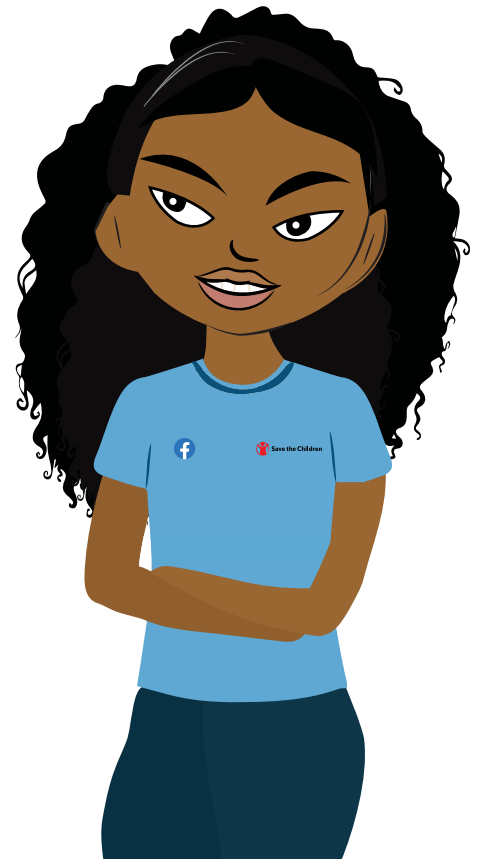


Every time you share a post, photo or comment online, think about what you want people to know about you – and what you don't. This can help to protect your personal information and digital footprint from people who might try to use this against you, or for their own gain.

How do I share mindfully?

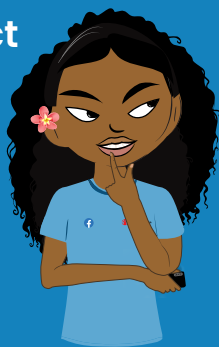
To share mindfully online, it may be helpful to ask yourself these questions before deciding what you share, and with whom:

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"



Save the Children



#IAmDigital