
My Digital Footprint



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What is a digital footprint and how does it affect us?



A digital footprint is all information on the Internet from an individual of their online activity. Some examples of digital footprints are: posting on social media, filling out online forms, and online purchases. Our digital footprint can reveal a lot of private information about ourselves and maintaining a positive footprint is important in preserving our reputation and safety. Having a good reputation online may be beneficial in the future when applying to jobs and post-secondary education.



More detail

For instance, you want to apply to a university after you graduate from your secondary school. A university may not accept you because you posted an immature content on your social media. This not only applies to education, but jobs, sports teams, and military. Another example why you should keep your digital footprint safe is identity theft. If you post any personal information or a picture of yourself publicly anywhere on the Internet, identity thieves can easily steal your identity to impersonate you. With your personal information, identity thieves can commit cyber crimes such as tax fraud. Identity theft is also dangerous because, identity thieves can impersonate you on social media, which can lead to negative impact on your digital footprint.

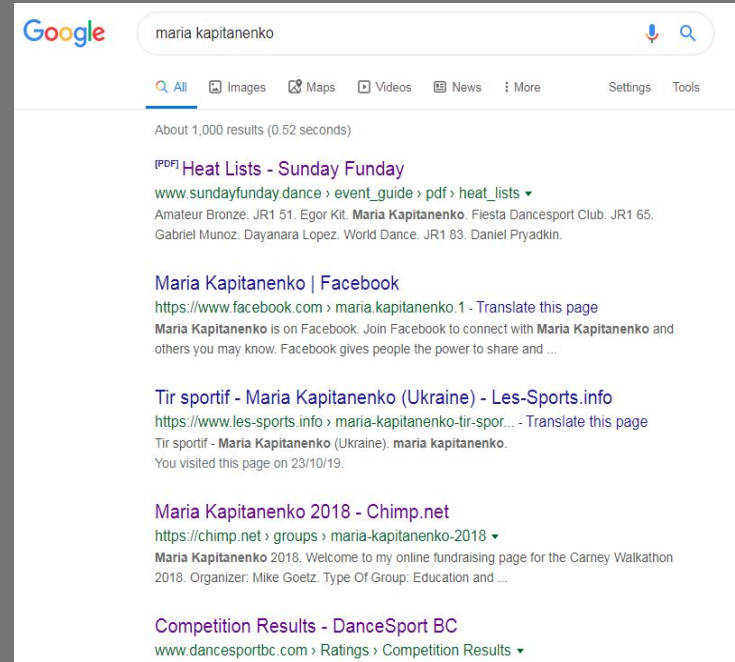
How to keep your digital footprint safe and appropriate

A way of keeping your digital footprint safe and appropriate is not sharing any personal information about yourself online. Your personal information includes your name, age, school, family, and how you look. Not sharing this information prevents identity theft. Another way of keeping your digital footprint positive is being self-conscious online. Think, am I sharing too much information, do I want this information to be known by other people, and am I posting immature or offensive content. Reflecting on what you do online will help prevent oversharing information. Not oversharing prevents any personal information being leaked online. Lastly making secure passwords is another way of protecting your digital footprint. Making secure passwords for different accounts will prevent you from being hacked online. A secure password should include a mix of lower case and capital letters, numbers, symbols, and should be at least have 12 characters.



What I learned about my digital footprint

When I googled myself I found results from ballroom dancing competitions I participated in. I also found some other people who have the same name as me. When I googled my instagram username I found my instagram account along with some posts from people I follow.



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