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When E. M. Forster used the epigraph 'only connect!' in *Howard's End*, he did not envisage the way we would be connecting to the Internet in the future, and how this would revolutionise our lives. At 47, I am lucky to have grown up alongside developments in technology which I have embraced with enthusiasm. I run my life from a laptop which I use to communicate with friends, monitor and manage my finances, write assignments and carry out research for my studies, prepare lessons for my teaching job, and satisfy my occasionally craving for retail therapy. The Internet has increased the choices available to me and enriched my life.

However, I worry about how people who have learning difficulties, who are not computer-literate, or who cannot afford the technology, will cope in this increasingly complex world. The opportunities of technology also bring threats; the need to remember user names, passwords and pin numbers, and the progressively more sophisticated scams used by predators who lurk online. I worry about society becoming more fragmented, and the unconnected becoming alienated. Forster's words; 'Only connect!' should remind us that it is essential to connect the people, not just the machines.