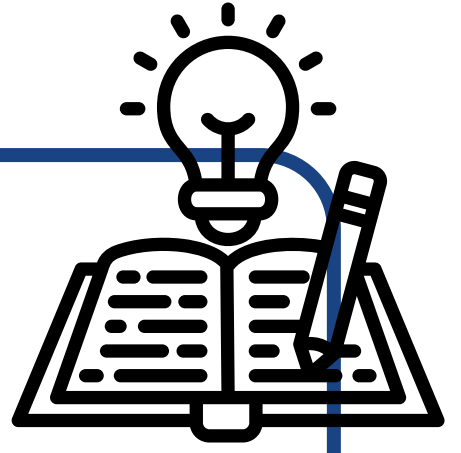


DIGITAL LITERACY



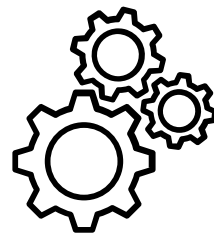
What is Digital Literacy?

Digital literacy means having the skills and confidence to use technology safely, effectively, and responsibly in daily life.

Artificial intelligence (AI) can offer helpful support with everyday tasks, routines, and overall well-being.

1

Device Settings



Practical settings that increase privacy and ease of use.

- Keep your phone and apps up to date
- Adjust font size, volume, and contrast
- Set app permissions
- Screen for spam/fraud

2

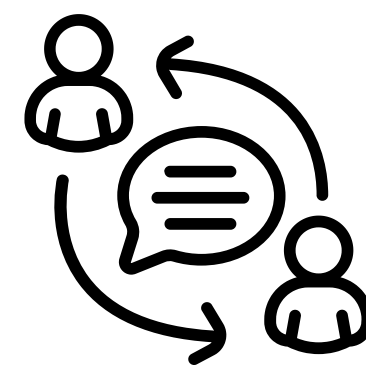
Helpful Tips



- Use strong passwords
- Check who the message is from before opening
- Be cautious of urgent, unexpected messages

Email Basics

Email helps you to communicate clearly and safely.



Scam Smart

Scams can appear in email, texts, calls, or social media. Protect yourself by:

- Watching for urgent requests or prize offers
- Checking official sources before sharing info
- Avoiding links or attachments from unknown senders
- Reporting suspicious messages



Artificial Intelligence (AI)

AI technology can support daily routines and reduce the need for outside assistance.

Examples

- AI-assisted fall detection devices
- Voice-controlled lights, doors, appliances
- AI-based reminders for medication or appointments

Video Calling

Video calls are a great way to stay connected.

- Use trusted apps
- Join calls only from people you know



FaceTime



Google Meet

Social Connection



- Ask your AI assistant:
 - “Are there community events near me?”
- Join online groups that match your interests
- Use voice assistants to call family or friends hands-free