

# Digital Identity





## Before Starting...



### Activity: Brainstorming

- Take a post-it and try to make a definition of what you think is digital identity.
- Then in pairs discuss what each one has written
- The ideas will be written on the blackboard

# What is a Digital Identity?



A digital identity is all the information that a person or an organisation has online. This information can be:

- Date of Birth
- ID Numbers
- Photos, likes, comments on Social Media
- Search Queries



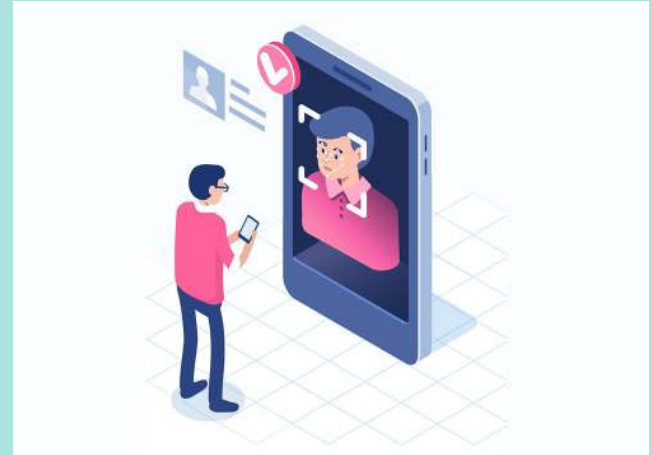
## Why is it important?



- Your digital identity is what you show to the rest of the world and what distinguishes you from other people
- A professional profile could help you to find a job
- You can share your opinions or ideas on social media
- Fosters communication between young people

# Who are you on the internet?

- The image we portray online has become very important as we want to look good. This could be harmful if we project an image of ourselves that is not real, because it could create insecurities within ourselves and self-doubt.



## Activity 1: Online & Offline

Form groups of 4 or 5 and discuss:

- Is there a difference between how you portray yourself online and how you present yourself in real life?
- Make a list of the things you do online that you wouldn't do face-to-face.
- Share your list with your group and see what you have in common.





# Who are you on the internet?

## Activity 2

Watch this video and then answer these questions:

- What should you avoid?
- What did you learn?
- Have you ever found yourself in a similar situation?





# Selfie

A Selfie is a photograph you take of yourself with a camera phone. They are often shared on social media like Instagram, Facebook or Twitter. Selfies have become part of the modern society and they usually have a major impact on teenagers.





# The Benefits and Drawbacks of Selfies



It is important not to abuse selfies and have confidence and self-esteem.

## Benefits

- Make memories with your friends/family
- Self-acceptance
- Self-love
- Connect with your friends
- Have fun

## Drawbacks

- Obsession with your appearance
- Seek people's approval
- Lack of self-esteem
- Mental-illness
- Enjoy the moment



## **Activity 1: Who are you according to social media?**

- We put in a bag the names of all the students.
- Then, we pass the bag to each student who has to take a piece of paper.
- Each student has to say everything he/she knows about the person that appears on the paper from what they show on social media.
- The rest of the students will try to guess who it is.

# Threats to your Digital Identity

- Your reputation may be affected by what you post online (Digital reputation)
- Once you post or share something, everyone can have access to it
- You lose control over the information that you shared with others

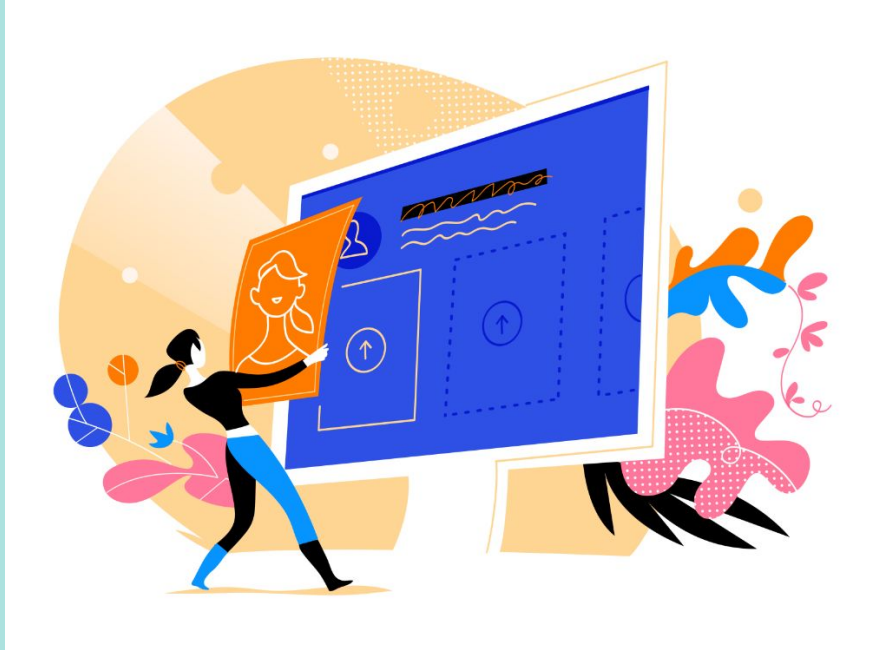


# Threats to your Digital Identity

- What you post or others post about you could benefit or damage your personal image
- Password hijacking
- Oversharing can affect your security

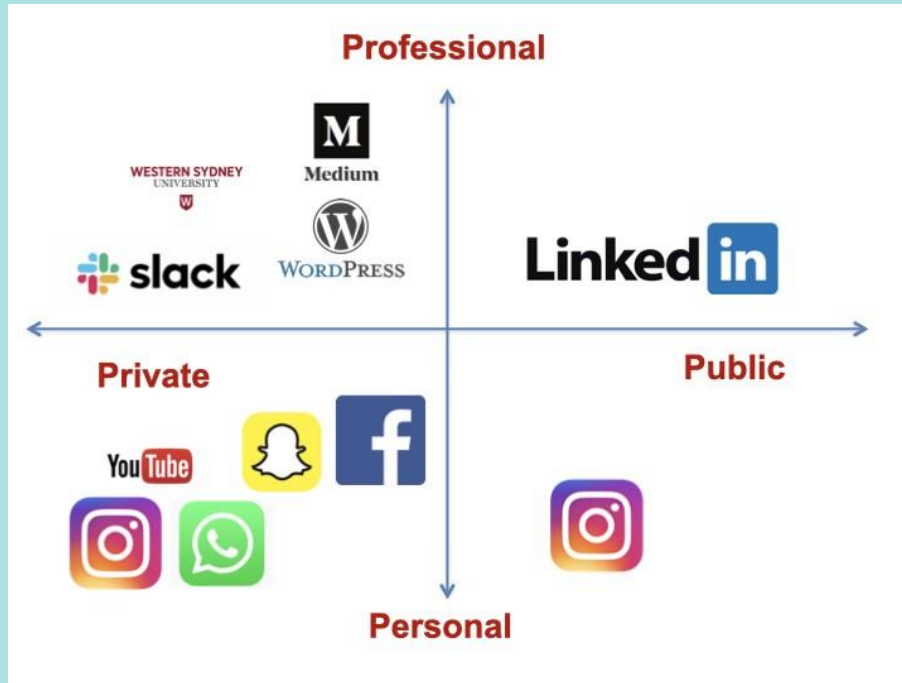


# How to Improve your Digital Identity



- Think about what you want to share online
- Remove everything that makes you uncomfortable
- Distinguish between:
  - Professional and personal
  - Public and private

# How to improve your digital identity



# How to Improve your Digital Identity

- Create a website if you want to project a professional image
- Share significant content
- Think before posting something about others that may damage their reputation and ask for their permission





## Activity 1 : A Good Profile

- On a piece of paper, create your own profile that is focused on finding a job.
- You can put your personal information, your skills, if you have any work experience...
- Don't include anything that is not professional
- Then, in groups share your profiles and decide which one you like the most.
- The most voted will be presented to the rest of the class.



## Activity 2: Searching on the Internet

Search with your phone:

- Information about you
- A person who is not famous
- A famous person
- Then, in groups of 4 or 5 discuss what you have found and if you have discovered something you didn't know. Each group will have to tell the information to the rest of the class.



## Activity 3: Digital Reputation

Decide whether the following statements are good or bad for your reputation:



- Positive comments about your school's projects
- Photos posted without your consent
- Humiliating messages
- Photos or videos about the sports you practice
- Kind comments from your friends
- Illegal behaviour

## Activity 4: Think First

- In groups of 4 or 5 think about questions that we may ask ourselves before sharing something about others.

Example: Did I ask permission to post this?



## Activity 5: Comments About Me

- All students' names will be put on a classroom wall.
- Each student is going to write a comment about the other classmates in a post-it.
- When everyone has written something about each classmate, each one collects the pos-its that are in their name.
- Then, each student will tell what he/she has felt when reading the comments.



# Media Balance

- The use of media in a healthy way and in balance with your personal life (family, friends, hobbies, sports)





## Activity 1: Digital Habits

- What are your digital habits? Make a list.
- Think about things you like to do that are not related to technology and share your answers with your partner.
- Could you be one week offline? if not, Why?
- Do you feel pressure when you are not connected?

*It's Time to  
Reflect.*

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Sometimes the internet prevents us from seeing what is in front of us...





# Protect your Digital Identity

Secure passwords:

- 12 or more characters
- Use of letters, numbers and symbols
- Not based on personal information (birthdate, pet's name) or too obvious (1234)
- Use a different password for each account
- Try a password generator
- Use phrases instead of words: Passphrases

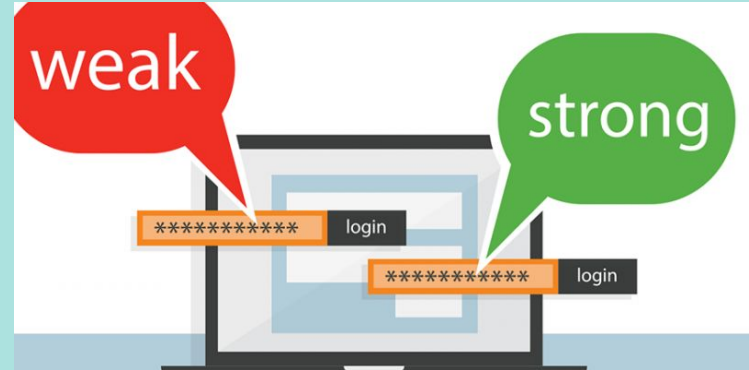




# Protect your Digital Identity

- Examples: lwMfTFa2It#mPG@7,  
Pkxgb%EM#BhniD4t

**\*Important:** Never share your password  
with anyone





# Protect your Digital Identity

- Software security
- Responsible use of social media
- Do not click on suspicious links
- Search information before downloading an app
- Check your bank account regularly
- Log out from your accounts

# Protect your Digital Identity





## Activity 1: Strong Passwords

Decide whether the next passwords are weak or strong:

- Lucas160799
- Y0u@b3longw#Me2
- 09032000
- WH73uN,@\rR)MFzY&x>
- pz>|'6J3\$ii
- x\*TK.m!ewd@4qUQp
- lvWQGv%T9,2<IQiM

## Activity 2

- Create a strong password using the tips we gave you. You can start by thinking of a phrase you like.

