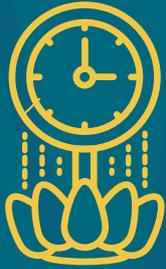


# Be Safe, Be Included, Be Connected

**Top Tip 1. Start with basics. You don't have to be tech-savvy to get started. Ask family, friends, carers for help.**



**Top Tip 2. Be patient. Don't expect too much too quickly, building digital skills and confidence takes time.**

## Get Online - Be Included

**Top Tip 3. You're in charge. Change your device settings to suit you. Increase text size, use text-to-speech or magnify your screen for easier viewing.**



**Top Tip 4. Check out your local library or other community hubs for advice and access to computers and the internet.**

