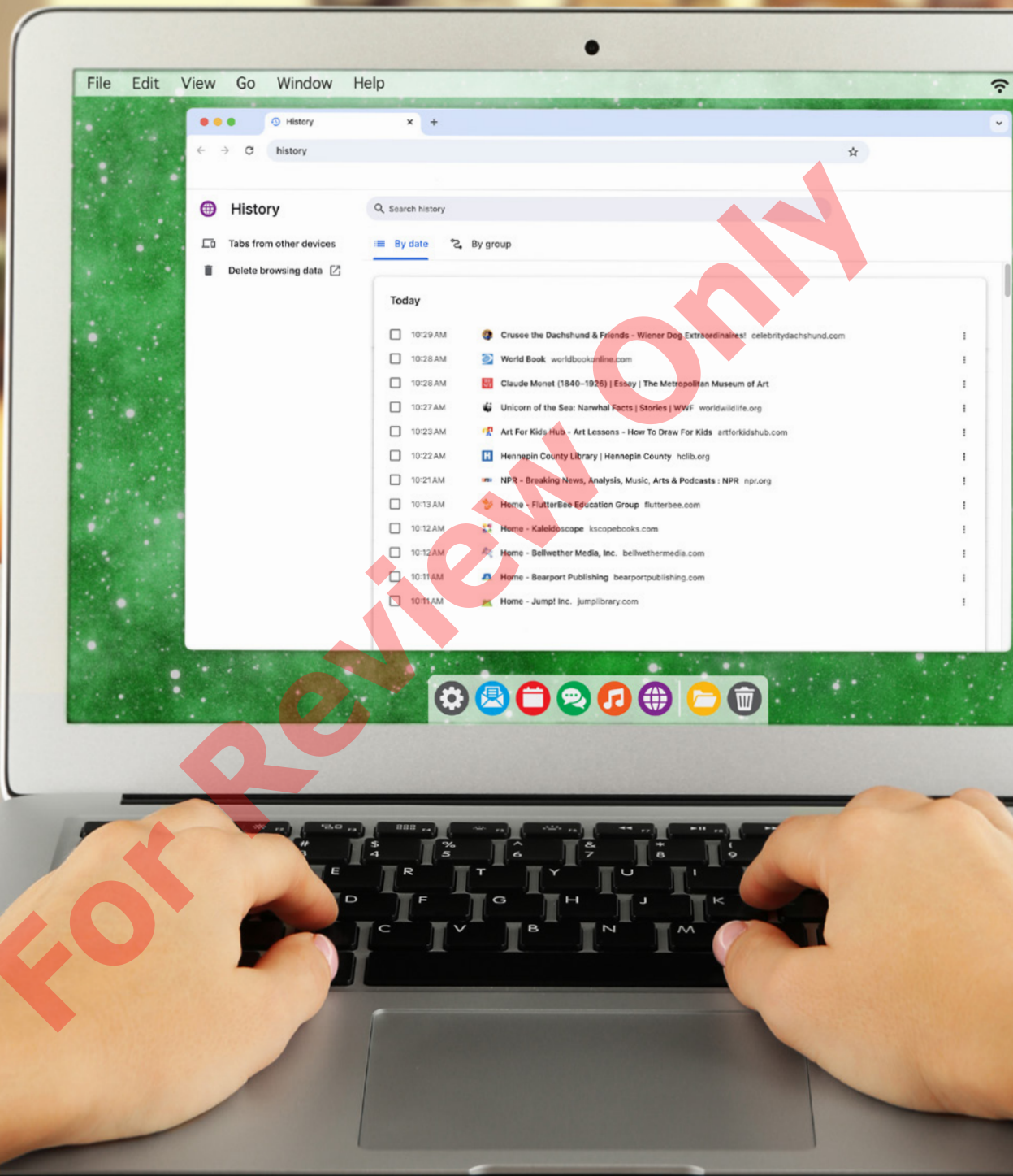
WHAT MAKES A DIGITAL FOOTPRINT?

Many things create a digital footprint, including:

- posts you make
- comments or chats you write
- posts, comments, and chats others tag you in
- pictures and videos you share or others share of you
- websites you visit







Your **search history** is part of your digital footprint. When you visit a website, **data** is collected. The data might be about what you do and don't like. It might show **other** sites you visit. It might **even** show where you live.

Websites sell **this** information. Why? Companies use it to **market** products. If they know what **you** like, they will try to **get** **you** to spend money on **their** products.

COOKIES

Many websites save cookies. These are small bits of data. They tell how much time you spend on a website. They also tell what you look at. Cookies help websites show you more things you like.



GOALS AND TOOLS

GROW WITH GOALS

What are some ways to create a positive digital footprint?
How can you protect your digital footprint? Try these goals:

Goal: Model good behavior online. Write something positive every time you are online.

Goal: Protect your privacy online. Check the privacy settings on all of your games and apps. Make sure your personal information is not shared publicly.

Goal: Talk with a trusted adult about the sites you visit. Are they safe?



TRY THIS!

THINK before you post. Even if you believe what you want to write is harmless, slow down. Before you share or post, ask yourself:

- T** Is it **t** rue?
- H** Is it **h** elpful?
- I** Is it **i** nspiring?
- N** Is it **n** ecessary?
- K** Is it **k** ind?

