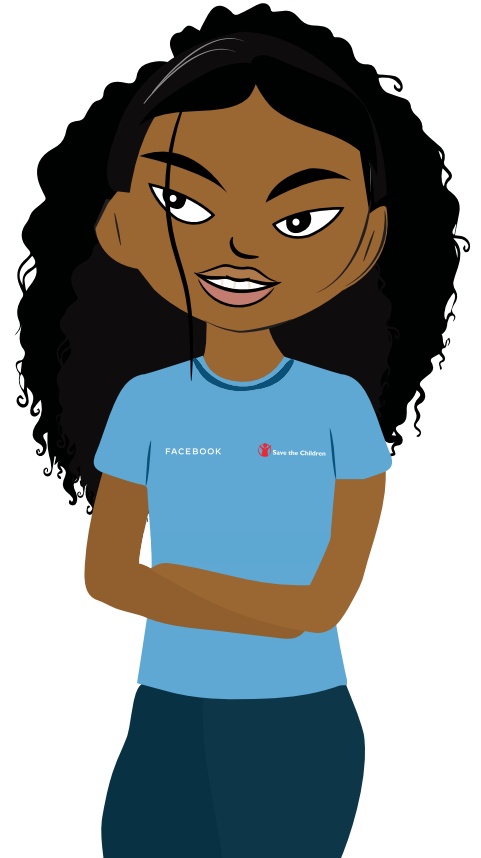


Every time you share a post, photo or comment online, think about what you want people to know about you – and what you don't. This can help to protect your personal information and digital footprint from people who might try to use this against you, or for their own gain.

## How do I share mindfully?

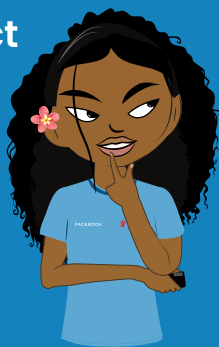
To share mindfully online, it may be helpful to ask yourself these questions before deciding what you share, and with whom:

1. Who can access or see this information – friends, family, school students or work colleagues?
2. What you would normally share with those people – would you tell them your name, your date of birth, your home address, your beliefs, ideas or feelings?
3. What is the possible impact of what you're about to share – could it upset or offend someone else? Could it be misunderstood? Could it harm your reputation, or someone else's?



I Am Digital

Reflect



*"I think before I share"*

Respect



*"I treat others as I want to be treated"*

Act



*"I take control through safe and secure online practices"*