

# Online Identity Checklist

*Your online identity can be very different to your offline identity. This can be both a positive and a negative thing. When setting up or selecting your identity online it is important to consider the image you want to project to others and how they might interpret this.*



## Avatar

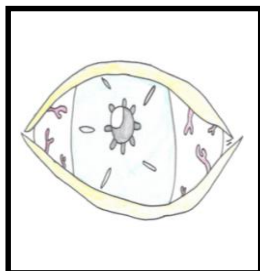
People can change their identity online in lots of different ways. For example in online games, using an avatar or for different types of social media. Not everyone is who they appear to be online. They could exaggerate features or use different images of themselves or even images of others. In the same way, you might choose to appear differently in your own online identity.

## Real life Vs Online

The identity that you chose for your online image could be very different to how you appear to others in real life. Knowing that people are not always who they appear to be, take care with who you talk to online and how you interact with them. Never give any personal details out online. Remember if you present yourself differently online to real life, people may also treat you and see you differently.



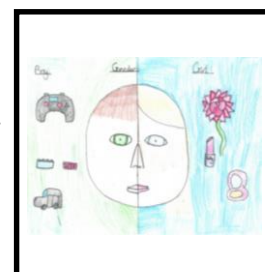
## Copying your identity



People can choose to copy your online identity. This could be something simple, like using the same avatar as you or a similar photograph, however, this can also include copying more personal information. Some times people can use this to even pretend to be you. In some cases people can edit and change your online identity without you even knowing. To prevent this happening, ensure that your privacy settings are set to their highest setting and all of your online accounts are secure. Have a look at [www.saferinternet.org.uk/safety-tools](http://www.saferinternet.org.uk/safety-tools) to find out more about how to set privacy settings on your accounts.

## Gender Stereotypes

Gender can be presented in different ways online. It is important to understand how the media can shape ideas about gender roles and be aware of how to challenge or reject information which you consider to be incorrect. If you feel unsure about how gender is being portrayed on a website, consider where the information is coming from and remember to always talk to an adult if you are uncomfortable about something.



## When to get help.

If anything online makes you feel sad, worried, uncomfortable or frightened remember to always ask for help, both on and off line. Don't stop asking for help until you receive it. Remember, if it is upsetting to you, it is probably upsetting to others too.