AI 4 ALL

Youth Solidarity Through Ethical Tech & Digital Inclusion

Smartphone use and online safety (for older people)

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Why are mobile phones important?



Mobile phones are not just technology.
They are part of everyday life and can be a great help in many situations.

They are about connection, independence and everyday support.

- They help you stay in touch with family and friends.
- They make it easier to access information and services.
- They make daily tasks simpler.
- They let you ask for help or support when needed.

The impact on daily life

In daily life, a mobile phone can support us in many ways.

Safety and Emergency

- **Quick alert:** through SOS emergency buttons and fall sensors, which send alerts to family members or the relevant services.
- **Location:** lets family or carers know where the older person is.
- **Monitoring:** cameras and alarm systems improve home security.

Social and Emotional Connection

- **Fighting isolation:** through video calls and calls with family members who live further away, reducing loneliness and the risk of depression.
- **Integration:** they feel more connected to the world and to the people they love.

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The impact on daily life

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Health and Well-Being

- **Reminders:** apps that remind you when to take your medication and track vital signs (such as blood pressure or blood sugar)
- **Cognitive activity:** games, news and reading, which help keep the mind active.

Independence and Ease of Use

- **Adapted design:** phones with large buttons, bright screens and enlarged fonts make them easier to use for people with vision problems or arthritis.
- **Practical features:** easy access to information, recipes and music, which allows greater independence.

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Mobile phone basics

Turning on and controlling the phone

Turning on and off
Main buttons (volume and lock/unlock)

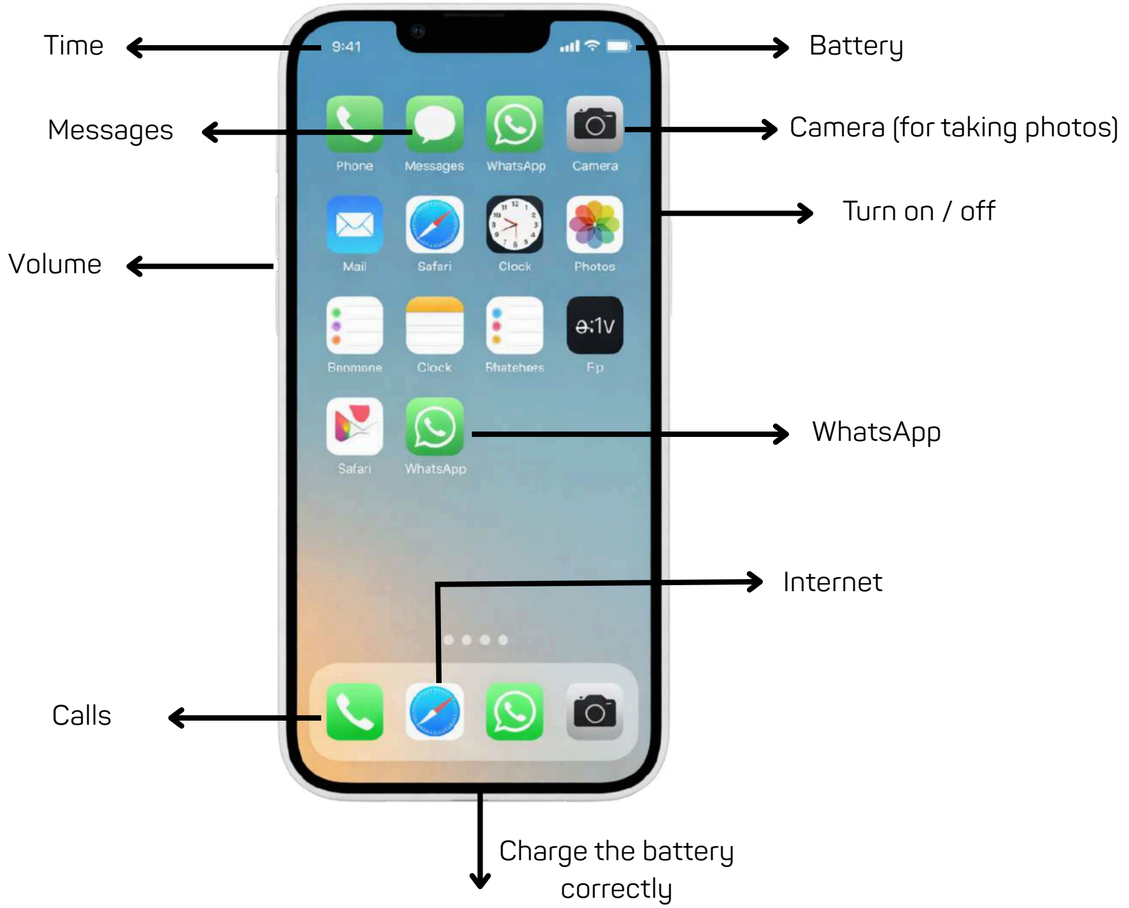
Using the screen

Home screen
Apps

Making use more comfortable

Charging the battery correctly
Increasing the size of the text and the sound

Main apps and services



How to make the most of your phone and the internet

Small habits help you use your phone in a simpler, safer and more comfortable way

- Use only the apps you need
- Read carefully before clicking
- Take breaks and don't be on your phone all the time
- Keep your phone organised
- Ask for help whenever you have doubts



- You don't need to know everything
- Everyone learns at their own pace
- The phone should make things easier, not more complicated

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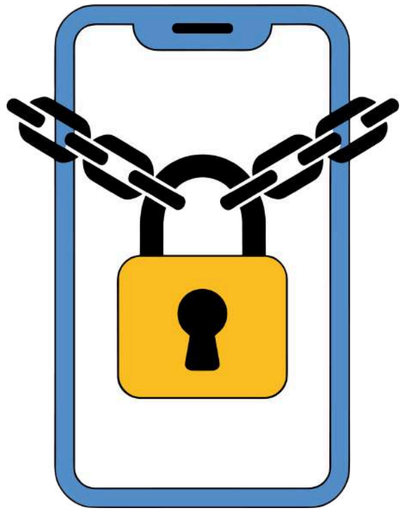
Preventive habits

Using the internet safely helps you avoid problems before they happen.



- Do not share codes, passwords or personal details
- Be suspicious of urgent or strange messages
- Use only apps and websites you know
- Always check who is sending the messages
- Keep your phone up to date
- Use passwords that are simple but secure

What to do when something goes wrong



Stop and don't reply straight away

- You don't have to reply straight away to messages or calls
- Urgent messages are often fake
- Stopping helps you think clearly



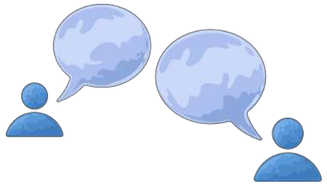
Ask for help straight away

- Talk to a family member, friend or carer
- Show the message instead of trying to solve it alone
- Asking for help is a sign of care, not weakness



Block suspicious contacts

- Unknown numbers can easily be blocked
- Blocking prevents new messages or calls
- It's not rude, it's protection



Don't be ashamed to ask

- Nobody is born knowing how to use technology
- We all learn from our doubts
- Asking prevents bigger problems

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Learning has no age



Learning to use a mobile phone is possible at any age and can bring many benefits to everyday life.

- Small precautions make a difference
- Technology can make life easier
- Using the phone with confidence and safety
- No one is alone in the digital world

The mobile phone is an important support tool that can bring more independence, safety and quality of life, allowing more active participation in society.

Thank you
for the attention

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