



**Let's do
something
cool,
together.**



Communication

Where girls learn to communicate online and in-person and expand their networks.

Toothpaste

Can what we post today affect our future? This activity will help us understand how our social media activity creates our digital footprint and online identity.

Toothpaste

Social media is a powerful tool that helps us connect with others and spread positivity! All of our social media activity creates what we call a digital footprint-- a word used to describe the trail, trace, or "footprint" that you leave online. Our digital footprint grows with every picture we post, Snapchat we send, and TikTok we create. The toothpaste activity will help us understand the importance of being thoughtful and responsible online, because it has the power to affect our future!

Materials Needed

For this activity, you will need a tube of toothpaste and a piece of paper.

Let's Put Our Toothpaste and Paper in Front of Us

First, Squeeze the bottle of toothpaste onto a piece of paper after naming an activity you did on social media within the past week (for example: posted a picture, posted a status, liked a photo, commented on a photo, sent a snapchat, posted a TikTok, etc.)

You'll more than likely squeeze out all of the toothpaste in the tube.

Now, put all of the toothpaste back into the tube with none left outside of it.

It's impossible, right?!



Follow Along on YouTube:

[youtube.com/girlsempowermentnetwork](https://www.youtube.com/girlsempowermentnetwork)

YouTube



The toothpaste represents what happens once you put something out there online whether it be a text, post, comment, snapchat, etc. Just like putting the toothpaste back into the tube, it is impossible to take back what we put online.

How do you think this could affect you and what you post online?
What if you delete something?

You can try to delete it, but someone might have already seen it, screenshotted it, and/or shared it, plus the internet stores things even after they've been deleted.

Do you think what you post today could affect your future?

Even though you can probably put a little of the toothpaste back into the tube, it is not the same. Posts can affect your safety, college applications, and jobs now and later down the road.

Share On Social

Share in your own words what you learned to someone within your home, or with an adult's permission, share on your social media and tag Girls Empowerment Network. Then, challenge your friends to do the same! **#VirtualSpark**



The 6C's of Self-Efficacy

Click on each picture to view more activities like this one.



Confidence



Coping Skills



Collaboration



Communication



Critical Thinking



Creativity

**View
More
Resources**

[Blog](#)

[Videos](#)

[Impact](#)



GIRLS
Empowerment Network

Girls Empowerment Network knows girls are powerful, and it's our mission to help girls know it too. When girls experience Girls Empowerment Network's self-efficacy curriculum in schools, camps and conferences, they believe in their abilities and become powerful. Learn more at www.girlsempowermentnetwork.org.

[Visit Our Website](#)

[Contact Us](#)

[Donate](#)

