



# UNDERSTANDING & REDUCING YOUR DIGITAL FOOTPRINT



UNITED NATIONS  
HUMAN RIGHTS  
SPECIAL PROCEDURES  
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United Nations  
Office of the Secretary-General's  
Envoy on Youth

## What is a Digital Footprint?



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A digital footprint is the culmination of the data you create and leave behind as you travel the internet.

## Passive & Active Digital Footprints



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A passive footprint is made when information is collected from the user without the person knowing this is happening.

An active digital footprint is where the user has deliberately shared information about themselves either by using social media sites or by using websites.



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## What are the risks of a large Digital Footprint?

Depending on who has access to your digital footprint the risks could include; cyber-bullying & harassment, violation of privacy, cyber-stalking, data theft, unwanted solicitations & scams.



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## Reducing your Digital Footprint

Take stock of the accounts, profiles, and platforms you currently have. Consider which accounts you regularly use and then delete or deactivate the others.



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## Checking your Digital Footprint

Use multiple search engines to perform a search for your first and last name, don't forget to see what images may come up in an image-specific search.

You can also use third-party services and software to perform searches - Try [www.haveibeenpwned.com](http://www.haveibeenpwned.com)



Queer Youth Dialogues

For more visit [www.gqyn.org](http://www.gqyn.org)