

## Here's what we covered:

- Our choices/actions online leave a digital footprint.
- Our online identity is the opinion people form about us based on our digital footprint.
- It is our responsibility to ensure we keep our online accounts safe. We can do this by
  - having strong passwords
  - only sharing passwords with a trusted adult
  - sign out or lock your screen when you're finished
  - enabling 2 factor authentication (2FA)



## Some conversation starters:

- If someone looked at your online activity from the past year, what do you think they'd learn about you?
- Have you or someone you know ever felt upset about something posted online? How could 'thinking twice' have helped?
- Apart from me (parent/carer), who else could you talk to if you had concerns online? (Give them permission to talk to a network of trusted adults & Kids Helpline).

**Further Support:**



**eSafety**  
Commissioner



**kids helpline**  
anytime.any reason.



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