

My Demographics - Start here

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The [My Demographics](#) tool allows district staff members to review and/or update their personal information and contact preferences. Update requests will be reviewed by an administrator and approved or denied as appropriate.

Tutorials

- [My Demographics video](#)

How-to guides

Request updates

- [Add or correct information](#)
- [Legal name changes](#)

Reference

Field descriptions

- [Personal contact information](#)
- [Messenger preference contact reasons](#)
- [District-defined elements](#)

Preferences

- [Messenger with Voice](#)
- [Text Messages](#)

Administrator setup

- [My Data \(My Account\) Tool Rights](#)

Explanation

- [Establish Messenger preferences](#)