

Topic: You Don't Need to Be Afraid of Computers!

When I am done this lesson, I will know:

- What the best way is to overcome my fear of computers and technology
- Some common myths about technology and computers
- Where I can use a computer for free

 **Pre and Post Self-Assessment**

	Pre	Pre	Post	Post
	Yes, I know this	No, I want to learn this	Yes, I know this	I still need more practice to learn this
I know how to overcome my fear of computers				
I know some common myths about technology and computers				
I know where I can use a computer for free				

 **New Words and Terms**

technology
 technophobia
 computer
 Internet
 virus
 update
 hibernate mode
 sleep mode

Many people fear using technology. There is even a term for it: technophobia. Technophobia is a fear, dislike or avoidance of technology or devices like computers. You aren't alone. Many people are afraid of technology!

Technology is a paradox for many people. It is meant to make our lives easier but often it can seem to make our lives harder because we have to learn how to use new devices or technology. Technology changes very quickly and there are always new devices and new software being released. The fear of technology can cause extreme anxiety and stress for some people.

The best way to overcome the fear of technology is to learn more about it and practice using it.



Discussion Question

What do you fear the most about using computers?

Common Myths about Technology and Computers

Myth	Truth
The Internet isn't safe so I shouldn't use it!	There are many different ways you can get into trouble on the Internet. But this doesn't mean you shouldn't use it. That would be the same as saying you should never go out of your house because you might get sick.
The camera or webcam on my computer can spy on me.	This is usually only true if your computer has been hacked and has a RAT installed on it. A RAT is a Remote Administration Tool. Clicking on or downloading suspicious attachments can allow a RAT to be put on your computer. If your computer's webcam is on, the indicator light beside it will be on.

	If it is on when you are not using your webcam, you may have a RAT installed.
My computer is slow, so I must have a virus.	Computer viruses might slow down your computer but there are also other causes. Software that is out of date or too much data on your hard drive can also cause your computer to be slow.
I have antivirus software so my computer can't get a virus.	New viruses are developed all the time. You should keep your antivirus up to date, but you should also make sure you are careful about which sites you visit, and make sure you never click or open suspicious sites or emails.
Automatic updates cause problems so I shouldn't do them, or I should turn them off.	Most automatic updates are developed to solve problems related to security and system performance.
You need to shut your computer down every time you are done.	Both laptops and desktops have sleep and or hibernate modes that allow them use almost no power without completely shutting down. This saves time when you are ready to use your computer again because you don't have to wait for it to completely power up.



Discussion Question

Can you think of any other things you have heard about computers that might be myths?

Where Can I Use a Computer for Free?

If you don't have your own computer, there may be places in your community where you can use one for free.

- If there is a local adult learning centre or program funded by Employment Bridge, they will probably have programs you can join to learn skills such as how to use a computer. They will have computers you can use for free. Check with your instructor for more information about local adult learning programs.
- If there is a public library in your community, they will have computers you can use for free. You might need a library card and you will probably have to sign in to use a computer. Many libraries now have computers that you can loan or borrow if you have a library card.

- If your community has an employment service organization funded by Employment Bridge, they will have a computer lab that you can use for free. You will probably need to sign in to use a computer.

If you don't have your own computer, you might be able to get one through a program called RCTech Outreach. This program is funded through the Bridge Trillium Foundation. You have to meet certain criteria and apply. For more information, you can click here to see the website: <http://www.rcto.ca/programs-rctech-outreach.asp#learners>



Discussion Question


What do you want to learn about? Here is a list to help you get started (check off what you want to learn about):


- What a computers system is and why computers are important
- Parts of a computer
- Typing
- Using a mouse or touchpad
- The Internet and web browsers
- Search engines
- Evaluating online information
- Bookmarks
- Deleting online history
- Personal and private online information
- Passwords
- Using email
- Using online forms
- Online shopping
- Online gaming
- Using social media
- My online footprint
- Software (e.g., Word)
- Saving files
- Using a USB flash drive
- Storing information on the cloud
- Computer viruses



Bridge Adult Literacy Curriculum Framework Connection

Competency	Task Group(s)
Find and Use Information	<ul style="list-style-type: none">• Read Continuous Text• Interpret Documents (L2-organized lists, pre-post assessment)
Communicate Ideas and Information	<ul style="list-style-type: none">• Interact with Others• Complete and Create Documents
Use Digital Technology	<ul style="list-style-type: none">• Conduct Computer Search• Conduct Key Word (Phrase) To Find Website

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