RIVALSHOT ACADEMY · LEARNER JOURNAL

My digital footprint journal

This journal is yours. Use it to notice your own patterns and plan small, steady changes. Write in general terms: never record passwords, sign-in codes, account numbers, your home address, or private details about other people. You can skip any prompt, pause at any time, and come back later.

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Write for yourself. Leave out addresses, codes, account details and anything that identifies other people.

What your posts reveal

Scroll your own public profile as a stranger would. Which of the four answers (where, when, home, what you own) shows up most often, and how do you feel about that?

Write your own version of the stranger's read: three or four short questions you will actually ask yourself before posting.

Think about the people who appear in your photos. How will you ask for their OK before you share, in words that feel natural to you?

Account and device basics

Without writing any passwords, list by name the accounts that would cause the most trouble if someone else controlled them. Why those?

Which sign-in protection (passkey, two-step verification, password manager, automatic updates) will you set up first, and when will you do it?

If one of your accounts were taken over tomorrow, what would your first three steps be?

Phishing and social engineering

Describe, without personal details, a message that once made you feel rushed or flattered. What was it really asking for?

Write down the trusted channels you will use to check odd messages: an app, the number on a card, a saved contact. Keep it general; no account numbers.

How would you like a friend or family member to tell you if they had been fooled by a scam? How can you make that easy for them?

Data brokers and opt outs

Before you search, write what you expect people-search sites to know about you. Afterward, note what surprised you, in general terms only.

Sketch a simple opt-out log: which columns will you keep, and where will you store it so it stays private?

Pick a recurring date to recheck. What reminder will help you keep it?

Supporting someone targeted

Draft, in your own words, a short message of belief and specific offers you could send to someone being targeted online.

Which reactions would you need to hold back (replying in anger, reposting, digging into the harasser)? What will help you hold them back?

Where would you point someone for more help, and what are your own limits as a supporter?

Range photos and travel

Write your personal delay rule for range-day and travel posts. When, specifically, will you share?

List the things your frame check will look for in the background of a photo.

What would you like your range photos to say about you, and what would you prefer they leave out?

Looking back

Which single change from this course will make the biggest difference for you, and what is the first small step?

How has your sense of your audience (who actually sees what you share) changed?

Who in your life would benefit from one idea in this course, and how could you share it without lecturing or scaring them?

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