



LESSON 1

Your Digital Footprint

Quick reference — print this page and keep it nearby.

WHAT'S ACTUALLY TRUE ABOUT POSTING ONLINE

- 1 Public means permanent**
Public posts are indexed by search engines. Delete them later and screenshots or archive sites can still have them. Treat anything public as forever.
- 2 People really do look later**
College admissions officers, employers choosing between finalists, future coworkers, and people you'll date all run a quick search. It's normal now.
- 3 Rule 1 — Don't post in anger**
The biggest source of regret is the post made right after something made you mad. Wait 24 hours. If you still want to post it, post it.
- 4 Rule 2 — Don't lock future-you in**
Your views will change — that's healthy. Strong public declarations force future-you to defend what current-you said.
- 5 Rule 3 — Don't post other people's info**
Names, faces, locations, and schedules aren't yours to share — especially for younger siblings and cousins.

IF YOU TAKE ONE THING FROM THIS LESSON

Do the 10-minute footprint audit: Google your name in a private tab, check your handles on each platform, and view each public profile as a stranger would. Then fix one thing you'd rather not have public.