



Digital Essentials:

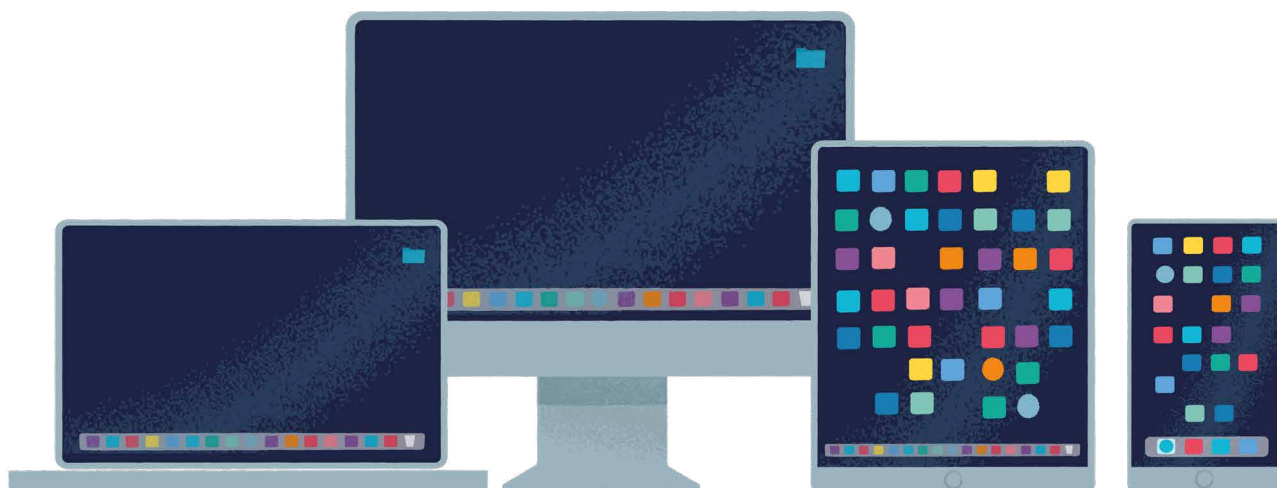
Digital skills and understanding

We know digital technology can seem complex. We can help with that

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What do we mean by digital?

It's a common phrase but do we understand it?

It's usually about using different electronic tools and devices to help carry out day-to-day tasks.



Digital is everywhere.

It can feel like a separate 'digital world' with its own language and rules. Understanding this digital world is about so much more than just understanding how a single piece of technology works, like a laptop or a smartphone.

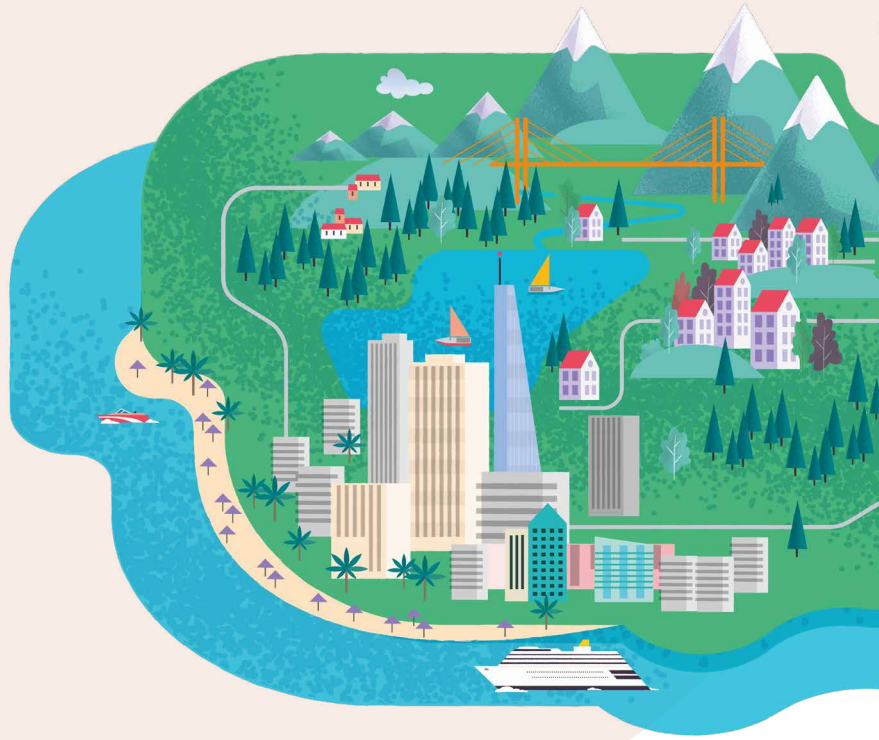
For example, you might be comfortable using a computer for your job, but using one at home might feel completely different. You might have had to 'upgrade' your existing technology and the replacement feels much more complicated. You may have very little digital experience at all.

The point is it's natural to find this overwhelming or even a bit scary, because it can be, whether you were born into 'the digital age' or are just trying to get to grips with it later in life.

But it also has a lot of potential for you to **unlock**

Part of what makes the digital world, particularly the internet, so overwhelming is its sheer size – where do you even start when there are almost two billion (and counting) websites to choose from?

Maybe a good way to think about the internet is to imagine it as a country, full of its own unique cities, towns, villages, as well as its own regional dialects. You wouldn't expect to visit every part of a country. Instead you'd find the places you liked and begin exploring from there. Just like any country, there are good and bad parts, and safe and dangerous places on the internet.



The key is equipping ourselves with the tools and knowledge to ensure that we can travel through this country safely, do the things we enjoy, and explore the things that interest us.

Such as:

- **Shopping** (such as doing your weekly online grocery shopping, or buying a present for someone)
- **Learning new things** (joining people for an exercise class or learning a language)
- **Staying in touch with people** (catching up with friends and family on a video call)
- **Finding activities** (booking a trip or finding a place to meet up)



How we're helping

Our goal is to help you understand the digital world a little bit better, offering you some support to make things seem a little less complex and, with any luck, a little less overwhelming.

We're going to be building a series of information guides, which we hope will help you to become more confident using digital technologies and make the most of the online information that's available to you.

We'll be looking at how to use certain digital and online features, how to keep yourself safe and the things you can check if it's not quite working as expected.

If you find this useful, or know someone who might, feel free to share this with family and friends.



Are you ready to grow your digital knowledge?

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