Training on digital footprint management for teenagers in Simo District, Boyolali

Palupi[1]✉, Rina Sari Kusuma[1], Indah Rahmaningsih[2]

[1] Universitas Muhammadiyah Surakarta, Surakarta, Indonesia

[2] Dinas Pengendalian Penduduk, Keluarga Berencana, Pemberdayaan Perempuan dan Perlindungan Anak, Boyolali, Indonesia

✉ palupi@ums.ac.id

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Abstract

This training is based on the condition that teenagers in Simo District are productive internet users. Concerns are raised on how the digital footprint they create today will impact their future. Teenagers in Simo District are mindful of their digital footprint, but unlikely have awareness of the positive potential of digital footprint. Digital footprint management is essential skill for teenagers to become good online citizen. The family planning counselors (known as Penyuluh KB) in Simo District, manage The Family Planning Village Youth Information and Counseling Center (known as Pusat Informasi dan Konseling Pemuda Kampung Keluarga Berencana) which members are teenagers who act as peer counselors for other teenagers in the Simo District. This community service aims to provides training on how to manage digital footprints to members of PIK Pemuda Kampung KB. The digital footprint management method is used in this in this program. The results obtained from this training are that members of PIK Pemuda Kampung KB understand the importance of managing digital footprints as important effort in managing data security as well as to build a positive footprint that will benefit their future

Keywords: *Digital footprint; Family planning village teenager; Good online netizen*

Pelatihan manajemen jejak digital untuk remaja di Kecamatan Simo, Boyolali

Abstrak

Pelatihan ini dilatarbelakangi oleh kondisi bahwa remaja di Kecamatan Simo, Boyolali adalah pengguna internet yang produktif. Kekhawatiran muncul mengenai bagaimana dampak masa depan dari jejak digital yang mereka hasilkan saat ini. Remaja di Kecamatan Simo, menyadari jejak digital dan keamanan dunia maya mereka, tetapi memiliki sedikit kesadaran akan potensi positif dari jejak digital. Salah satu hal yang dapat dilakukan untuk memahamkan remaja mengenai jejak digital adalah dengan melatih pengelolaan jejak digital mereka untuk menjadi *good online citizen*. Penyuluh KB Kecamatan Simo, mengelola Pusat Informasi dan Konseling (PIK) Pemuda Kampung Keluarga Berencana yang beranggotakan remaja yang berperan menjadi konselor sebaya bagi remaja lain di lingkungan Kecamatan Simo. Pengabdian kepada masyarakat ini bertujuan untuk memberikan pelatihan pengelolaan jejak digital kepada anggota PIK Pemuda Kampung KB. Hasil pelatihan ini adalah anggota PIK Pemuda Kampung KB menjadi paham pentingnya mengelola jejak digital, selain untuk keamanan data juga untuk membangun jejak positif yang akan bermanfaat bagi masa depan mereka.

Kata Kunci: Jejak digital; Pemuda kampung KB; *Good online netizen*

1. Introduction

As the internet has become an integral part of modern life, digital footprints have become increasingly important. A digital footprint is the information left behind when someone uses the internet, including social media posts, comments and online searches. For teenagers, who have grown up in a world where digital technology is ubiquitous, managing their digital footprint has become a crucial life skill.

Training on digital footprint management can help teenagers understand the impact their online behavior can have on their future, including college admissions, employment opportunities and personal relationships. In addition, teaching good digital citizenship skills can encourage responsible online behavior and reduce the risk of cyberbullying, online harassment and other negative outcomes.

Academic research has shown that training on digital footprint management can be effective in promoting positive online behavior among teenagers. For example, a study by Rateliff & Axt (2016) found that a digital citizenship curriculum helped to improve students' knowledge of digital citizenship and reduce risky online behavior. Similarly, a study by Lwin et al. (2018) showed that a digital literacy program improved students critical thinking and decision-making skills related to online behavior.

Training on digital footprint management is an important effort in creating good online citizens for teenagers. By equipping them with the knowledge and skills to navigate the online world responsibly, we can help ensure a safer and more positive online environment for all.

Teenagers widespread involvement with the internet has caused a decent fear about youths' online behavior (Boyd & Hargittai, 2013). Teenagers have been growing up in the age of instant life. They take a picture and upload it instantly to the Internet in moments. Do teens know that they leave digital footprints every time they go online? It is like the cookie crumbs that they drop while eating them from the kitchen to their bedroom. The important thing to note is that the traces will never be erased and have the potential to hurt or help them in the future.

Most teens don't understand their digital footprint. Digital footprint may affect many areas of a teenager's life, leading to lost job opportunities, exposure of personal information and broken relationships. Users' data will be saved, from smartphones to the Internet and social networks. Social networks are an interesting way for teens to stay up-to-date, maintain relationships, and simply have fun. An often-overlooked point is that social networking is now the mainstream practice. Teens need to aware about privacy and how their digital footprint can be affected by their activities on the platform. Young people go online frequently, but they are not consciously thinking about how their internet use affects their digital identities. They only see the short-term benefits of connecting with many online friends (Oxley, 2011).

Our digital footprint is what we leave behind when you browse the web, post on social media, or type on chat services. Users, consciously or not, provide their digital footprints and profiles every day every time they log on to the Internet. Website visits, comments on news posts, comments on social media platforms-all these elements combine to create a snapshot of a user's online life. It is essential to realize that nothing is truly private on the Internet. While the reality is that teens are still making mistakes on social media platforms that may affect their future.

The BKKBN in Simo District, Boyolali Regency has family planning village youth information and counseling center (known as Pusat Informasi dan Konseling/PIK Pemuda Kampung Keluarga Berencana) under the supervision of the district family planning counselor (known as Penyuluh KB). Members of the PIK Pemuda Kampung KB are teenagers. The membership itself is voluntarily. The program of this counseling center is to provide counseling partner for peers.

Teenagers in Simo District, are digital native who are familiar to smart phones and social media to communicate and access information. These teens are aware that data and information about them is stored on the Internet. However, it turned out that they did not understand that their data and information are stored permanently, unable to be deleted, and accessible by the wider community.

Moreover, they were not aware that data and information about them are likely to be sold and misused by third party. Moreover, they did not know how to check whether their sensitive data has been leaked or is still safe. Teenagers have also been using the internet solely for fun by browsing hobbies, the latest gossip, looking for information about school/college assignments or just communicating with their friends. They did not realize that they are potentially become part of the online citizens that use the internet to build a positive portfolio that will benefit their future.

Many parents in Simo District are still traditional and do not understand the risks behind easy internet access. Parents who are digital immigrants find it difficult to understand their teens about the good and bad potential of a digital footprint. Therefore, the targeted parties from this training are the teen members of the PIK Pemuda Kampung KB, since teenagers are more internet literate and easier to understand their peers about the good and bad potential of the digital footprint.

In the digital age, teenagers are increasingly using the internet and social media as a primary means of communication, information and entertainment. However, the internet also brings risks and challenges for teenagers, such as cyberbullying, online predators and identity theft. Therefore, it is important to equip teenagers with the skills and knowledge to manage their digital footprint and become responsible online citizens. This article aims to explore the importance of training on digital footprint management for teenagers and its impact on creating good online citizens.

The term "digital footprint" refers to the information that individuals leave behind when they use the internet and digital devices. This information includes personal data, online activities, and social media interactions. Teenagers' digital footprints can have long-term consequences, such as affecting their reputation, employability and safety. Therefore, it is crucial to educate teenagers on how to manage their digital footprint effectively. According to a study by Livingstone & Haddon (2009), young people are aware of the risks of sharing personal information online, but they lack the skills and knowledge to manage their digital footprint proactively.

Training on digital footprint management can help teenagers to understand the importance of online privacy, security and reputation management. The training should cover topics such as privacy settings, password management, safe online behavior and the consequences of online actions. According to a study by Fox & Moreland (2015), teenagers who received training on digital footprint management showed improved knowledge and skills in protecting their privacy online.

Creating good online citizens among teenagers requires not only individual responsibility but also a collective effort from parents, schools and the wider community. Parents should take an active role in monitoring their children's online activities and guiding them on safe and responsible behavior. Schools can integrate digital footprint management training into their curricula and provide resources and support for students. The wider community, including social media platforms and law enforcement agencies, should collaborate to create a safer online environment for teenagers.

Training on digital footprint management is essential for teenagers to become responsible and safe online citizens. The training should cover various aspects of digital footprint management, including privacy, security and reputation management. By equipping teenagers with the skills and knowledge to manage their digital footprint, we can help them navigate the digital world with confidence and responsibility. This article highlights the importance of digital footprint management training and the need for a collective effort to create a safer online environment for teenagers.

2. Method

The digital footprint management training aimed at fostering responsible online citizenship was held on Tuesday, 19 October 2021 at Balai Penyuluhan Keluarga Berencana in Simo District, Boyolali Regency. The training was attended by teenage members of PIK Pemuda Kampung KB who were selected by the KB counselor.

At the preparation stage, the community service team conducted a series of discussions and brainstorming sessions with the Simo District KB counselors, who serve as the supervisor for PIK Pemuda Kampung KB. The purpose of these discussions is to identify and address the challenges faced by the participants and to plan the logistics of the training program.

The second stage is participant selection when teenage members of PIK Pemuda Kampung KB were selected by the KB counselors to participate in the training. The number of participants was determined based on the capacity of the training venue and the resources available.

The training was begun with a pre-test to assess the participants familiarity with the internet and digital footprint. The pre-test should consist of a questionnaire that gathers information on the participants knowledge and understanding of digital footprint management.

At the training sessions, the training was divided into four sessions: material delivery, training, post-test and follow-up, as follows:

a. Material delivery: the training was begun with an interactive activity titled "Google Your Name!" to show participants how their online presence can be accessed and viewed by others. This was followed by a presentation on digital footprint and its workings.
b. Training: the community service team provided the participants with the necessary knowledge and skills to use the internet and its applications safely, as well as techniques to check for potential data leaks and misuse by third parties through avast.com and periksadata.com platforms.

c. Post-test: the post-test was conducted after the training to assess the changes in participants' knowledge and understanding of digital footprint. The post-test consisted of a questionnaire that covers topics such as their understanding of digital footprints, measures they would take to protect it and how they planned to manage it for their future benefit.

d. Follow-up: the community service team conducted follow-up sessions to reinforce the knowledge and skills learned during the training and to address any questions or concerns that the participants may have.

The last stage was evaluation stage when the effectiveness of the training program in imparting knowledge on digital footprint management was evaluated based on the pre-test and post-test results. The community service team also gathered feedback from the participants, the KB counsellors and other stakeholders involved in the program to identify areas for improvement and to plan for future training sessions.

This methodology was done to provide teenage members of PIK Pemuda Kampung KB with the necessary knowledge and skills to manage their digital footprint effectively, promoting responsible online citizenship. The training program is designed to be interactive and engaging, with a focus on practical skills that participants can apply in their daily lives.

3. Results and discussion

Based on the pretest activity conducted during the community service program, it was found that teenagers in Simo District had already been using the internet and social media accounts since they were under 10 years old. This highlights the need to provide education on digital footprint management from an early age to prevent any potential negative consequences in the future. Although the participants had some awareness of digital footprints, they were not aware of the potential misuse and the fact that it cannot be fully erased. This reinforces the importance of providing comprehensive training on digital footprint management to educate teenagers on how to protect themselves online.

3.1. Interactive session involving search engine

The interactive activity held during the program, which involved searching for a typical keyword about themselves on Google, was an effective way to demonstrate the existence of their digital footprint (Figure 1). This activity helped participants to understand the potential impact of their online activities on their digital footprint.

Figure 1. Digital footprint tracking interactive activities

The training program included an interactive activity called "Google Your Name!" which aimed to show participants the real impact of their digital footprint. The activity was designed to demonstrate how easy it is for anyone to find information about them on the internet and how important it is to manage their online presence responsibly.

The results of this activity were likely positive, as participants were able to see firsthand how their digital footprint could affect their reputation online. By understanding that everything they do online leaves a trace and that others can access this information, participants are more likely to become responsible online citizens and think twice before engaging in harmful activities such as cyberbullying or posting inappropriate content.

The discussion arising from this activity could have included conversations about privacy settings, the importance of not sharing personal information online and ways to manage one's online reputation. This activity likely also provided a starting point for the training program's further discussions on digital footprint management, including steps participants can take to protect their online identity and ways to ensure that they present themselves in a positive light online.

Overall, the "Google Your Name!" activity was a useful tool to help participants understand the importance of digital footprint management and how to present themselves responsibly online. The activity effectively demonstrated that digital footprints are real and that anything one does online can potentially affect their reputation and future opportunities. By understanding the importance of digital footprint management, participants are better equipped to navigate the online world and become responsible online citizens.

3.2. Awareness of digital footprints

The training on digital footprint management was a necessary effort to create good online citizens among teenagers in Simo District. With the increasing use of the internet and social media, it is important for teenagers to understand the risks associated with their online activities. The training focused on the fact that their digital footprints are permanent and accessible by a wider community and this understanding will help them be more responsible and cautious when sharing information online.

The targeted audience for this training was teenagers and it was an effective approach as teenagers are more internet literate and easier to understand their peers about the good and bad potential of the digital footprint. The fact that the training was conducted by their peers in the PIK Pemuda Kampung KB was also a positive factor as it created a comfortable and engaging learning environment.

The training was able to successfully differentiate between passive and active digital footprints, and the participants were able to understand the importance of managing their active digital footprints.

A passive footprint is a passively created footprint. Users' information such as internet protocol address, visited websites and time consumed in viewing pages are collected by their website to create a log of visitors. The information is stored as a database and available to be retrieved the next time a website logs into that website using the same internet protocol address. Web use this information to better understand what users are searching for when it comes to content and to show targeted ads that specific users are more likely to click on. A passive footprint is unavoidable but it doesn't pose a serious security risk (assuming the website which users visit is harmless).

Users' active digital footprint is completely under their control. Active digital footprints are made up of information that users want to share. For example, when users log in to their social network site, sign up for an application which requires their complete identity, talk about themselves in a chat room, or posts on the public set of the web (network site status, Tiktok fyp, chat rooms, forum posts, etc.), then their data will be there forever and actively used to create a digital footprint.

Overall, the training on digital footprint management was an effective effort to create good online citizens among teenagers in Simo District. The training was successful in creating awareness among teenagers about the risks associated with their online activities, and they were able to learn how to manage their digital footprints responsibly.

In addition to the risks associated with digital footprints, the participants also learned about the positive aspects of digital footprints. They were taught that by being wise in using the internet, they can make their digital footprints a useful portfolio for their future. For example, they can save their works on the internet, create a positive online presence and use their digital footprints to showcase their skills and achievements.

This aspect of the training was crucial as it provided the participants with a positive perspective on digital footprints. Instead of being fearful of their online activities, they were taught how to use them to their advantage. Since the digital footprints are all data traces left by users in activities carried out online (Thatcher, 2014), the development and expansion of the use of online platforms in communicating and seeking information, digital footprints play an important role that offers various opportunities for its users (Black et al., 2015). This positive approach to digital footprints will help the participants to become responsible and productive online citizens. The benefits and disadvantages of digital footprints is shown in Table 2.

Table 2. The advantages and disadvantages of a digital footprint

No	Advantages of Digital Footprints	Disadvantages of Digital Footprints
1	Digital footprint makes it easier when users use various gadgets/electronic devices without repeatedly logging in to websites.	A negative digital footprint will prevent users from getting a job.
2	Users can use their digital footprint as an opportunity to build career.	If users have ever involved in cyberbullying or wrote a bad post on social media, users – and millions of others – will be able to find it.
3	Users can save their works on the Internet to be appreciated by many people.	Loss of privacy because users' data is more easily accessed by others.
4	Digital footprint for a better online.	Data breaching.

3.3. Managing digital footprints

There are several ways that teenagers possibly do to avoid the negative impact of digital footprints. Below are safe internet methods related to digital footprint management that was delivered during the community service activity.

The first step in digital footprint management is to check one's digital footprint using a search engine. During the training, participants were taught how to conduct a search using their own name, username, or email address. The search results will show what information is publicly available about them online. The training emphasized that it is

important to regularly check one's digital footprint and to remove any negative information if possible.

This step is crucial because it helps participants become aware of what information is out there about them and how it may affect their online reputation. It also highlights the importance of being mindful of the content that one posts online, as it can be easily accessible to the public.

During the discussion, participants shared their experiences of finding negative or embarrassing information about themselves online. They expressed their concern about how this may impact their future job prospects or personal relationships. The training provided them with the tools and knowledge to take action to manage their digital footprint and protect their online reputation.

Participants were informed about the importance of reducing the number of information sources that contain personal information. It was emphasized that certain websites may require users to provide sensitive information, such as phone numbers, addresses, and age, which can significantly expand their digital footprint. Participants were advised to use alternative websites that do not require such information or to limit the amount of information they provide on such websites. They were encouraged to use privacy-focused search engines and web browsers that do not track their online activities. This can help to minimize the amount of personal data that is collected and stored by websites and search engines, reducing the size of their digital footprint.

The participants were also informed about the potential risks of using public Wi-Fi networks and advised to avoid accessing sensitive information or sharing personal data while connected to public Wi-Fi networks. Instead, they were encouraged to use virtual private network (VPN) services or secure connections to protect their online privacy and security.

Participants were advised to limit the amount of personal information they shared on online platforms. It was explained that every time they provided personal information, such as their name, date of birth, or location, they were expanding their digital footprint. The participants were taught to be cautious about providing too much information, particularly on public platforms where anyone could access it. This could include avoiding sharing their full name, birthdate, or home address on social media, and being mindful of the information they provide when signing up for online accounts or services.

By limiting the amount of personal information shared online, participants could potentially reduce the risk of their personal information being used for malicious purposes, such as identity theft or online fraud. Additionally, limiting the amount of personal information shared online could help to protect participants privacy and prevent their information from being used for targeted advertising or other forms of online tracking.

The training also emphasized the importance of regularly checking and customizing privacy settings on social media sites. Participants were encouraged to review their privacy settings and ensure that they were customized to an appropriate degree. This was especially important because these settings only protect users on the specific social media site, meaning users need to customize their privacy settings for every site they use. During the training, participants were shown how to access and adjust privacy settings on various social media platforms. They were also reminded that it's important

to review these settings periodically, as updates to the platform or changes in the user's online activity may require adjustments to the settings.

Finally, the training focused on creating strong passwords and employing a password manager. By creating strong passwords, users can keep their online presence safe. A password manager allows users to create, store, and manage all their passwords in one safe online account.

The training on digital footprint management for teenagers in Simo District appears to have had a positive impact on the participants understanding of digital footprints. The post-test results showed that the participants were more aware of how to manage their digital footprint after the training. By teaching the participants to check their digital footprint, reduce the number of information sources that mention their data, limit the amount of data shared online, customize privacy settings, avoid over-sharing, and create strong passwords, they were equipped with practical strategies to manage their online presence in a responsible and safe way.

It is important for teenagers to understand the significance of their digital footprint because it has become an essential aspect of their lives, both personally and professionally. By being good online citizens, they can create a positive digital footprint that will benefit them in the future. The training provided by this community service can help to ensure that young people in Simo District are equipped with the necessary skills to manage their online presence effectively and responsibly.

4. Conclusion

In conclusion, the training on digital footprint management has been shown to be an effective effort in creating good online citizens for teenagers in Simo District. The training included six activities aimed at helping participants understand and manage their digital footprints. Through the training, participants learned to check their digital footprint, reduce the amount of personal information shared online, customize their privacy settings, avoid over-sharing, and create strong passwords. The post-test results showed that the training had a positive impact on the participants' understanding of digital footprints and their ability to manage them. By being good online citizens and managing their digital footprints, participants can create a positive online presence that will benefit their future. Overall, this training provides an important step towards creating a safer and more responsible online community.

Acknowledgement

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