

YOU'RE A

Skeptic

You're careful with your online interactions and think critically about the content you encounter. You may also limit your time online.

Your digital health concerns include:

Privacy and security of your personal data. You're concerned about who has access to your information.

To improve your digital wellness:

- Use two-factor authentication where possible and use a password manager to create and keep track of secure passwords
- Keep your software up to date
- Review privacy settings across your accounts, especially for social media
- Take time to evaluate and fact-check the information you come across

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What's your score?

Your Digital Wellbeing Checklist

Online, you regularly...

- Use different passwords for each account
- Use two-factor authentication to log in
- Adjust privacy settings for your accounts
- Backup your content
- Organize your files
- Update your operating systems, browsers, and apps
- Think carefully when sharing personal information
- Google yourself
- Maintain a portfolio or collection of your work
- Communicate respectfully
- Evaluate the credibility of sources before sharing them
- Make intentional choices about how you spend your time
- Unplug when you're feeling overwhelmed

More than 10?
You're a champ, keep on keepin' on.

7-10?
Not bad, you're doing pretty good.

Less than 6?
You're on your way to digital health, don't stop yet!



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YOU'RE A

Community Contributor

You add value to groups you're part of by sharing ideas and building positive relationships.

Your digital health concerns include:

The prevalence of disrespectful communication online. You want to enter respectful conversations and learn from others.

To improve your digital wellness:

- Join communities with codes of conduct that reflect your values
- Use a password manager to create and keep track of secure passwords
- Take time to evaluate and fact-check the information you come across
- Google yourself regularly to see what's out there

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YOU'RE A

Networker

You connect with people online, both personally and professionally. You are intentional about your interactions with others and work to build a positive reputation.

Your digital health concerns include:

Privacy and security, especially in terms of professional reputation. You may want to be able to keep some aspects of your digital life distinct from others.

To improve your digital wellness:

- Google yourself regularly to see what's out there
- Create a portfolio to show off your skills to potential employers. Learn more at portfolios.lib.vt.edu
- Use a password manager to create and keep track of secure passwords
- Review privacy settings across your accounts, especially for social media

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YOU'RE A

Social Media Influencer

You connect with a growing following and share content that matters to you.

Your digital health concerns include:

The prevalence of disrespectful behavior online. You want to lead respectful conversations and have a positive impact.

To improve your digital wellness:

- Credit the work of others when you share it with your followers
- Create a code of conduct for your pages
- Google yourself regularly to see what's out there
- Check out the Newman Library Studios to get creating new content to share

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YOU'RE A

Content Creator

You use your creativity and technical skills to make new things and share them.

Your digital health concerns include:

Your rights as a creator. You want others to credit your work and you want to know that you're remixing the content of others in an ethical way.

To improve your digital wellness:

- Use free, open content to create something new. Check out some resources at guides.lib.vt.edu/oer/cc.
- Visit the Newman Library Studios to get creating
- Backup your files in multiple places
- Create a portfolio to show off your work. Learn more at portfolios.lib.vt.edu

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