Bridge4Mothers
Digital Literacy & Upskilling Programme

MODULE 1 — INTRODUCTION TO DIGITAL LITERACY

BRIDGE 4 MOTHERS

Co-funded by the European Union

Topics Covered

- What is digital literacy?
- Why digital skills matter
- Digital technologies in everyday life
- Digital confidence & inclusion
- Safe technology use
- Personal digital learning goals

WHAT IS DIGITAL LITERACY?

Digital literacy means having the skills and confidence to:

- use digital devices,
- access online information,
- communicate online,
- and participate safely in digital environments.



WHAT IS DIGITAL LITERACY?

Digital Literacy Includes:



Using computers and smartphones



Accessing the internet



Communicating online



Using digital tools and applications



Searching for information



Participating in online learning



Understanding online safety

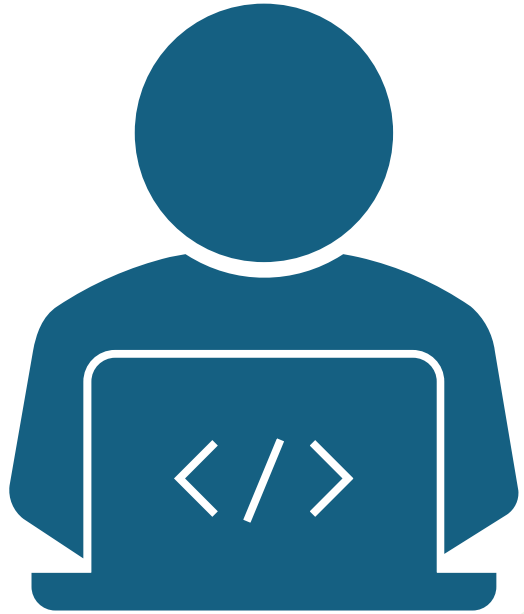


WHAT IS DIGITAL LITERACY?

Why It Matters

Digital technologies are now part of:

- education,
- communication,
- employment,
- healthcare,
- and daily life.



DIGITAL SKILLS IN EVERYDAY LIFE

Digital Skills in Everyday Life

People use digital tools every day to:

- communicate with family and friends,
- access services,
- search for information,
- manage finances,
- learn online,
- and organise daily activities.



DIGITAL SKILLS IN EVERYDAY LIFE

Everyday Digital Activities

Sending emails
Using messaging apps
Searching online
Online shopping
Booking appointments
Accessing healthcare services
Participating in online meetings

DIGITAL SKILLS IN EVERYDAY LIFE

Digital skills help people:

- participate more actively,
- feel more independent,
- and access opportunities more easily.



DIGITAL SKILLS & EMPLOYMENT

Digital Skills & Employment

Many jobs now require digital competences.

Digital skills can help people:

- search for jobs online,
- create CVs,
- communicate professionally,
- attend online interviews,
- and access training opportunities.



DIGITAL SKILLS & EMPLOYMENT

Employability Skills Include:



Email communication



Online job searching



Basic office software



Online collaboration



Digital organization



Online learning participation

DIGITAL SKILLS & EMPLOYMENT

Why Digital Confidence Matters
Digital confidence can:



increase employment opportunities,



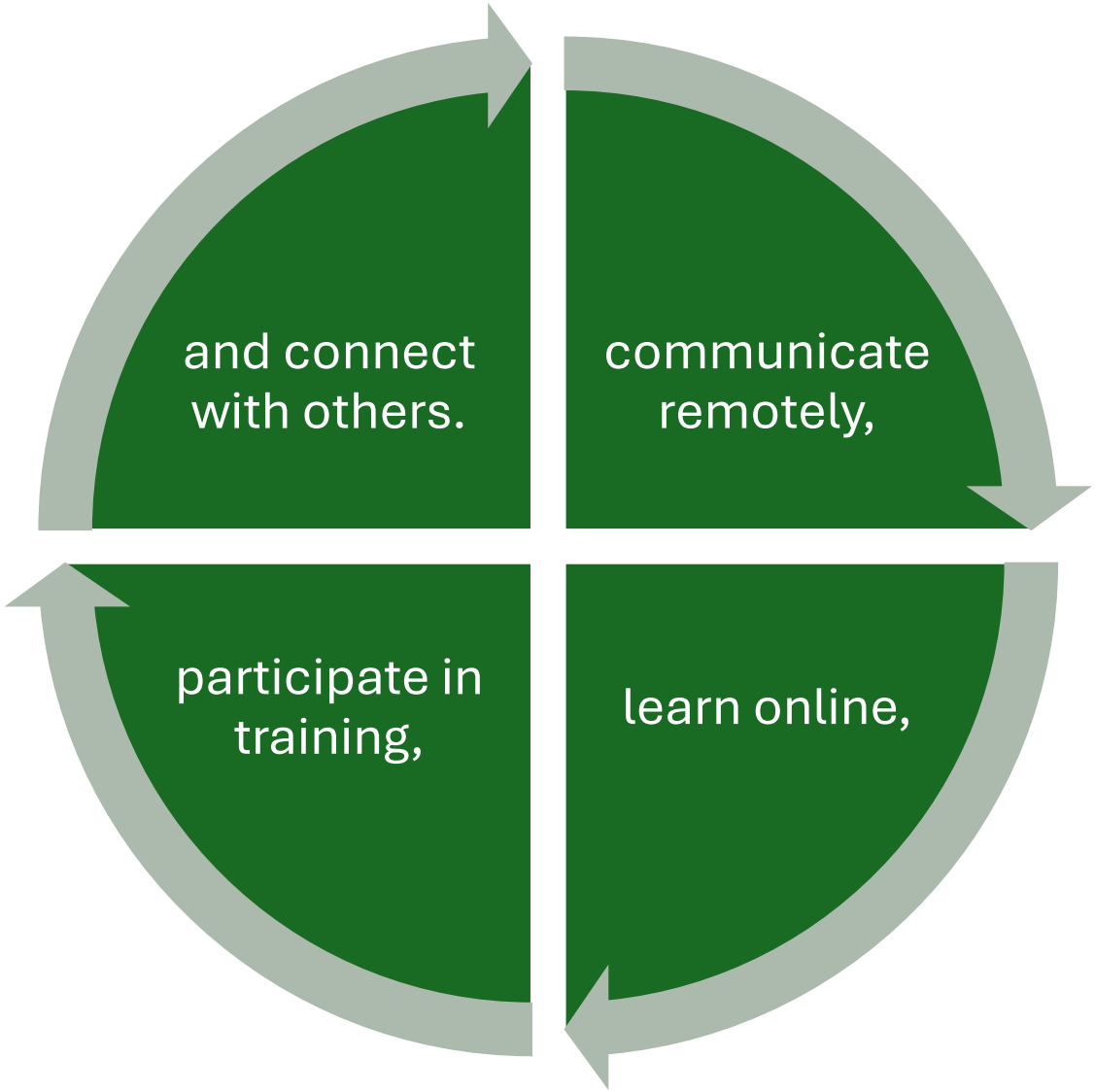
strengthen independence,



and support lifelong learning.

ONLINE COMMUNICATION & LEARNING

Digital technologies allow people to:



ONLINE COMMUNICATION & LEARNING

Online Communication Tools

Email
Video calls
Messaging apps
Online learning platforms
Social media
Online collaboration tools



ONLINE COMMUNICATION & LEARNING

Benefits of Online Learning

- Flexible participation
- Learning from home
- Access to new opportunities
- Improved confidence
- Lifelong learning possibilities

ONLINE COMMUNICATION & LEARNING

Everyone can develop digital skills step by step.



DIGITAL CONFIDENCE & INCLUSION

Some people may feel:



nervous about technology,



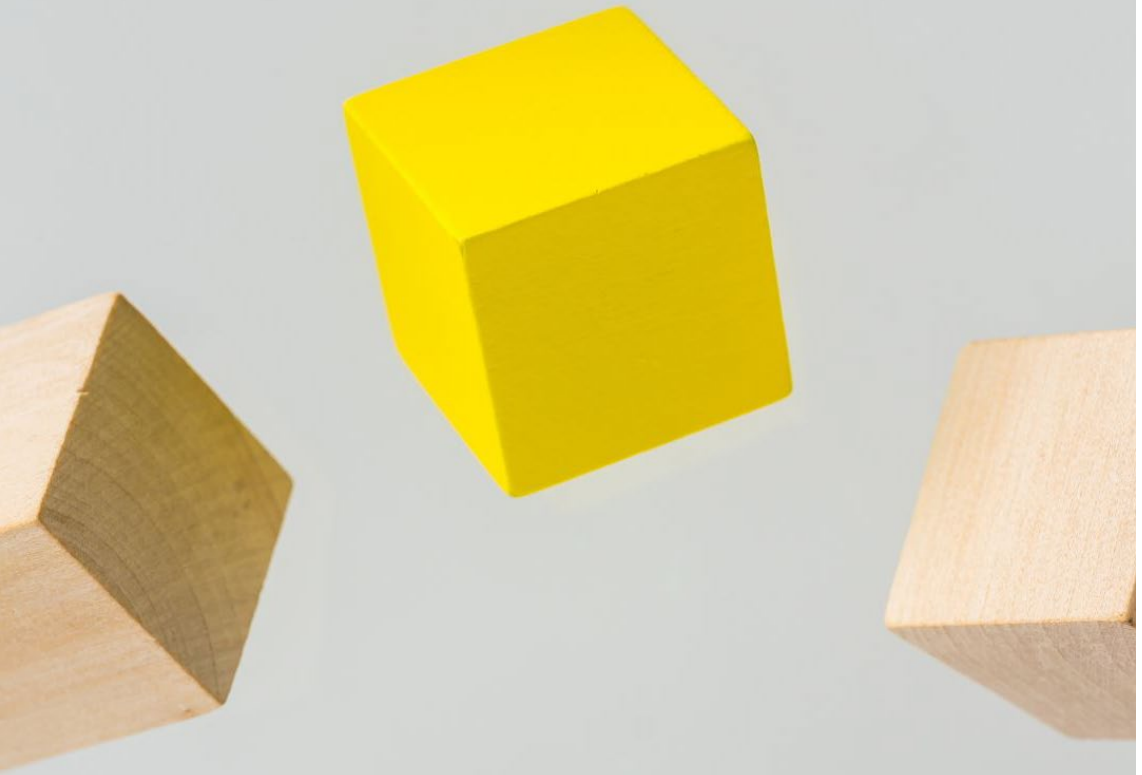
unsure how to begin,



or worried about making mistakes.



This is completely normal.



DIGITAL CONFIDENCE & INCLUSION

Building Digital Confidence

Confidence develops through:

- practice,
- participation,
- support,
- and learning step by step.

DIGITAL CONFIDENCE & INCLUSION

Digital Inclusion Means:

Everyone should have opportunities to:



access technology,



learn digital skills,



and participate in digital society.

DIGITAL CONFIDENCE & INCLUSION

There is no “perfect” learner. Every new skill is progress.

SAFE & RESPONSIBLE TECHNOLOGY USE

It is important to use technology:

safely,

responsibly,

and respectfully.

SAFE & RESPONSIBLE TECHNOLOGY USE **Online Safety Includes:**

- Protecting passwords
- Avoiding suspicious links
- Respecting privacy
- Thinking critically online
- Communicating respectfully
- Protecting personal information

SAFE & RESPONSIBLE TECHNOLOGY USE



Responsible Digital Behaviour



Good digital behaviour includes:

kindness,

respect,

safe communication,

and responsible information sharing.

SAFE & RESPONSIBLE TECHNOLOGY USE

Online safety helps protect:



wellbeing,



privacy,



and confidence online.

SETTING PERSONAL LEARNING GOALS



Learning digital skills is a journey.



Everyone learns at their own pace.

SETTING PERSONAL LEARNING GOALS

Examples of Digital Learning Goals
Learn to use email confidently
Join online meetings
Search for jobs online
Improve computer skills
Learn to use office software
Participate in online learning



SETTING PERSONAL LEARNING GOALS

Every step forward is progress.

Digital confidence grows through:

- learning,
- practice,
- participation,
- and support.

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BRIDGE 4 MOTHERS

IMPACT GRID

Cradle

Bulgarian Digital Cluster

NEXUS EDUCATION



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