



PARENT GUIDE

Your Online Footprint

A companion for the grown-up — Tween Bridge, Lesson 1 of 4.

WHAT THIS LESSON COVERED

Your child learned what a digital footprint is — the trail left by everything they do online — and that it lasts far longer than it feels like it should. Screenshots, server copies, and re-sharing make “delete” unreliable. They also learned to choose usernames that don’t reveal their real name or age, and to run a quick self-check before posting.

TALK ABOUT IT TOGETHER

- 1 Ask your child to explain “digital footprint” in their own words — teaching it back locks it in.
- 2 Look at their usernames and display names together. Change any that include a full name, birth year, or school.
- 3 Ask: “Who do you think can see the things you post?” Use it to widen their sense of the real audience.

WHAT TO WATCH FOR

- A belief that deleting something makes it truly gone — gently correct this whenever it comes up.
- Usernames, bios, or profile photos that quietly reveal identity, location, or age.

THE HABIT TO REINFORCE

The grown-up test — “Would I be okay if a grown-up I love saw this?” Reinforce it as a normal, no-shame habit, never a punishment.