

# 1. About Digital Citizens



**by Hōhepa Canterbury**

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# What is digital technology?



Digital technology includes:

- the internet / websites
- email
- devices like:
  - smartphones / mobile phones
  - iPads / other tablets
  - Computers
  - game consoles
- social media like:
  - Facebook
  - TikTok.

# What is Digital Citizens?



Digital Citizens is a programme that supports you to become a digital citizen.



A **Digital Citizen** is someone who can use digital technology:

- safely
- in a way that makes them feel:
  - capable – which means they can do things
  - informed – which means they know the things they need to
  - **empowered.**





Being **empowered** means you have what you need to make decisions for yourself.



The Digital Citizens programme was made by Hōhepa Canterbury.

# Using Digital Technology



Digital technology is a big part of being part of communities.

Sometimes you may need support to use digital technology in a way that makes you feel:

- safe
- in control.



Your family / support team can:

- support you to see all the things you can do with digital technology
- showing you the hard things that come with digital technology.





Your family / support team can also:

- support you when you need it
- teach you how to use digital technology safely
- make you a confident Digital Citizen which means you:
  - feel good about your digital technology use
  - know what you are doing when you use digital technology.



# What do I need to do?

To take part in Digital Citizens you will need to:



- be okay with trying new things
- learn new skills / ways of doing things
- be okay with making mistakes
- be happy with your whānau / family or support team setting up **supports** to keep you safe
- talk about:
  - how you use technology
  - how you would like to use technology.





**Supports** are changes that make it easier for you to use digital technology:

- safely
- in a way that works well for you.



Supports might mean you:

- have regular meetings to talk about your internet use with whānau / family
- share your password with a support person so they can check what you do is safe
- agree to turn your mobile phone off every night.

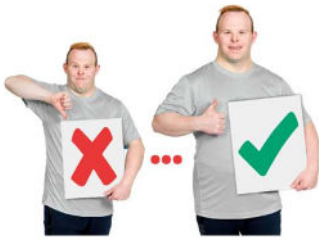






When there are new things it is a good idea to:

- try something new
- learn if it works for you or not
- adapt your learning as you need to



**Adapt** means to change to make it go better.

# What do my whānau / family and support team need to do?



Your whānau / family and support team will:

- support you to understand why you need to do things
- find ways to support your learning
- support you to stay safe
- be ok if you make mistakes
- empower you to be a great Digital Citizen.



## More information



You can find more information at:

**[netsafe.org.nz/supporting-people-with-intellectual-disabilities/](https://netsafe.org.nz/supporting-people-with-intellectual-disabilities/)**



You can also contact us by email at:

**[info@hohepacanterbury.com](mailto:info@hohepacanterbury.com)**



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It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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