TELUS Wise®

Digital footprint analysis

Analyze your digital footprint by searching for yourself online. Your digital footprint is made up of what you post and what others can see about you online. While your digital footprint is partly within your control and partly beyond it, you have the ability to decide what you post about yourself and what you share with others.

Tips to shape your digital footprint

- Think before you post - is it something you want online forever? Is it true? Is it helpful? Is it necessary? Is it kind?
- Review your privacy settings
- Search for yourself online once in awhile to see what your digital footprint looks like

Instructions:

Write down all the websites, apps and other places where you spend time online. Write down some examples of things you have posted or guess where you might find yourself on Google.

Afterward, Google yourself to see what comes up, and answer the reflection questions.

Digital footprint analysis

Questions for reflection

1. What was your impression of your digital footprint?

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    _____
    _____

2. Were you at all surprised by what came up?

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3. Do you feel like your digital footprint is an accurate reflection of who you are? Why or why not?

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    _____
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4. Have you ever posted something that you later regretted? What was it and what were the consequences?

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    _____
    _____

5. How might your current online behaviour affect your future opportunities?

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    _____
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