



Online Presence Activity Handout

Digital or online identities are versions of ourselves that exist online; this is our online presence. People can have online identities similar to their offline identities or completely new ones. Some people change identities based on who they are interacting with. For example, they may use one identity for friends and another for family—it’s normal. Even offline, young people and adults may modify their behavior when interacting with different groups of people. However, those with a healthy sense of self demonstrate the same core values in every interaction.

You can help your family members develop a positive online presence by identifying the core values important for your family. You may also want to ask your children about the values they’ve formed from their own experiences. Use the questions in this handout as discussion starters to talk with your family about how to apply your values consistently and be their authentic self online, even when it’s complicated.

Directions

Sometimes it is hard to think of the answers to these questions on the spot. Print out copies of this handout for each member of your family (or have them open the link on their device). Take 5 minutes to quietly answer the questions alone before discussing each prompt together. It is okay, if you don’t answer the questions in full sentences, use the space to jot down quick notes and ideas.

Helpful Hint It is really important for our children to see us not only modeling good online behavior, but also taking the time to reflect and grow. Make sure all adults actively participate in this activity alongside younger family members.

Discussion Prompts:

1. Have you ever posted something online because you want people to see you a certain way?



2. Can you think of an example of one of your friends acting differently in person than they do online? Or the other way around? How did that make you feel?

Now think about your own social media profile(s)

1. What social media profile do you want to examine today

2. What is the story about you that you want people to take away after viewing your profile?

Let's Get Real

Open the above social media profile on your device. Pick one post to examine closely.

1. Who created the content (Did you create it? Did you post something from somewhere else)? Why did you make this post?



2. What are some of the comments?

3. Who was the target audience for this piece of content? (Target audience means - who did you want to read and interact with the content)

4. Was this post effective in representing you in the way that you want your story to be told?

