NAME:_____

DATE:_____

Solo Activity: Reflecting on Your Digital Self

Objective:

To help students understand and reflect on their digital self, including their online behavior, digital identity, and the impact of their online presence.

Materials Needed:

- Journal or notebook
- Pen or pencil
- Internet access (optional, for research)

Instructions:

1. **Introduction (5 minutes)**
   - Read about the concept of the digital self, focusing on digital identity, online disinhibition, digital literacy, and the extended self. You can refer to your textbook or reliable online sources for information.
2. **Digital Identity Assessment (10 minutes)**
   - Take a few minutes to reflect on your digital identity. Consider the following questions:
     - What social media platforms or online communities do you actively participate in?
     - How do you present yourself online? Think about your profile pictures, bios, posts, and interactions.
     - How do you think others perceive your digital identity?
3. **Journal Reflection (20 minutes)**
   - Write a journal entry that addresses the following prompts:
     - Describe a recent online interaction or post that you made. What motivated you to share it?
     - Reflect on any differences between your online persona and your offline self. Why do these differences exist?
     - Consider a time when you experienced online disinhibition (feeling more open or bold online than in person). What was the situation, and what were the consequences?
     - How do you manage your privacy and security online? Are there any changes you need to make to protect your digital self better?
4. **Digital Footprint Analysis (15 minutes)**
   - Conduct a brief self-search online (e.g., using a search engine) to see what information is publicly available about you.
   - Document your findings in your journal. Consider:
     - Were you surprised by any of the information you found?
     - Is there any information that you would prefer to keep private? If so, what steps can you take to manage this information?

5. **Action Plan (10 minutes)**
   - Based on your reflections and findings, create an action plan for managing and improving your digital self. Your plan should include:
     - Specific steps to enhance your online privacy and security.
     - Strategies to ensure that your digital identity aligns with your personal values and goals.
     - Ways to engage in positive and constructive online interactions.
6. **Reflection (5 minutes)**
   - Write a brief summary of what you learned from this activity and how you plan to apply these insights to your future online behavior.

Upload the Results to this Link:

https://drive.google.com/drive/folders/1MmchUQJMfkqBd20MVrp1WzjFcE6XpGM6?usp=sharing