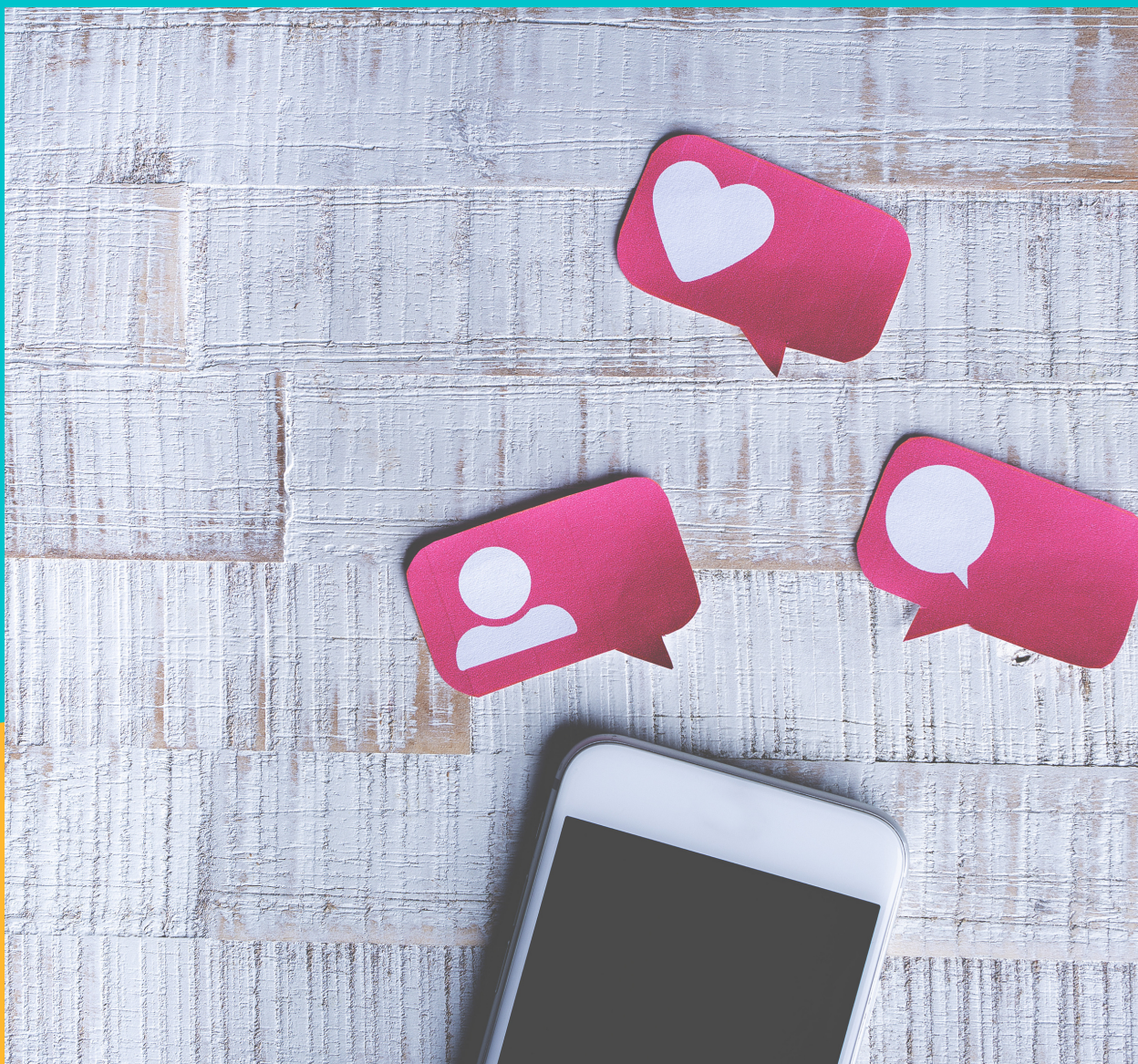


Positive Digital Footprint

What is a Digital Footprint?



A digital footprint is your traceable activity on the internet. For example, all of your activity on social media is traceable and will be traced by the app. Your device will also track your search history and personalize ads to fit your interests. It is not possible to completely delete your footprint off the internet.



There are ways to reduce the amount of information accessed by web browsers and apps though.

Ways to Reduce Negative Effects of Your Digital Footprint



- 1.) Manage your screen time. The less time you're on a screen the less impact you'll have on the internet. Reducing screen time has also been proven to reduce stress.
- 2.) Think before you post on the internet. Think about who is going to see the post, and be careful with the words that you use. There are other people on the internet too.
- 3.) Is this post necessary? Think about what your posting and determine if it's either too personal or offensive to anybody.
- 4.) Avoid any websites that you don't trust. There are a lot of scammy and untrustworthy websites. Some websites have been known to track your online presence.