



# Now's the time to

learn to use your device\_



**Learning how to use your smartphone, tablet or computer (often called a 'device') can open up many new opportunities and experiences!**

Now's the perfect time to start learning how to use your new device. Whether it's a smartphone, tablet or laptop, there are many benefits to learning how to use it to access the internet.



**#GetOnlineWeek**

Learning how to use your device and the internet will allow you to:

## Keep in touch with family and friends

There are lots of ways to keep in touch with family and friends using your device. You could learn how to use social media, email your nearest and dearest or use your device's camera to make a video call.

 **Top tip:** All of these activities will require you to create an account. Make sure you know how to pick a safe password that you'll remember!

Have a chat to your friends and family to see what platforms they use before choosing one - you don't want to sign up for something that no-one you know is using!

## Watch TV series, movies or videos

It's now easy to watch videos, films or whole tv series online using your device! YouTube has a video for almost every topic imaginable, and streaming services such as ABC iView, Stan or Netflix will allow you to watch your favourite tv shows and movies online (although you may have to pay a fee for some services).

 **Top tip:** Websites like JustWatch ([www.justwatch.com/au](http://www.justwatch.com/au)) allow you to find out what service your favourite movies and shows are on - some of them may even be free, so you can save yourself some money!

It's not just about watching tv shows or movies, you can find helpful tutorials on any of your hobbies, too! Whether you like to bake, garden, build or play an instrument there will be lots of helpful videos to keep you entertained.

## Improve your health and wellbeing

While the internet should never replace a doctor,

there is lots of reliable, useful information online to help you improve your health and wellbeing. There's advice on managing medical conditions, exercise videos to help you get in shape, nutrition tips to help you make healthier choices and even services to see a GP online if you can't get out of the house.

 **Top tip:** As with everything online, don't always trust what you read. Some websites publish "fake news", so make sure you're looking at a reputable website with accurate, up-to-date information, such as those managed by Australian government departments.

## Look for a job

These days, most employers will want you to apply for a job using the internet. They'll post their vacancies on websites such as Seek and want a digital copy of your resume to be emailed to them, along with a typed covering letter. Learning how to use your device to complete these tasks could help you if you're looking for a new job or a career change!

 **Top tip:** Lots of people assume that you need to buy apps such as Microsoft Office to create a resume. There are lots of free alternatives out there on the internet so have a look around if you're looking to save money.

Many jobs, including volunteer roles, also require a certain level of digital skills. By learning how to use your device to do things such as browse the internet, check your emails and write documents, you're also preparing yourself to get into work.

## Online courses - Be Connected

The Be Connected website has advice and beginners' courses about using the internet to search for information and basics on how to use a device.

Visit [beconnected.esafety.gov.au](http://beconnected.esafety.gov.au) to get started.