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Bridge4Mothers

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Training of Trainers (ToT) Digital Literacy & Gender-Informed Digital Upskilling

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D. Downloadable Worksheet: Digital Literacy Teaching Reflection Worksheet

Reflection Questions

1. What challenges may learners experience when using digital tools?
2. How can trainers support learners with low digital confidence?
3. Why is step-by-step instruction important?
4. What makes digital learning accessible and inclusive?
5. How can digital skills support employability and participation?

Practical Reflection

Think about a digital skill you have taught or learned.

Reflect on:

- what made the experience effective or difficult,
- how confidence was supported,
- and what teaching strategies were helpful.

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