Day 5: Digital Literacy

What is digital literacy?

- The BBC's **WebWise** is a series of short films introducing topics including using email, using internet and online safety.
- The **complete guide to digital skills** put together by FutureLearn introduces what digital skills are and why they are important.

Resources for people to improve their own digital literacy skills

- **Learn My Way** provides free short courses in a range of digital literacy skills such as using a device, using email and managing money and health online
- **Digital literacy: succeeding in a digital world** is a free course developed by the Open University. The course will develop people's confidence in digital skills. It includes topics such as digital identity, digital well-being, staying safe and legal, finding and using information and online tools, and dealing with information overload
- **The Lloyd's Bank Academy** is an online learning hub which has lessons on getting started online, learning how to communicate and stay safe and secure online

Guides to using online health services

- **NHS England** has created a step-by-step guide to help people understand how the NHS app works

- **NHS England** has a set of easy read guides to help people use and access GP online services

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Resources for healthcare professionals, librarians, and information providers

- **Libraries Connected** offers online learning modules as part of its work on media literacy and digital skills development
- The **Information Literacy Group** website supports practitioners and researchers from around the world with an interest in information and digital literacy
- The **Department for Education essential digital skills framework** defines the digital skills adults need to safely benefit from, participate in and contribute to the digital world. It also includes key statistics on people's digital skills in the UK
- Your **local NHS Library and Knowledge Service** also has a digital literacy toolkit available for you to use

For more information about Health Information Week, see the HIW website at:
https://healthinfoweek.wixsite.com/healthinfoweek

For more information about your NHS Library service, see our website at:
https://library.merseywestlancs.nhs.uk

NB: All links are correct at time of creating this resource list - 16 Jan 2025