



BRIDGING THE
DIGITAL GAP THROUGH
REVERSE MENTORSHIP

Guidelines for the volunteer consultant

Consultation topic – SAFETY AND DIGITAL TECHNOLOGIES



How to teach safer behaviour
without scaring listeners?



LANGAS | ATEIT

IT-GUIDE



Nordic Network for
Adult Learning



Nordic Council of Ministers
Office in Lithuania

...Do you lock the door when you leave the house?...



Surely you wouldn't want seniors to decide that the internet is a dangerous place that should be avoided? Don't overwhelm them with the longest list of threats and dangers, but let them experience the benefits of the internet first, and give them safety tips gradually.

If you get the chance, explain the following

Passwords



Use secure passwords made up of letters and numbers. They should be hard to guess but easy to remember. Do not disclose them to others.

Suspicious e-mails



You cannot trust every e-mail you receive, even if the sender is someone you know. It is best to delete any strange or obscure attachments immediately. Never send passwords, credit card or bank login details. Banks never ask you to send these things. If you are unsure, call your bank.

Registration



Many websites ask visitors to register. If you don't need to, don't register. Often, such registration is just a way of collecting visitors' personal information and bombarding them with advertising and other unwanted mail.

Antivirus tools



It's very important to have an anti-virus programme installed on your computer (and smartphone too!). This protects against malicious programs that can enter and infect your computer from the internet or otherwise. Most computers are sold with anti-virus software already installed, but you need to make sure it is working and not out of date. Antivirus programs should update themselves online every few days.

Social networks



Social networks are a great way to communicate with others. But you certainly don't need everyone to know your home address and when you are not at home.

A lesson on safe online behaviour (in Lithuanian language)



www.epilietis.eu/tau

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*Recommended
reading!*

1. Personal data.
2. Digital identity and its protection.
3. Data protection.
4. Safe behaviour on social networks.
5. How to protect yourself from scams and misinformation?
6. Making e-services safer.

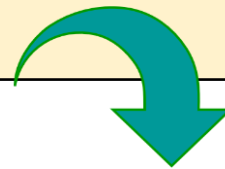


Media literacy and critical thinking



To benefit from digital technologies, you need to acquire certain knowledge and skills.

Knowing how to use your smart device and how to create strong passwords is not enough. **In addition to technical skills, you need other skills**, mostly related to the evaluation of content of the information itself.



So try your best to **explain** these things to your listeners:



How the web works



Viewing information on the web is very different from reading books or magazines. Beginners **need to understand how the web works**. And learn how to stay on track and keep your final goal in mind as they browse from one web page to another.



"Now that I'm older and less mobile, I'm getting to the city much less often. Being able to buy online helps me a lot!"



Selection of information



Search engines give one result or another based on the keywords you enter. Users need to be aware that these results are not necessarily the best. The ability to search intelligently for information is important and is not immediately acquired. It is also **necessary to learn to perceive the information critically**. The ability to distinguish between useful information and advertisements is already a significant achievement.

WWW...



Not everything on the internet is true



It is very important to be critical of all the information available on the internet. Anyone can create all sorts of websites about anything, or post on other people's websites.

Try to develop your listeners' healthy **critical thinking** by asking them questions such as "Can this be true? Can the same information be found in other sources? Who do you think might have published this information and for what purpose?"



"Although I like to share party photos with my friends, I try to keep them out of the public eye. I think carefully before posting anything and often check my privacy settings."



More than entertainment



The ability to use digital technologies is one thing, but the ability to benefit from them is quite another. It's fun to play computer games or read things that interest you online.

But the best way to learn how to use the internet is to **save your time and money**. Knowing how to use the internet in a **targeted** way can be very useful.



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GOOD LUCK!

Link to the initiative description and all materials:
<https://norden.lt/en/project/it-mentorship/>

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