



LESSON 1

Your Online Footprint

For tweens — print this page and keep it nearby.

WHAT TO REMEMBER ABOUT YOUR ONLINE FOOTPRINT

- 1 Everything leaves a mark**
Every post, comment, photo, and login is part of your digital footprint — the trail of everything you do online.
- 2 It sticks around**
Delete doesn't always mean gone. Screenshots, server copies, and re-shares make online stuff closer to permanent marker than pencil.
- 3 The audience grows**
Friends see it now; future teachers, coaches, and the older you will see it later. Bigger and longer-lasting than it feels.
- 4 Your username counts**
Don't put your real full name or birth year in usernames. Pick something fun that isn't a map back to the real you.
- 5 Run the grown-up test**
Before posting, ask: would I be okay if a grown-up I love saw this? A "no" is your brain helping you out.

IF YOU TAKE ONE THING FROM THIS LESSON

Before you post or send something, pause for one second and ask: "Would I be okay if a grown-up I love saw this?" If yes, go ahead. If not, that's your brain helping you out.

TRY THIS TODAY Check the usernames on your games and apps. If one has your real name or birth year, ask a grown-up to help change it.