



Our Digital Footprint

Social Media and Internet Safety

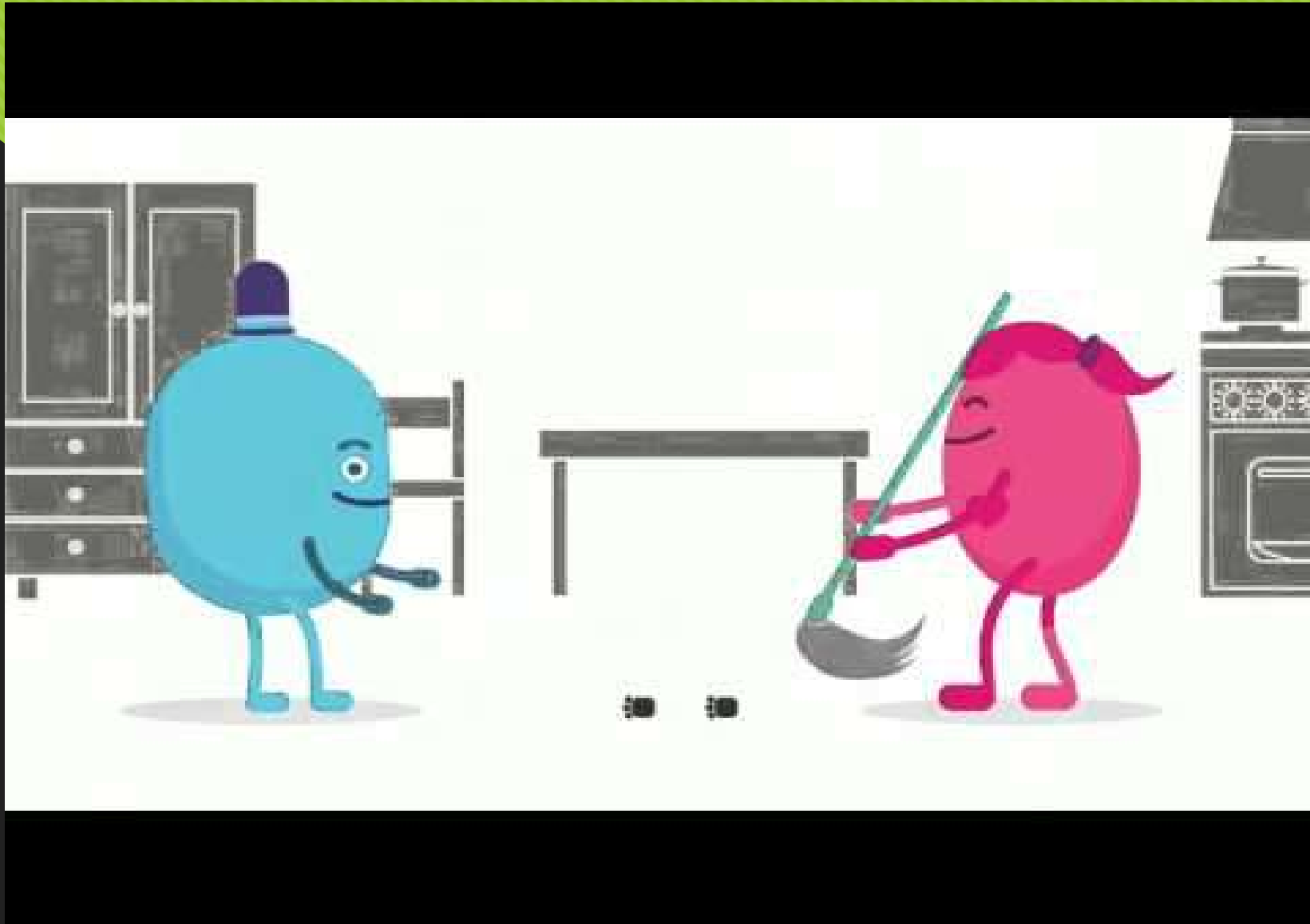
DIGITAL FOOTPRINT PRE-TEST



[Digital Footprint Pre-Test](#) (Click the link to take the pre-test, and then click play game)

How does our online activity affect the digital footprints of ourselves and others?

WATCH THE VIDEO TO FIND OUT



Today's Objectives

- Define “digital footprint”
- Identify ways you are-and are not-in control of your digital footprints
- Understand what responsibilities they have for the digital footprints of themselves and others

Let's Discuss

What do you notice in this image? What can you tell about the animal that left this?



Digital Footprint

- “A record of what you do online, including the sites you visit and the things you post. It can also include things that others post that involve you, such as pictures or comments”-Common Sense Media



Before You Post
THINK

T - is it True?
H - is it Helpful?
I - is it Inspiring?
N - is it Necessary?
K - is it Kind?



Footprint Activity

Discuss in what ways that you have already left your digital footprint.
Remember it's not just about what you post but what others post
about you.



Directions: On the footprint, drag the photo of your social media/internet accounts.

You have to be in slide mode to drag the photo. If you are watching this in present mode please switch now.

Q: What are some ways your digital footprint is being left? Response in slide mode only.

A: Fill in your response here

Are you in control?

In Control

- Posts comments on a gamer's YouTube channel
- Creates a video on TikTok
- Posts a Snapchat making fun of another peer

Not in Control

- Appearing in a video at the skatepark
- Appears on a top score list on an online video game that is played regularly
- Appears in a picture that your friend posted on Instagram

"Nothing
EVER
goes away
once it is
posted
online."

Digital Responsibility

Responsible Behavior

- Asking your friend if it's OK to post a picture you took of them on Snapchat/TikTok/Instagram
- Not putting your last name on a public website
- For example: Roblox
- Discussing social media and safety with a trusted parent and/or adult

Irresponsible Behavior

- Setting up an account without your parent and/or guardians permission
- Posting mean or inappropriate comments and/or pictures of others or yourself online. Remember to not post out of anger or frustration.
- DMing people you have never met in person. You never know who's behind the screen.

Cyberbullying is.....

The use of technology to harass, threaten, embarrass, or target another person.

Cyberbullying can look like...

- ❑ Mean text messages
- ❑ Spreading rumors on social media
- ❑ Ganging up on someone or leaving them out on purpose in an online game
- ❑ Sharing an embarrassing photo with other people

Responding to Cyberbullying

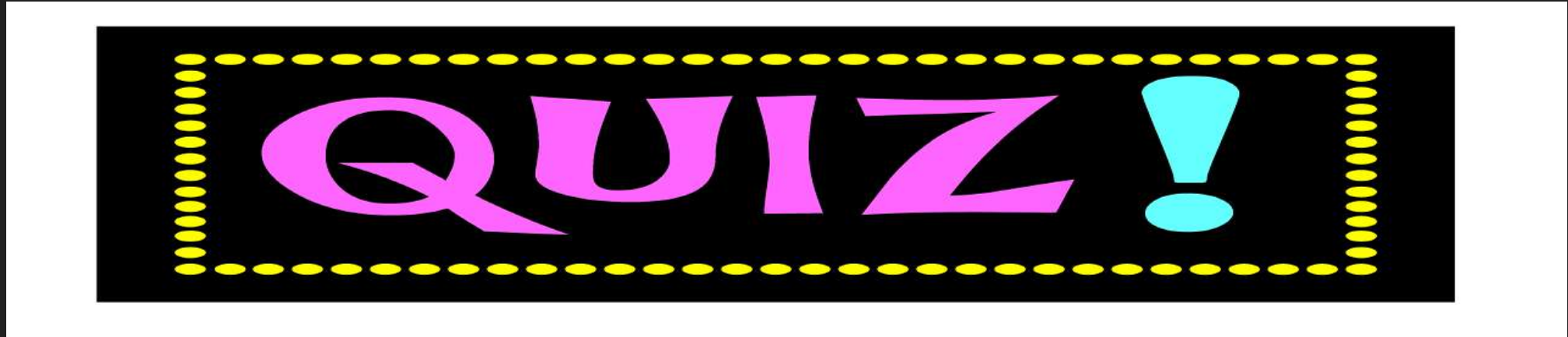
If you are being bullied

- ❑ Don't reply to the bully
- ❑ Leave the group or conversation
- ❑ If possible, block the messages from the bully
- ❑ Keep all emails and messages that the bully sends you
- ❑ Report the bully to a parent or trusted adult

If someone else is being bullied

- ❑ Get someone to help you report it
- ❑ Don't forward or share it
- ❑ Don't take part in the bullying
- ❑ Leave the group or conversation
- ❑ Say something kind or positive to the person being bullied
- ❑ If it is safe, take a stand against it and ask the bully to stop
- ❑ Let the bully know that what they are doing is NOT o.k.
- ❑ Talk to the person being bullied privately and ask if they're O.K. and if they need help.

DIGITAL FOOTPRINT POST-TEST



[Digital Footprint Post-Test](#) (Click the link to the left to take the post-test)



TREAT OTHERS
THE WAY
YOU WANT
TO BE TREATED.

- THE GOLDEN RULE

@THEHEARTCENTER
#CHARACTERCOUNTS