

Worksheet - Digital Footprint Review

A worksheet to help children reflect on how they use digital platforms and how online content makes them feel.

Week Beginning:

1. How many videos or photos did you post this week?

Number:

2. Why did you choose to post them?

- To share progress
- For fun
- Because others were posting
- To get likes or views
- Because someone suggested it
- Other:

3. How do you feel when you look at other dancers online?

- Inspired
- Interested
- Pressured
- A bit upset
- Motivated
- Other:

4. How often did you compare yourself to others this week?

- Not at all
- Sometimes
- Quite often
- A lot
- All the time

5. Did anything online make you feel uncomfortable?

- Yes
- No

If yes, what happened?

6. Who can see your posts right now?

- Friends only
- Followers
- Everyone
- Not sure

7. Is there anything you posted this week that you might want to remove later?

- Yes
- No

If yes, what?

8. What is one healthy choice you want to make online next week?