

# How To Be Plugged In Digitally

“And not be overwhelmed”

by  
Julian Sale



grandma! It's not that hard! Go into Settings...select Wi-Fi....Select it! Tap it with your finger...

# Who is plugged in and to what ?

- How many of you have a “**smartphone**” ?

# Who is plugged in and to what ?

- How many of you have a “**smartphone**” ?
- 83% of Canadians have access to Internet at home
- 72% of family physicians refer their patients to websites for info on health & lifestyle

# Who is plugged in and to what ?

- Facebook



# Who is plugged in and to what ?

- Facebook
- LinkedIn



# Who is plugged in and to what ?

- Facebook
- LinkedIn
- Twitter



# Who is plugged in and to what ?

- Facebook



- LinkedIn



- Twitter



- Instagram





# Who is plugged in and to what ?

- Facebook



- LinkedIn



- Twitter

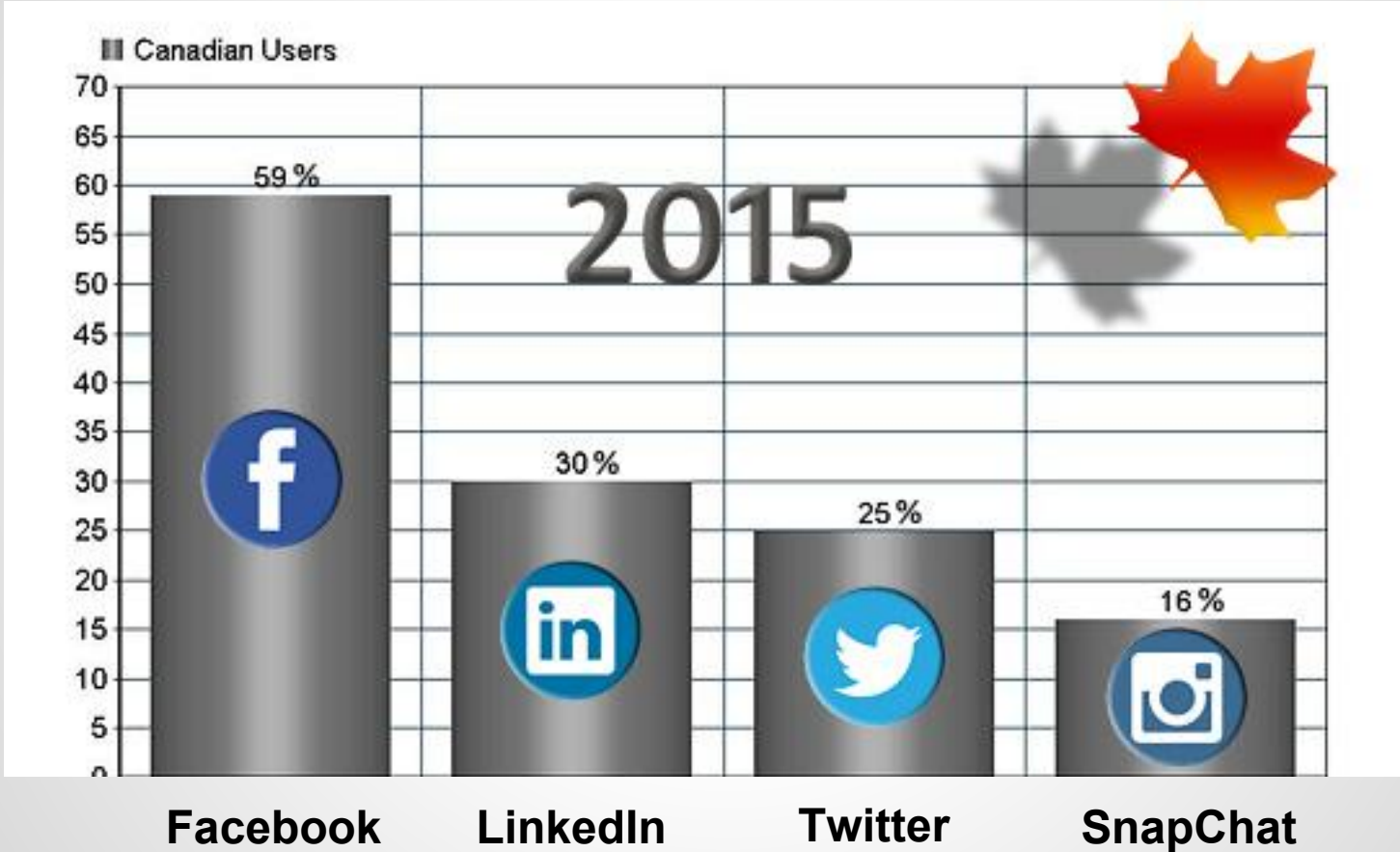


- Instagram



- SnapChat





# Additional Social Media

## Voice / Video Calls

- Skype (Microsoft)
- Hangouts (Google)







## Video

- YouTube
- Vimeo



# Additional Social Media

## Text Messages

- SMS - Generic - "short message service" - text
- MMS - Generic - "multi-media message service"
- Messenger - (Facebook) 
- WhatsApp 
- Messenger - Android 
- Apple Messages 

# Mobile Phones

- Voice
  - Text messaging
  - Data
- 
- Most mobile carriers include “Text Messaging” with all “Voice” plans
  - You do NOT need a “Data” plan to send text

# Mobile Phones

- All smartphones allow “WiFi” Internet connections.
- If you are normally near a WiFi source, you really do not need a Data plan - or you only need a minimal Data plan

# Facebook

- Great for keeping in touch with family and close friends.
  - But it can get out of hand if you are not carefull.
- Let's look at a **few key elements** of Facebook
  - Not a how to, just a heads up
  - This presentation will be available on SLC website



**Julian Sale**

Update Info View Activity Log 10 ...

Timeline About Friends 186 Photos More

Your Posts



What did you study at U of Waterloo in 1967? x

10 Pending Items

Status Photo / Video Life Event

What's on your mind?

Intro

Describe Who You Are

Retired

Add Featured Photos

Photos



Friends 186

Maurice Whitaker 6 new posts

Jean Burgess 5 new posts

Trish Sanders 5 new posts

Julian Sale shared Kate McCaffery's photo. 11 hrs



Like Comment Share

Bonnie Schaffer, Paul Hunter, Gail Newland and 3 others

Write a comment...

Julian Sale shared Upworthy Video's video. Yesterday at 12:56pm

Makes sense.



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Get the look you love  
paintthemoon.net  
Achieve professional results  
with quick and easy-to-use  
premium editing tools!



Kobo  
store.kobobooks.com  
Get lost in a story, wherever  
you are. Read anywhere,  
anytime.



Ads



- Julian Sale
  - Edit Profile
- FAVORITES
  - News Feed
  - Messages 8
  - Events
  - Saved 1
  - Sale Groups
- PAGES
  - Summer Lectures ...
  - Like Pages
  - Pages Feed 20+
  - Create Page
  - Create Ad
- GROUPS
  - I just want to ride...d... 1
  - Woodbridge, the ... 20+
  - Topaz Glow 5
  - GRIPS Community 20+
  - Guelph free stuff 20+
  - North of 49 Photo... 20+
  - DAREarts 20+
  - Create Group
  - New Groups
- FRIENDS
  - Close Friends
  - Acquaintances
  - Relative

Update Status Add Photos/Video Create Photo Album

What's on your mind?

**Posts from your Friends**

Public Post



Thomas Hough shared Debbie Kriz's post. Just now · 🧑



Like Comment Share

Write a comment...

Terry Robb shared a memory — with Amber Lenore.

YOUR PAGES

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Which Ad Should You Create?

Learn how to choose the right ad for your objective and get tips on image selection, sizing and more.

Learn More

Recent Posts

Check out our 2016 program http://ww... Boost Post

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TRENDING

Orillia, Ontario: Amber Alert Canceled After Boy Believed to Have Been Abducted Found Safe

Bill de Blasio: New York City Mayor Signs Bill to Base Bathroom and Locker Room Use on Gender Identity

Bette Midler: Singer Responds to Kim Kardashian's Latest Nude Photo

See More

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### Respond to Your 3 Friend Requests

[View Sent Requests](#)



**Mark Fawcett**

Toronto, Ontario

Confirm

Delete Request



**Jean Myles**

Palo Alto High

Confirm

Delete Request



**Carey Barnett**

University of Toronto Mississauga

Confirm

Delete Request

### People You May Know



**Mark Girard**

Ann Alimi and Lance Gitter are mutual friends.

Add Friend

Remove



**Anver Rahimtula**

University of Southampton, UK

Peter Van Rhijn and 3 other mutual friends

Add Friend

Remove



**Nikolai Belinski**

Add Friend

Remove

### Add Personal Contacts



YAHOO!



Choose how you communicate with friends. See [how it works](#) or [manage imported contacts](#).

[See how it works](#)

Skype Name

Skype Password

Find Friends

### Search for Friends

Find friends from different parts of your life

#### Name

Search for someone

#### Hometown

Toronto, Ontario

Enter another city

#### Current City

Guelph, Ontario

Enter another city

#### High School

Woodbridge College

Enter another high school

#### Mutual Friend

Heather Watson



Search Facebook

2 new suggestions



Julian

Home

Find Friends



Julian Sale

Edit Profile

FAVORITES

News Feed

Messages 8

Events

Saved 1

Sale Groups

PAGES

Summer Lectures ...

Like Pages

Pages Feed 20+

Create Page

Create Ad

GROUPS

I just want to ride...d... 1

Woodbridge, the ... 20+

Topaz Glow 5

GRIPS Community 20+

Update Status

Add Photos/Video

Create Photo Album



What's on your mind?

Public

Post



Catherine Jackson Marina Nemat

1 hr · 🌐

It was a pleasure meeting you today. I am the one who met Ken Taylor & his wife.

Thank you for sharing your history.

Like

Comment

Marina Nemat



Marina Nemat It was lovely meeting you, too, Catherine!

Like · Reply · Just now



Write a comment...



Use Facebook as:



Summer Lectures Club ...



Julian Sale Photography

Create Page

Manage Pages

Create Group

Manage Groups

Create Ads

Advertising on Facebook

Activity Log 10

News Feed Preferences

Settings

Log Out

Help

Support Inbox

Report a Problem

- General
  - Security
  - Privacy**
  - Timeline and Tagging
  - Blocking
  - Language
- 
- Notifications
  - Mobile
  - Followers
- 
- Apps
  - Ads
  - Payments
  - Support Inbox
  - Videos

### Privacy Settings and Tools

|                              |   |                    |                  |
|------------------------------|---|--------------------|------------------|
| <b>Who can see my stuff?</b> | Who can see your future posts?  | Public             | Edit             |
|                              | Review all your posts and things you're tagged in                             |                    | Use Activity Log |
|                              | Limit the audience for posts you've shared with friends of friends or Public? |                    | Limit Past Posts |
| <b>Who can contact me?</b>   | Who can send you friend requests?   | Everyone           | Edit             |
| <b>Who can look me up?</b>   | Who can look you up using the email address you provided?                     | Friends of Friends | Edit             |
|                              | Who can look you up using the phone number you provided?                      | Everyone           | Edit             |
|                              | Do you want search engines outside of Facebook to link to your profile?       | No                 | Edit             |

Did you find what you needed? Yes - No - I didn't need anything specific

# Facebook Privacy

## Your “Public” Post

- Shows on Friends Home Page
- If your Friends “Share” your post, or even “Comment” on your post, all their friends can see your post.
- If those friends “Share or Comment” on your post, all their friends can see your post.

# Facebook - Going Viral

Let's say you have 100 Friends

Each of your Friends have 100 Friends

Each of your Friend's Friends have 100 Friends

100

10,000

1,000,000

100,000,000



Julian Sale

Edit Profile

FAVORITES

News Feed

Messages 8

Events

Saved 1

Sale Groups

PAGES

Summer Lectures ...

Like Pages

Pages Feed 20+

Create Page

Create Ad

GROUPS

I just want to ride...d... 1

Woodbridge, the ... 20+

Topaz Glow 5

GRIPS Community 20+

Guelph free stuff 20+

Update Status Add Photos/Video Create Photo Album



What's on your mind?

Public

Post

Paul Emond replied to a comment on this.



Paul Emond shared Lauri Poirier's post

5 hrs



Lauri Poirier

Yesterday at 12:46pm

that desperate for money ,pretty s



- Hide post  
See fewer posts like this
- Unfollow Paul  
Stop seeing posts but stay friends
- Report post
- Save link
- Turn on notifications for this post

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TRENDING

Orillia, Ontario: Amber Alert Canceled After Boy Believed to Have Been Abducted Found Safe

Kim Kardashian: Reality TV Personality Posts Nude Bathroom Selfie

# Facebook Tips

- You will see posts from Friends with a “heart wrenching story” and a request to “Share” it - along with a guilt trip - I know my “true” Friends will share this
  - I have a personal policy of not posting such stuff NOR sharing it. Don't feel guilty.



# Facebook Tips

- When you start, Facebook looks at your Contact list and suggests Friends. Those new to Facebook often confuse this as requests to be Friends.
  - Suggest you never click on any Suggested Friends
- Don't "**Like**" everything.
  - Be very selective

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- FRIENDS
  - Close Friends
  - Acquaintances
  - Relative
- APPS
  - Games
  - On This Day
  - Pipe
  - Photos
  - Suggest Edits
  - Games Feed 20
- INTERESTS
  - Pages and Public ...

Update Status | Add Photos/Video | Create Photo Album

What's on your mind?

Public | Post

Maureen Whittaker shared Christine Bottomley's post.  
1 min · 🌐



Christine Bottomley added 3 new photos.  
7 hrs · 🌐

I'm standing outside the door pulling on my boots to head to the barn when bees start to land on me. They crawl across my hands as I tie up my laces. It is lik...

Like | Comment | Share

YOUR PAGES

Summer Lectures Club - Guelph

Your Page Needs a Cover Photo

Summer Lectures Club - Guelph doesn't have a cover photo yet. Add one now to make it easier for people to find your Page.

Add Cover Photo

Recent Posts

Check out our 2016 program http://ww...  
Boost Post

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- TRENDING
- Orillia, Ontario: Amber Alert Canceled After Boy Believed to Have Been Abducted Found Safe
  - Torrey DeVitto: Actress Appears in Campaign Ad for People for the Ethical Treatment of Animals
  - Bette Midler: Singer Responds to Kim Kardashian's Latest Nude Photo
- See More

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Lightroom's HDR engine v2

Incredible Dynamic Range in Lightroom.  
seimeffects.com  
This is ONE raw file and only TWO clicks! That's how powerful the latest version of Natur...

# So, what's next?

- Find a mentor (a patient mentor)
- Focus on or learn **one** function at a time
- Most social media work in a similar way - you share stuff with a group of Friends
  - “Stuff” can be family news (generally not personal), an interesting article you have seen, a statement about politics (if you are brave), etc.

# So, what's next?

- Facebook, in fact, virtually all social media is “**addictive**”- with this in mind, used wisely, Facebook can be fun and a great tool to keep in touch.
  - If you have something personal to discuss with a Friend, use email - don't post it on Facebook
- Enjoy !!!!