SENIOR ONLINE / FUNDACJA FUCCO

Online safety practice sheet

Use this sheet after the workshop. Answer in your own words, then compare your answer with the tip.

An urgent request for a BLIK code

Question. A friend messages you asking for a code. How do you verify it? Tip: call the number you already know.

An important AI answer

Question. AI gives you a ticket price. Where would you confirm it? Tip: check the official operator or organiser website.

Signing in to your bank

Question. A text from your bank asks you to sign in using a link. What do you do? Tip: open the bank’s app yourself.

Electronic prescription

Question. Where can you find an electronic prescription? Tip: start at pacjent.gov.pl and use your Online Patient Account.

One habit to practise

Choose one habit to practise. Write it down, for example: ‘I check the recipient and amount before confirming a transfer.’

AKTYWNI SENIORZY

Senior online – safely, confidently and actively

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