



[www.staysmartonline.gov.au](http://www.staysmartonline.gov.au)

## OUR AIM

Internet safety: be confident online. The peer education session provides correct and up-to-date information to:

- increase awareness around using the internet safely and securely
- build confidence when using the internet
- provide reliable information (see [www.staysmartonline.gov.au](http://www.staysmartonline.gov.au))
- help you to create strong passwords
- explore tips to safe-guard children and grandchildren who may use your computer

Would you like to become a  
Volunteer Peer Educator?

## WORKING IN PARTNERSHIP

Internet safety is a talk offered by COTA NSW in partnership with COTA TAS and the Department of Broadband, Communications and the Digital Economy (DBCDE).



## CONTACT US

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# Internet safety: be confident online

**Free information sessions  
for people aged 50+**

**"A very interesting talk and explained  
in a way I understood"**  
– Participant

Front cover image by Robert Peet, courtesy Illawarra Mercury.

Providing relevant  
and reliable information



Australian Government

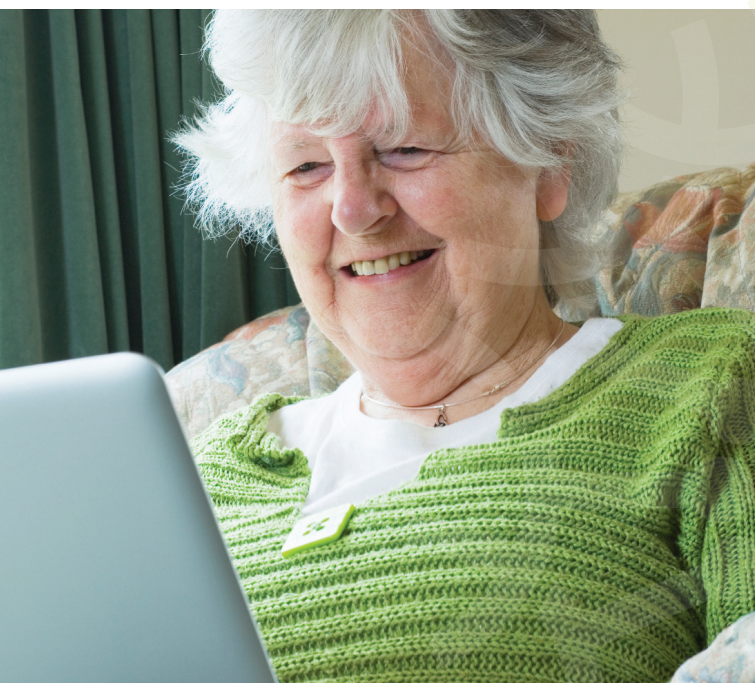
Department of Broadband,  
Communications and the Digital Economy

## COTA (Council on the Ageing)

COTA is widely recognised for its expertise in adult education. We are proud of successfully offering peer-to-peer education that's delivered by volunteer educators whom we recruit and train.

COTA's peer education team has offered a wide range of education sessions on many topics in recent years.

As an independent, not-for-profit organisation, COTA does not promote any commercial products or companies during peer education sessions.



## PEER EDUCATION – the internet and you

In response to members' needs, COTA NSW has developed a peer education session to help older people use the internet with confidence.

By attending one of COTA's peer education sessions, you will receive relevant and reliable information about how you can use the internet safely. You will also learn how to use current communication technologies with confidence.

During a peer education session, group members will be encouraged to share their experiences. Information is shared in a relaxed and informal manner which encourages participants' discussion.

Information sessions are available:

- FREE of charge
- for groups of 10 or more people (aged 50 +), and
- provide you with free resources to take home

Booking forms can be either sent to you, downloaded from our website or we can take your booking over the phone. Please give at least one month's notice when booking a session for your group.



## FACTS RATHER THAN FICTION

Research tells us that with education, older people can enjoy the benefits of internet use as much as anyone else. There's no reason for older people to fear using the internet.

The Cyber Security Training Package for older people is one of a number of initiatives that the Australian Government has available for Australians to protect their online privacy and safety so that they can fully engage in the digital economy. Program funding is administered by the Department of Broadband, Communications and the Digital Economy ([www.dbcde.gov.au](http://www.dbcde.gov.au)).



**Australian Government**

**Department of Broadband,  
Communications and the Digital Economy**

**"Our peer education is designed with the  
needs of people over 50 in mind"**

**"Subject matter was spot  
on for our group"**

– Participant's comment

**"We got some useful information  
and tips that we can use"**

– Participant's comment