

Healthy Digital Identity Checklist (Ages 15-18)

✓ Authenticity

- Share content that reflects your true interests and values.
- Avoid pressure to present a 'perfect' image online.

✓ Privacy Awareness

- Use strong privacy settings on all platforms.
- Be selective about what you share and with whom.
- Understand that online posts can be permanent.

✓ Respectful Communication

- Engage in positive, respectful interactions.
- Avoid cyberbullying, trolling, or spreading misinformation.
- Know how to report or block harmful content.

✓ Digital Footprint Management

- Think before posting—would you be okay with a teacher or employer seeing it?
- Google yourself to check what's publicly visible.
- Use your online presence to showcase achievements and interests.

✓ Balanced Use

- Set boundaries for screen time and social media use.
- Prioritize sleep, school, and offline hobbies.
- Take breaks from social media when needed.

✓ Critical Thinking

- Question the accuracy and intent of online content.
- Understand how algorithms shape your feed.
- Be aware of how social media affects your mood and attention.