## Your estimated ‘digital you’

Your ‘digital you’ is formed by your use of digital technology and your online activity. Use the table below to estimate your use of digital technology and your online activity. Remember, you might play games; email; make phone calls; send text messages; take photos; record videos; upload photos/videos; watch YouTube clips; check social media; watch TV shows; listen to music; browse internet; read books online; download Apps; download ringtones; create content.

|  |  |  |
| --- | --- | --- |
| Devices that you use | How you use the device | Estimated time per day that you spend on this device |
| e.g. mobile phone | Send textsCall my parents/friends Check out websites such as …. | 30mins |
|  |  |  |
|  |  |  |
|  |  |  |
| **Estimated total time spent on devices over one week day** |  |

## Your actual ‘digital you’

Use the table below to record your actual use of digital technology and your online activity on a week day.

|  |  |  |
| --- | --- | --- |
| Devices that you used | How you used the device | Actual time in one week day that you spent on this device |
| e.g. mobile phone | Sent textsCalled my parents/friends Checked out websites such as …Sent Twitter messagesTook selfies | 90mins |
|  |  |  |
|  |  |  |
|  |  |  |
| Actual total time spent on devices over one week day |  |

**Answer the following questions in written form:**

1. Did your actual time spent online differ from your estimate?
2. Were you surprised by the difference?
3. Do you think you should change your online behaviour? Give reasons to explain your decision.
4. Do you like the actual ‘digital you’ that the table reflects?
5. Explain why you either like or dislike your actual ‘digital you’.
6. What do you think your actual ‘digital you’ will look like in the future?