



cyberseniors

ACTIVE AGEING THROUGH ICT



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Module 2: Safe and responsible use

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Duration: 40 minutes

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- 1. The importance of digital literacy in the 21st century*
- 2. Safe use of ICT devices*
- 3. Responsible use of ICT devices*



2.1

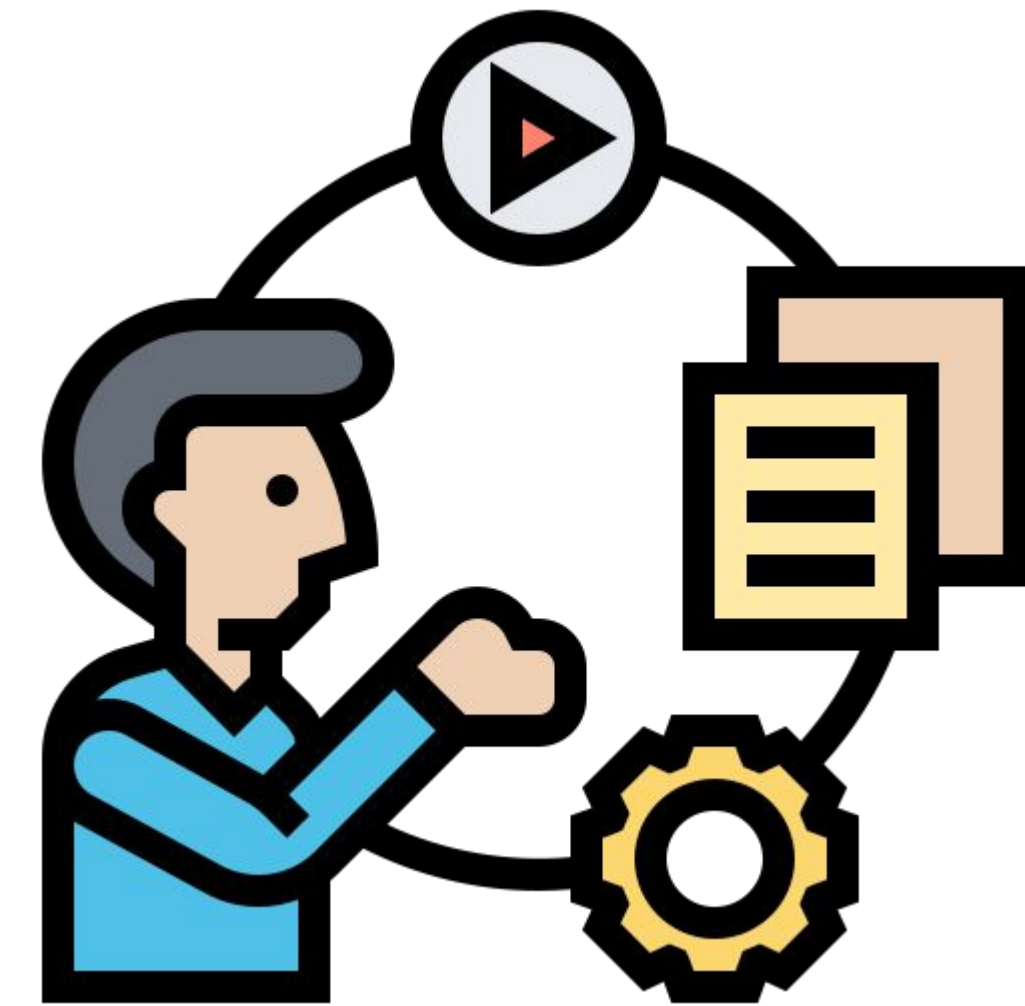
The importance of digital literacy in the 21st century

THE AGE OF DIGITALIZATION



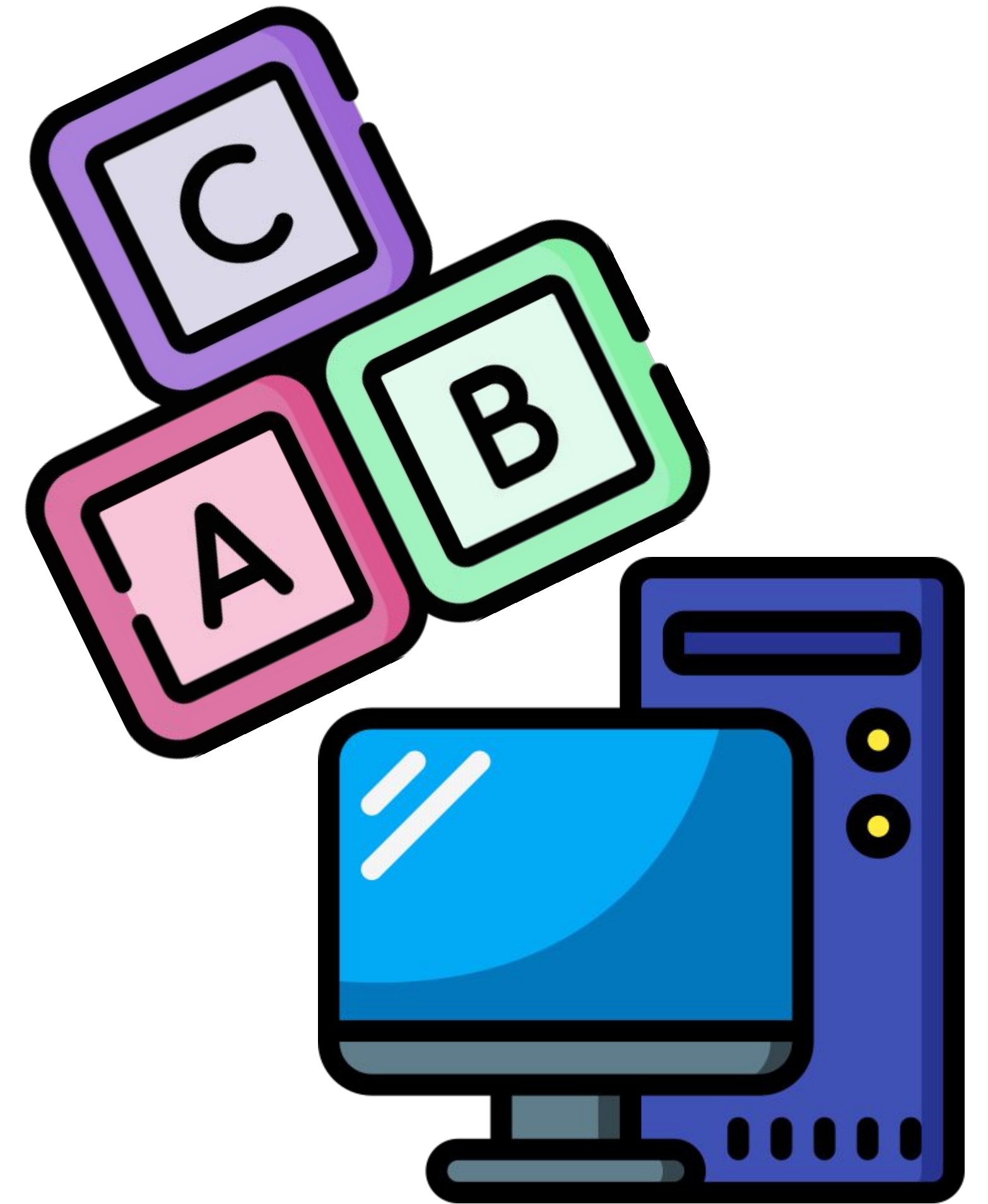
Contemporary daily needs:

- Email
- Virtual Communication
- Digital Transactions
- Phone reminders
- etc...



Digital Literacy

- Skills in digital competencies;
- Safe and critical use of Network and IT media
- Digital security and authorized content.



Benefits

- Opportunities
- Union
- Globalization
- Constant learning and improvement
- Independence and empowerment;

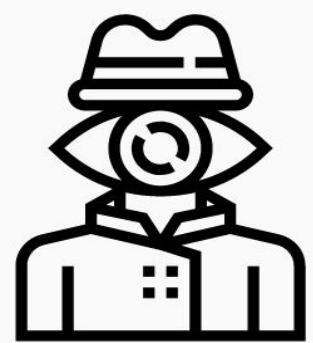


A stylized illustration in a light purple color on a darker purple background. It shows a hand with the index finger pointing towards a computer monitor. On the screen of the monitor is a circular icon with a dashed outer ring and a solid inner ring, resembling a signal or a target. The monitor is on a stand.

2.2

Safe Use of ICT devices

Threats



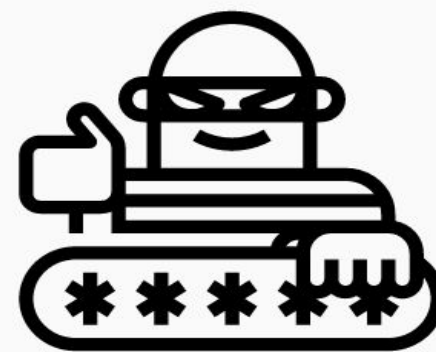
Identity fraud



Trojan



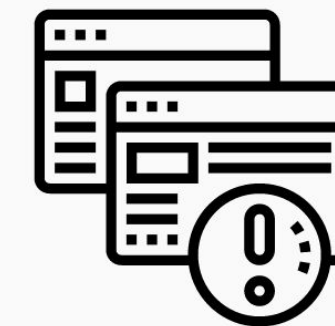
Spam



Social Engineer



Phishing



Adware

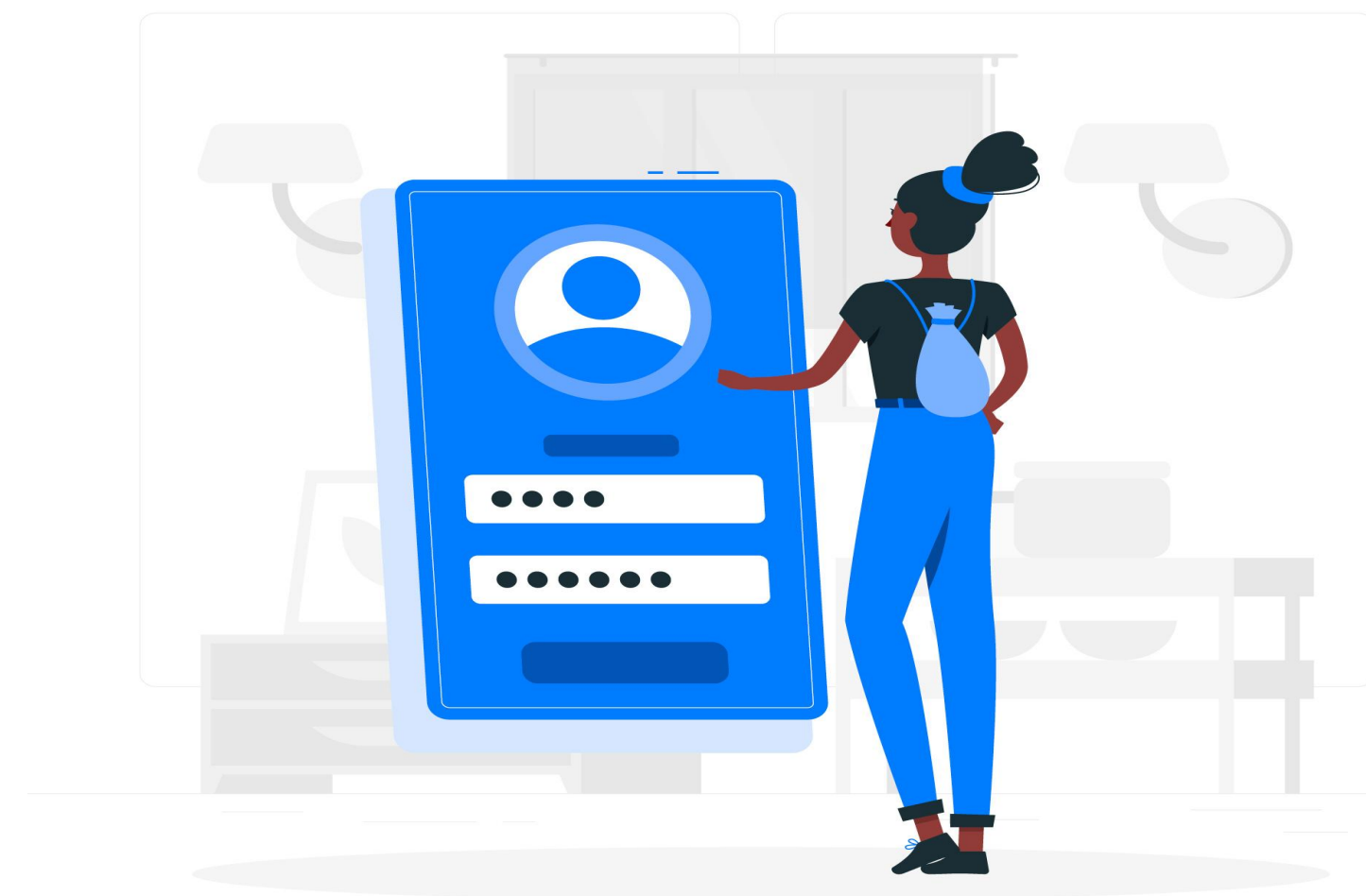
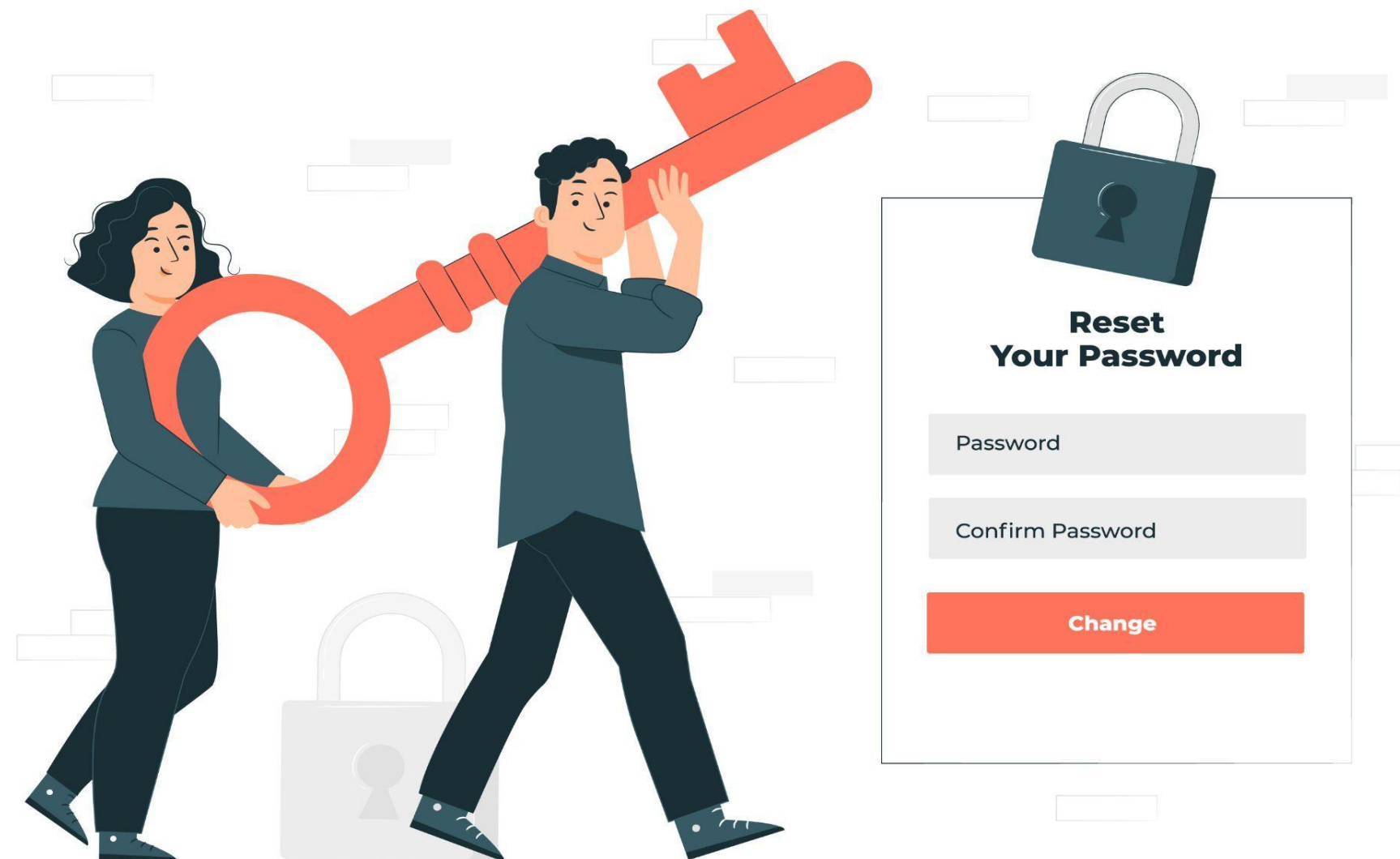


Spyware

Use safe passwords

Combination of lower and upper-case letters, numbers and symbols.

Ex: Madrid >>M4dr1D+



Security on social networks

- ❑ Set your social network privacy
- ❑ Protect the others (*grandchildren...*)
- ❑ Beware of revealing sensitive information (holidays)
- ❑ Regulations, privacy, property...(freepik, pixabay)

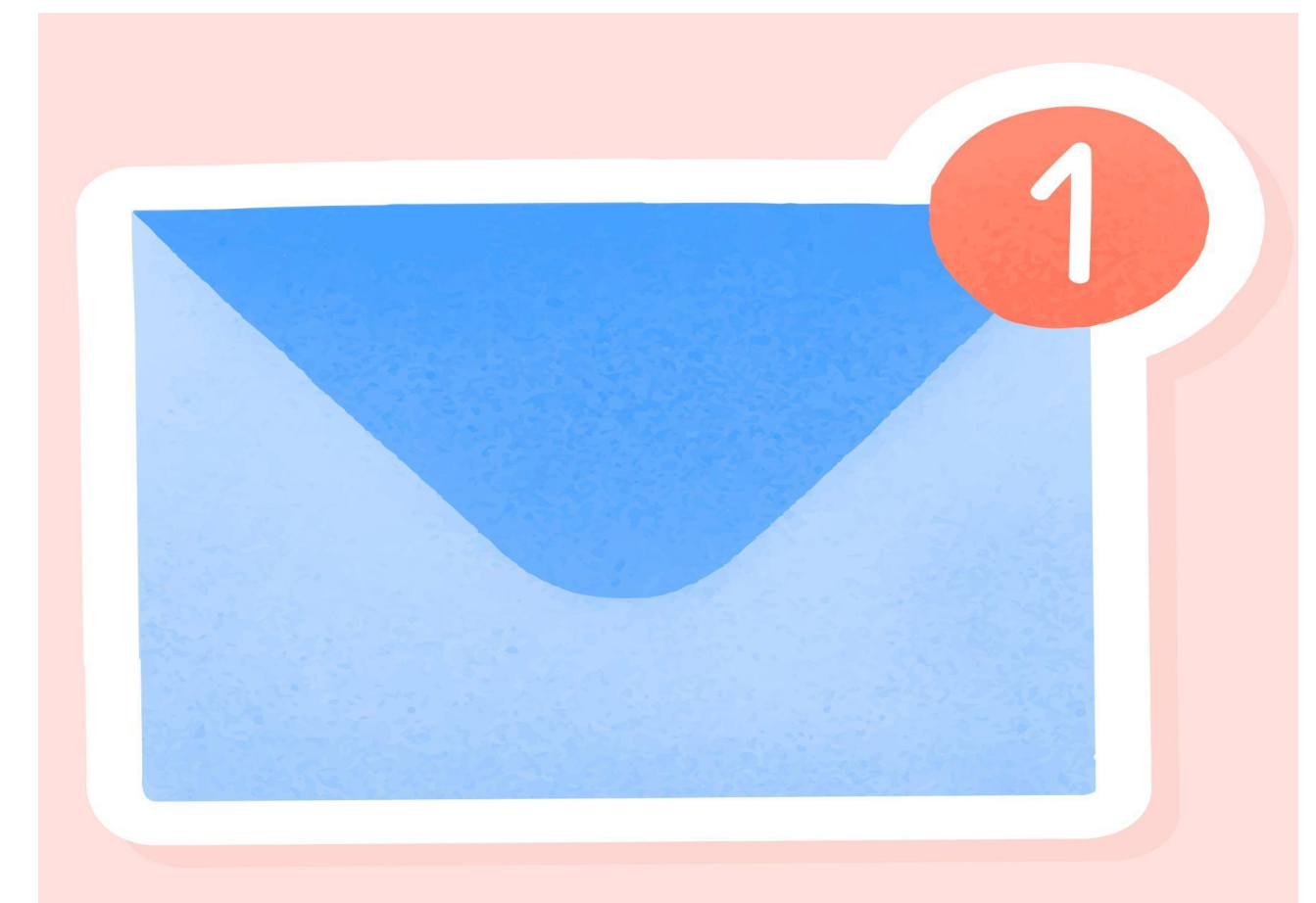


Amazing mind reader



Security rules for social networks, texts and emails

- You must not click on the links
- Check the source
- Do not trust emergencies
- Do not spread/share the messages
- Alert and complaint



Is someone asking you for money?

- Beware of fake profiles
- Beware of scams
- Speak directly to the person



What to do if you have lost your phone?

- Set the alarm on your phone.
- Lock your phone
- Sign out of your Google account.
- Delete your device data by resetting to factory settings.



TIPS

1. Secure access to your accounts.
2. Think before acting.
3. When in doubt, check.
4. Share carefully.
5. Use a security software.
6. Set your browser security.
7. Use antivirus (also on mobile phones).
8. Sign out.
9. Ask for help.

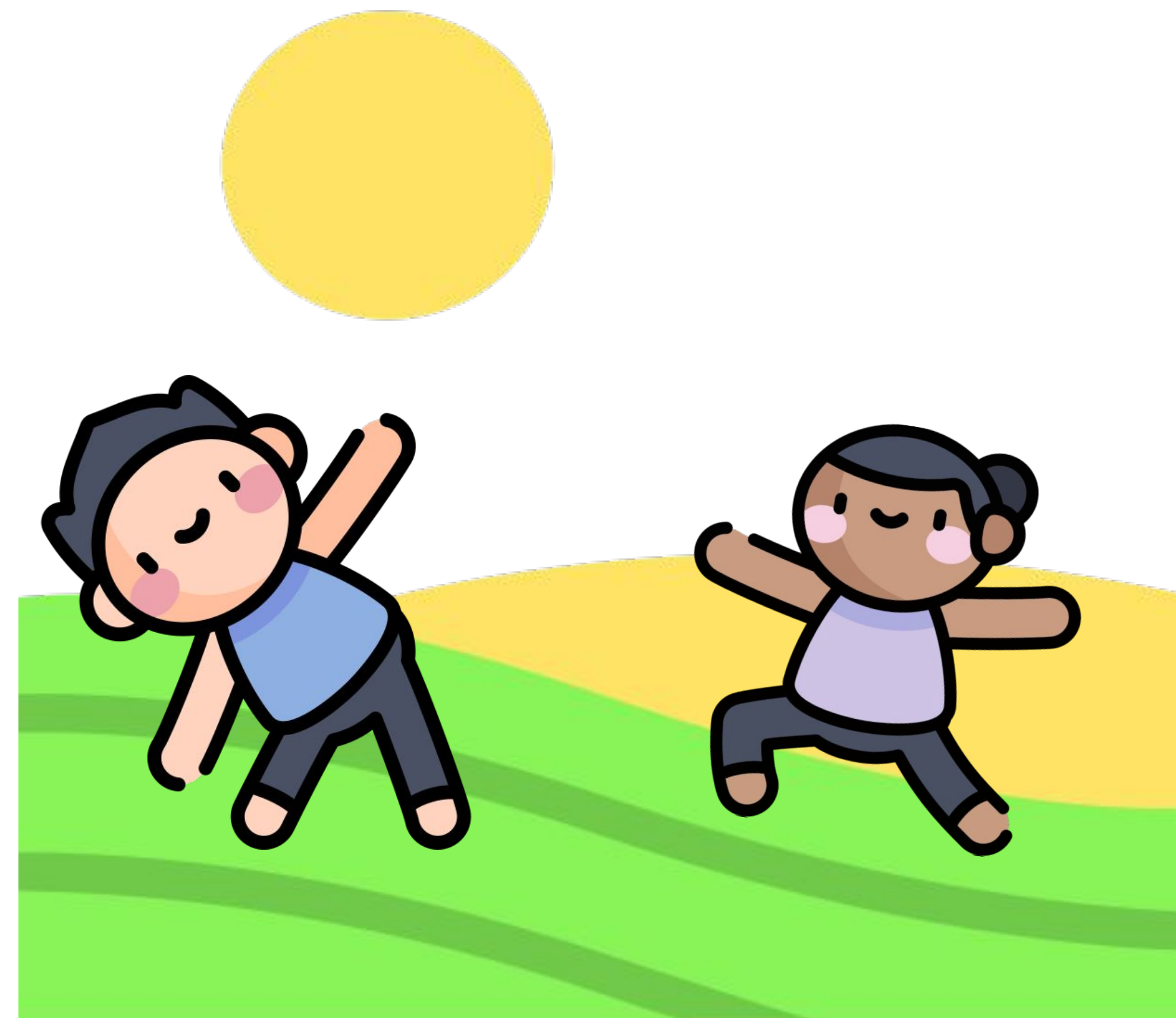
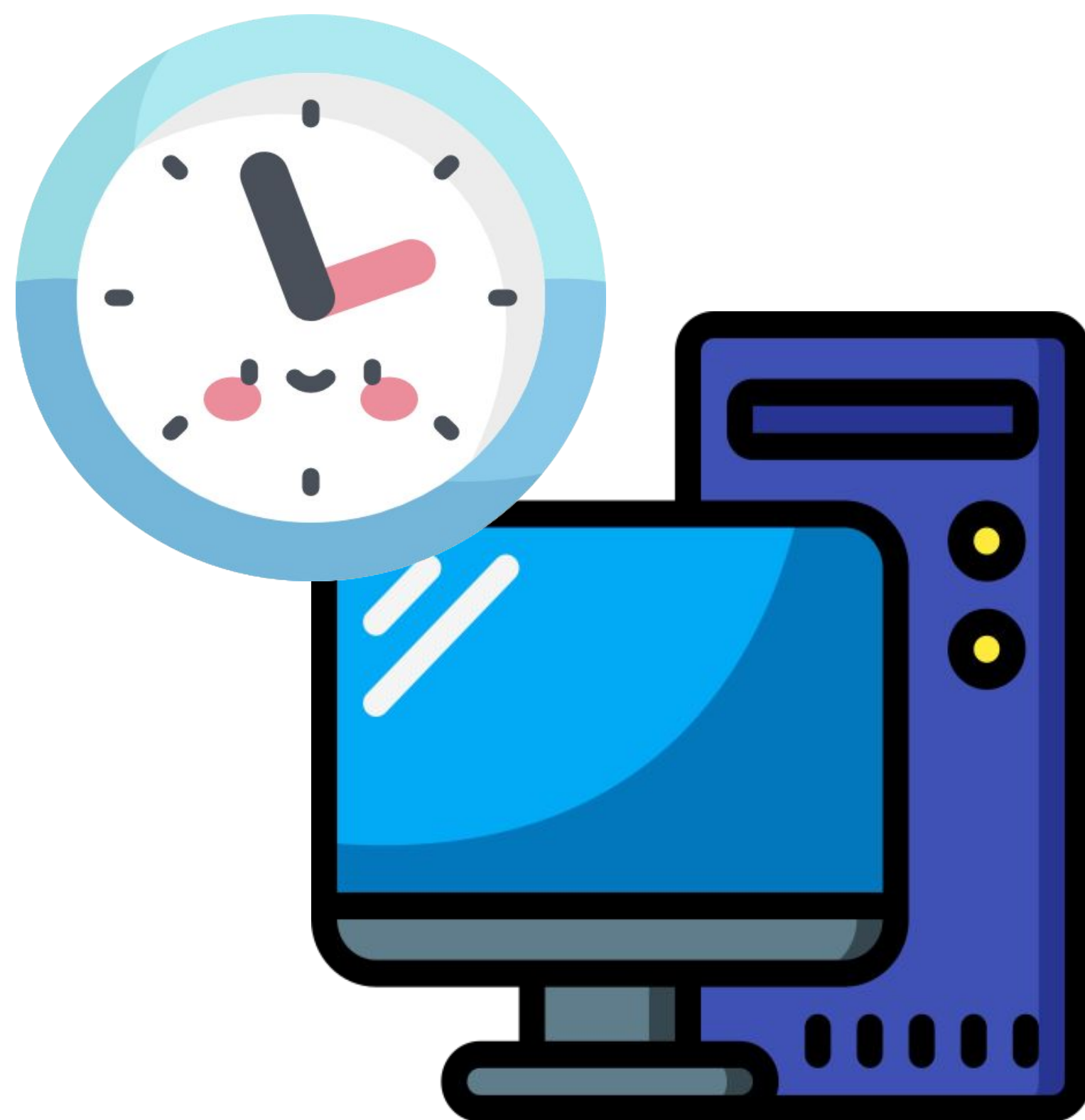


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2.3

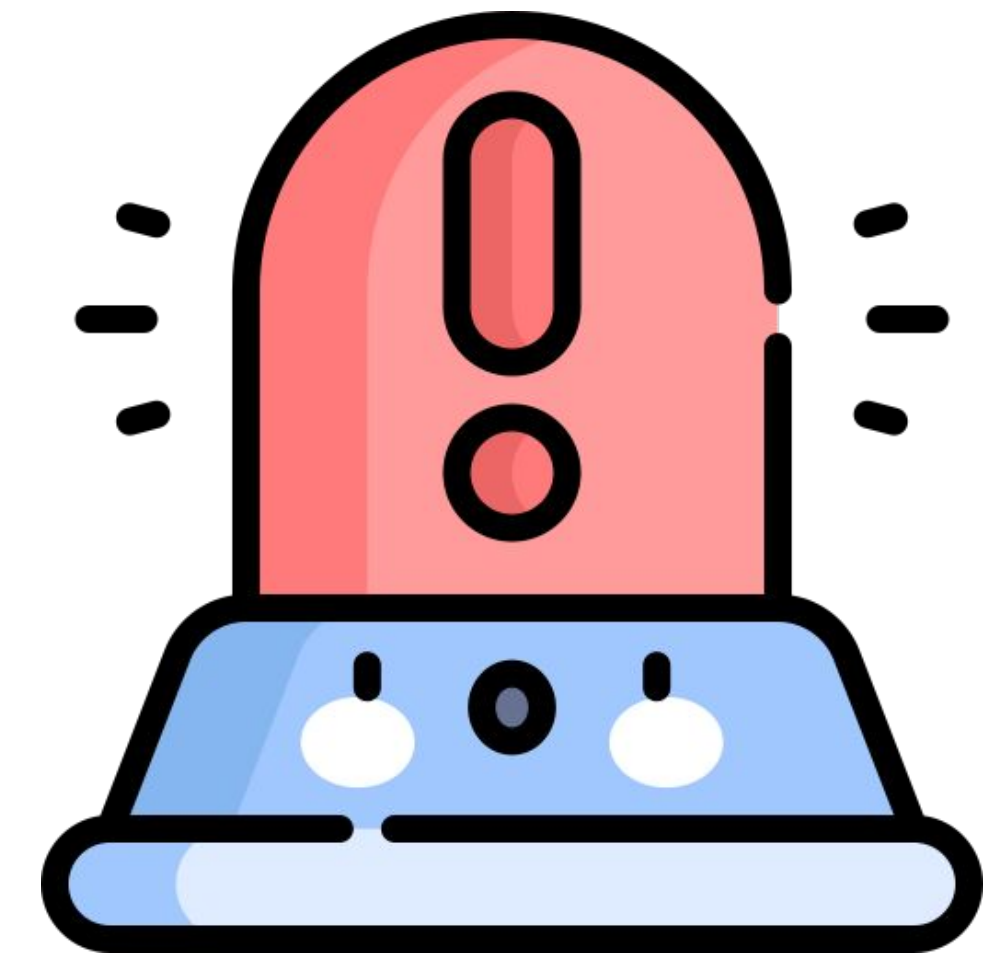
Responsible Use of ICT devices

Remember



DIGITAL WELLBEING

- Sleep disturbances
- Mood swings
- Stress
- Headaches
- Eyestrain
- Tiredness
-

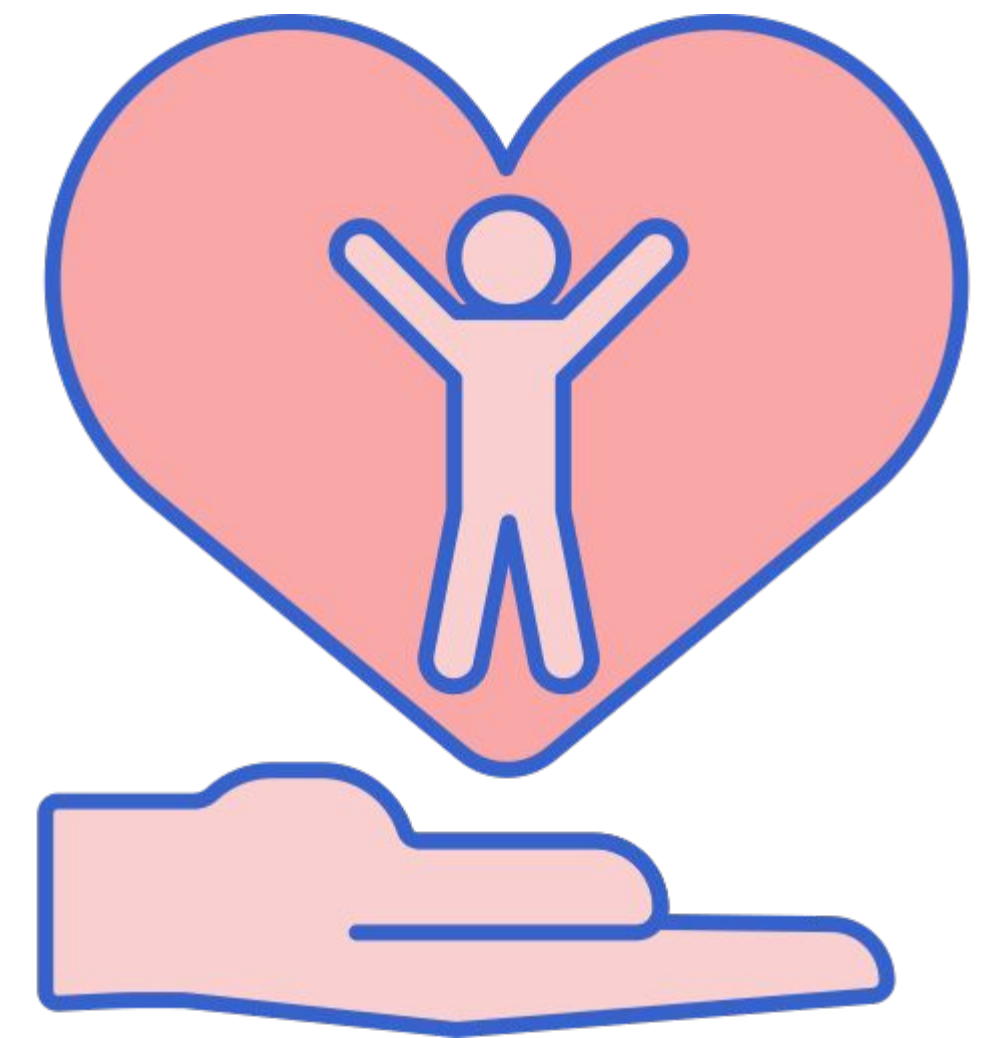




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RECOMMENDATIONS

- Create healthy technology habits
- Set limits
- Manage your connections better
- Take breaks regularly
- Have a good sleep



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THANK YOU

More info at www.cyberseniors.eu

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