



**Grades  
K-3**

# **Digital Footprint: A Positive Digital Image**



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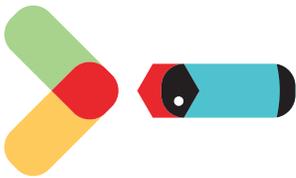


A “digital footprint” refers to the you that you are when you’re online: who you appear to be and how people view you – based on what you share, or what is shared about you, on the Internet. Most common for this age group are images, videos and messages shared via social media platforms. Everything parents/guardians and their kids post, comment on and share online is there to stay. Parents/guardians might think that younger kids don’t, or shouldn’t, have a digital footprint yet. But these days, their online image or journey often starts before they even take their first steps – perhaps through a pregnancy announcement, a newborn photoshoot or an adventure at the zoo shared by family or friends, for all to see.

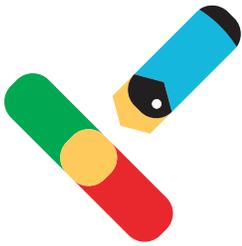
This resource contains information for parents/guardians to help them communicate with kids about how kids can build and maintain a positive digital footprint, while being aware of the risks associated with a negative digital footprint.



## A DEFINITION



Kids might give parents/guardians a blank stare if they start talking to them about the “Internet”; it’s not a term that’s widely used or understood by younger generations. However, they do understand that devices like cellphones, tablets and gaming systems need to be connected to Wi-Fi in order to fully utilize features of their favourite applications like YouTube, or to send their friends selfies with a funny filter! To keep things simple, try explaining to kids that the Internet is like Wi-Fi – connecting people through their devices.

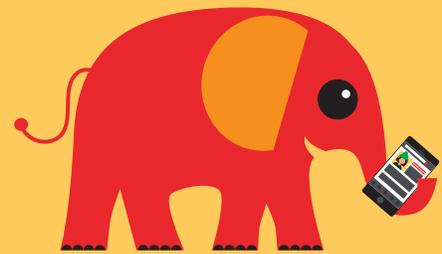


## **B** RELEVANCE

Once something is published online, it's there forever; there is no "delete" button or eraser for the Internet. How can this affect kids? If a kid says something mean to someone in real life, that someone will probably remember it for a long time, but the kid can say sorry and in time the person they hurt will move on. But if a kid says something mean online, the Internet never forgets – and words are there forever for everyone to see. This also means that the feelings can be hurt even more severely and for a longer period of time.

On the bright side, when kids say nice things online, these posts are also there forever, and can make people feel good over and over again – and kids are viewed as kind people for sharing such positive posts.

### Fun Fact:



**The Internet is like an elephant – it never forgets!**

**Think about the Golden Rule, but for devices:**

**If you wouldn't say it or show it to someone in-person, don't say or show it online!**



"Everything you do now ends up in your permanent record. The best plan is to overload Google with a long tail of good stuff and to always act as if you're on Candid Camera, because you are."

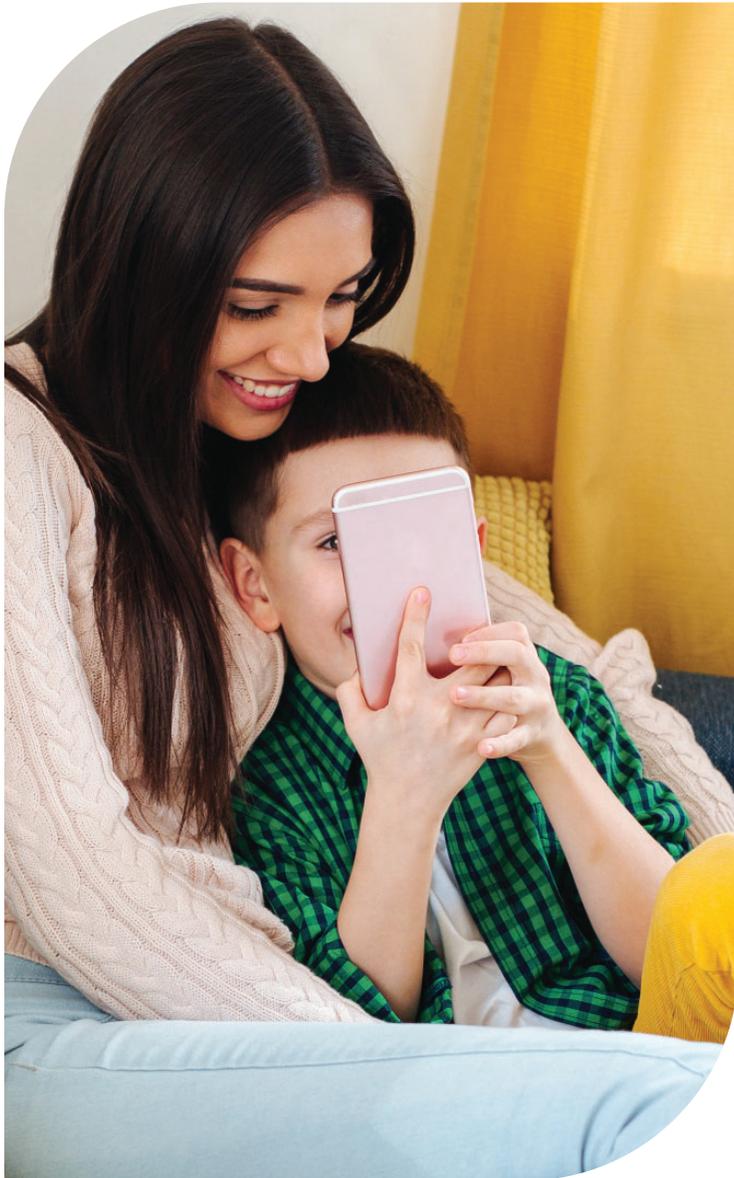
- Seth Godin

## CALL TO ACTION

### Building a positive digital footprint

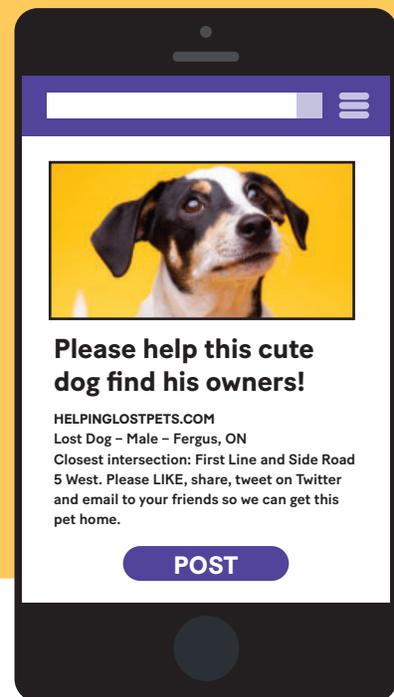
Sometimes kids make mistakes and say mean things without even realizing it, or without understanding the long-term effect it could have on their online reputation. Parents/guardians can work together with kids to create a positive footprint by saying nice things and posting kind comments. One way to do this is to use a method called "building others up". Kids can build others up online by:

- Thanking people they know for doing something good, being helpful or nice.
- Telling people they know the things that they like about them, for no reason at all!
- If they have a friend or family member who shared something funny, interesting or that they need help with, they can re-share it – first make sure they have permission to do so.



## Conversation Starter:

Practice makes perfect! What are some kind things you can share online?



## Go positive, not personal!

Remember to always keep your personal information private, even when creating a positive digital footprint.

# ACTIVITY 1

Activities are a useful way for kids to test and demonstrate their knowledge on the topic covered in this resource.

## Practice making positive posts!

**Step 1: Make a list of some good people you know.**



1 .....

2 .....

3 .....

4 .....

5 .....

**Step 2: Write 1 kind thing you would like to say to or about them.**

1 .....

2 .....

3 .....

4 .....

5 .....

**Step 3: Create a kind post! Create a post saying nice things about the people, places or things in your community!**



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# ACTIVITY

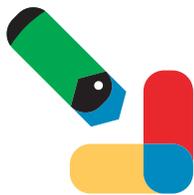
## Draw it!

Write a nice post below about one person on your list, with a drawing of them and give it to them!





## FOR MORE INFORMATION



For more information on cybersecurity, or to continue the conversation and learning process, visit the Canadian Centre for Cyber Security website:

<https://cyber.gc.ca/en/>

### **Kids Help Phone:**

Contact by text message at 686868 or by phone at 1-800-668-6868 from across Canada, 24 hours a day, 7 days a week; or access their resources online: [kidshelpphone.ca](http://kidshelpphone.ca)





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