

My Digital Footprint and Me: Who Am I?

Lesson Overview	Key 21 st Century Skills
In this lesson, students will examine their online activities, social media presence, and digital interactions to understand how they contribute to self-awareness. The lesson will focus on becoming conscious of their digital identity, the impact of social media on their self-perception, and the implications of digital behaviors on their personal growth and future opportunities.	• collaboration • communication • critical thinking • digital literacy • reflection • self-awareness • social-emotional learning (SEL)

Standard(s):

3.2: Students will cultivate skills in reflective practice, recognizing its importance in professional growth and development, and apply those skills to continuous improvement.
 7.1: Students will develop digital literacy skills and evaluate the role of technology in modern education.

Objective(s):

- Students will explore how their digital presence shapes their self-identity, values, and interactions.
- Students will reflect on their digital footprint and how it contributes to their sense of self, both online and offline.

Essential Question(s):

- Who am I?

Time:

90+ minutes

Instructor Note(s):

Note that you may need to connect with your school/district's IT department, prior to the lesson, to ensure access to digital sites and platforms is not blocked.

Materials for hypothetical scenarios must be prepared in advance. Make enough copies of scenarios for multiple groups, laminate, cut out, and place in envelopes.

Activities:

1. Introduce the lesson by beginning a discussion on the importance of self-awareness in the digital age. Ask students to think about their social media profiles, online posts, and interactions.
2. Show a short video clip or infographic on the concept of a digital footprint and how it shapes our identity and then guide a conversation around questions such as:
 - What does your online presence say about you?

- How does your digital identity reflect or differ from who you are in person?
3. Next, engage students in a guided reflection on their digital footprint, utilizing the handout, *Who Am I, Digitally?*
 4. Have students research their own name online, reflect on what they find, and analyze whether those findings reflect a positive or negative digital identity. Ask students to consider how these findings align with how they see themselves. For students without an online presence, ask them to imagine what someone might find if they searched for their name online. Then, have students reflect on what they would want others to see about them on the internet. Encourage students to think about what kind of digital identity would positively represent who they are and how that identity aligns with how they view themselves
 5. Facilitate a group discussion on the positive and negative aspects of online interactions and their effect on self-perception using the following prompts:
 - How does social media impact the way you see yourself and others?
 - In what ways do you think social media helps or hinders personal growth and self-awareness?
 6. Place students in small groups and distribute one or more hypothetical scenario(s) where an individual's digital reputation has been compromised (e.g., a viral inappropriate post, online conflict, or unintentional data sharing). Each group will assume the role of a Digital Reputation Rescue Team to develop a plan to restore and curate the individual's positive digital identity.
 7. Next, have the groups brainstorm ways to intentionally curate a positive digital identity and create a list of guidelines for maintaining a positive online presence based on their findings. Encourage students to think about ways to be more mindful of their own online actions and content creation.
 8. Each group will present their guidelines for maintaining a healthy balance between online and offline identities.
 9. Close this lesson by having students curate their personal brand. They should choose from the following two options:

Option 1: Mock Digital Portfolio

Have students create a mock digital portfolio (Canva or Google Sites) or social media profile that reflects their curated digital identity.

Option 2: Influencer Profile

Have students analyze the online profiles of influencers, public figures, or companies that

 Materials:

- Smartphones, tablets, or computers
- Projector or Smart Board/Promethean Panel
- Video Clips:
What is a Digital Footprint? (2:40)

Digital Citizenship: Things Explained (4:40)

Think Twice: Your Digital Footprint Matters (10:10)

- Infographics:
8 Ways to Protect Your Digital Footprint

10 Things to Know About Digital Footprint

(<https://www.kathleenamorris.com/2018/06/12/digital-footprints/>)

- Handout: *Who Am I, Digitally?*
- *Digital Reputation Rescue Team: Hypothetical Scenarios*
- Envelopes for groups
- Rubrics:
Guidelines for Maintaining a Positive Online Presence
Building a Positive Digital Identity
Mock Digital Portfolio
Influencer Profile Presentation
- Teacher Resource: *Teaching Students About Digital Footprints and Digital Citizenship*
(17:06)
(<https://www.youtube.com/watch?v=czeITxcQUzw>)

 Assessment(s):

- Participation in class discussions and group work
- Completion of self-reflection handout and journaling exercise
- Evaluation of group presentation on Digital Reputation Rescue Team Scenarios
- Creation of guidelines for Maintaining a Positive Online Presence
- Creation of Mock Digital Portfolio or Influencer Profile Presentation

