Following Digital Footprints

See yourself the moment before you post something online. Pause there. What happens if you wait an hour, a day, or even a week before you hit send?

Responsibility

Demonstrates Social, Civic, & Digital Responsibility

Mindfulness Principle: Put It in Neutral

Skill Focus: Recognize that online activity creates a permanent digital footprint and reputation.

1
- Most of us use social media and online apps to keep connected. What are some of the ways you use technology to stay connected to family and friends? What do you think it means to be a responsible social media user?
- A digital citizen is someone who takes part in our world's large online community. Being a responsible digital citizen is especially important for young people because the information you share online is permanent.
- This activity will help you to visualize how long our digital footprints can last.

2
- Close your eyes. Take three slow deep breaths, in through your nose and out your mouth.
- Think about something you recently shared online. It could be a photo, a message, or even an email. Picture the post in your mind. Look at it carefully. How do you feel thinking about what you shared? Does it make you feel proud or happy? Do you feel any regret with what you shared?
- Still thinking about what you shared, now visualize yourself in 5 years, 10 years or even 20 years. Continue to visualize your future self. See all that you have accomplished. How would this future self relate to what you shared? What words of advice would you offer to your younger self?

3
- Discuss with a partner how you envisioned yourself in the future. How did the older version of yourself relate to what you shared?
- Sending a message or a photo only takes two seconds, but our digital footprints last forever. Considering the impact of what we share can remind us to be responsible digital citizens.