Table S1. Topics Covered in the community-based workshops

Category	Specific Topics and Functions
WhatsApp	**Security**: Two-step verification, linking email addresses, passkeys, and changing phone numbers. **Chat Management**: Pinning important contacts, archiving conversations, silencing groups, and setting disappearing messages. **Practical Use:** Posting "Status" updates, creating thematic lists, conducting polls, and pinning messages within a chat. **Sharing:** Sending photos, documents, audio clips, contacts, and sharing real-time or current location. **Privacy:** Hiding "last seen" and "online" status, and managing media visibility in the phone's gallery.
Settings & Accessibility	**Visibility:** Increasing text size (font), using the magnifier/zoom tool, and configuring subtitles. **Sound:** Adjusting settings for hearing aids, managing custom notification tones, and sound modes like silence, vibration, and "Do Not Disturb". **Maintenance:** Battery health and saving tips, physical screen cleaning, and performing software updates. **Connectivity:** Understanding the difference between Wi-Fi and mobile data, using airplane mode, Bluetooth for photo transfers, and setting up a personal hotspot.
Digital Security & Privacy	**Protection:** Safe browsing habits using HTTPS and the padlock icon, using antivirus software, and creating robust passwords. **Risks:** Identifying common scams such as phishing, smishing, and vishing, recognizing fake news, and managing data collection through cookies. **Procedures:** Using digital certificates, the *Cl@ve* Pin/Mobile system, and registering for the Virtual Health Card. **Privacy:** Managing application permissions for the camera, photos, and location.
File Management & Storage	**Organization:** Differentiating between internal storage and "cloud" services like Google Drive, iCloud, OneDrive, or Dropbox, and creating folders. **Cleaning:** Deleting cache, browsing history, junk files, duplicates, and emptying the trash bin. **Documents:** Finding the "My Files" folder, scanning documents, and converting photos to PDF.
Tools & Applications	**Utilities:** Installing and uninstalling apps via the Play Store or App Store and using QR code readers. **Transportation:** Using CityMapper for route planning and wait times, and using Renfe/Cercanías apps. **Email:** Organizing Gmail using labels, search filters, and mass deleting emails by date. **Online Shopping:** Navigating Amazon and Zara, reading product reviews, using payment methods like Bizum, PayPal, or prepaid cards, and managing returns.
Artificial Intelligence (AI)	**Concepts:** Explaining generative AI, the history of the field, and how to write commands or prompts. **Practice:** Using ChatGPT and Gemini for queries like recipes or general doubts, creating images, and debating deepfakes. **Ethics:** Discussing AI's impact on employment, gender and race biases, and the potential loss of critical thinking skills.
Social Media & Leisure	**Platforms:** Introduction to Instagram and TikTok, and learning how to search for content on YouTube**. Concepts:** Understanding what an "influencer" is and creating personal content, such as YouTube channels. **Games:** Participating in learning dynamics using Kahoot

Source: Developed by authors.