



CyberFit

Phone Using Basics Presentation

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Week 1

What is a Smartphone?

- **A mini-computer that makes calls, texts, and does more.**

Parts of a Smartphone:

- **Screen: Touch-sensitive surface.**
- **Buttons: Power, volume, and home button (if present).**
- **Camera: Front and back.**

Basic Terms:

- **App: A program you use.**
- **Wi-Fi: Wireless internet.**
- **Battery Life: How long the phone works before charging.**

Talking Points:

- **Demonstrate how to turn the phone on/off.**
- **Show how to adjust the volume and brightness.**

Making a Call:

- **Open the phone app.**
- **Tap the keypad or select a contact.**
- **Press the green call button.**

Sending a Text Message:

- **Open the messages app.**
- **Type the recipient's name or number.**
- **Write your message and press "Send."**

Talking Points:

- **Role-play with a participant to make a call.**
- **Show how to check missed calls and messages.**

Connecting to Wifi:

- **Open settings and select “Wi-Fi.”**
- **Choose your network and enter the password.**
- **Wifi Icon when you are connected**

Using an App:

- **Apps are like tools for specific tasks.**
- **Example: Open a weather app to check today’s forecast.**

Downloading an App:

- **Open the app store (Apple or Google).**
- **Search for an app like “Google Maps.”**
- **Tap “Download” or “Install.”**

Talking Points:

- **Show a simple app like the flashlight.**
- **Explain that apps are safe to download if they’re from the official store.**

Opening the Camera App:

- **Tap the camera icon.**

Taking a Photo:

- **Point the camera at your subject.**
- **Tap the button on the screen or press a physical button (if available).**

Recording a Video:

- **Switch to video mode.**
- **Tap the record button.**

Finding Photos:

- **Open the gallery or photos app.**

Talking Points:

- **Practice taking a photo as a group.**
- **Show how to delete a photo and take another**

Password Safety:

- **Create strong passwords.**
- **Don't share passwords with others.**

Avoiding Scams:

- **Be cautious of emails or texts asking for personal information.**
- **Don't click on unknown links.**

Updating Your Phone:

- **Keep software updated to stay secure.**

Talking Points:

- **Share common scam examples, like fake Amazon messages.**
- **Encourage questions about safety concerns.**