# PARENTING TIPSHEET
# DIGITAL FOOTPRINT

Every online step you take can leave a digital trail. It's called your digital footprint and it's made up of all the information about you on the internet.

This includes the trail that you knowingly leave, such as comments and images, and the information that you may unknowingly leave, such as your logons and your browsing history.

We all have the power to decide what the picture of us will look like, so help your kids do the same.

## 1. THINK BEFORE YOU CLICK
Encourage children to think about content and the consequences of posting it. Are they aware that something that happens on the spur of the moment – a funny picture, an angry post – can still be online years later?

## 2. KEEP IT NICE
Don't make comments, post images or forward something that might upset someone else.

## 3. PROTECT PERSONAL INFORMATION
Teach kids how to strengthen privacy settings, use strong passwords, change passwords regularly and not share them, as well as what is and isn't appropriate to post or share.

## 4. LOOK INTO YOURSELF
Sit down with your child and type their name into a search engine looking for images as well as text. If you're both not happy with anything you find, remove the content yourself if possible, or politely ask the person who posted it to delete it.

## 5. MAKE YOUR ONLINE PRESENCE A POSITIVE ONE
Encourage kids to showcase the positive things they do through blogs, images, video and community participation.

## 6. BE A GOOD ROLE MODEL
Demonstrate how you're careful about what you do online and how you look after your own digital footprint.