V Convocatória de ARTE POSTAL

V MAIL ART Call
Themes for Reflection and Production of Mail Art:

Explore and reflect on themes related to the use of digital technologies and their implications for safety, social bonds, health, and well-being in the digital age. We invite you to create your mail art by exploring some of the following approaches:

1. **Digital Safety and Protection of Children, Adolescents, and Young People**
   - Protective Factors for Children and Adolescents in the Digital Era: Awareness of vulnerabilities and risk factors associated with internet use.
   - Challenges for Parents and Educators in the Digital Age: Information, knowledge, and decision-making regarding the protection of children and adolescents.

2. **Digital Education and Social Responsibility**
   - Responsibility in Digital Education: The importance of conscious digital education and how to strengthen it in all places and spaces.
   - Conscious Digital Education and Technology: Integration into the school curriculum and responsible practices for using technology in learning.

3. **Impact of Technologies on Human Life and Dignity**
   - Technology and Human Dignity: The use of technology for humanization.
   - Women in the Virtual World: Vulnerabilities and challenges faced by women and girls in the digital environment, including virtual violence and online safety.

4. **Mental Health and Digital Technologies**
   - Mental Health, Internet, and Electronic Games: The relationship between mental health and the use of the internet and electronic games.
   - Emotional Bonds and Digital Technologies: Factors of proximity and/or distancing.
   - Cyberbullying: The phenomenon of cyberbullying, its consequences, and ways to combat and prevent it.

5. **Guidelines and Prevention of Digital Risks**
   - Guidelines for Preventing Digital Risks: Strategies for safe and healthy use.

6. **Traffic Safety and Misuse of Cell Phones: Impacts and Prevention**
   - Misuse of Cell Phones While Driving: Analysis of the risks associated with using cell phones while driving, including distractions caused by calls, messages, and social networks. How these distractions affect the driver's attention and significantly increase the risk of accidents.

7. **Sustainability and Technological Waste**
   - Sustainability and Productivity in the Digital Era: The impact of digital technologies on sustainability and productivity.
   - Electronic Waste and Current Challenges: The challenges of electronic waste, its environmental consequences, and solutions for managing technological waste.
   - Electromagnetic Pollution and Its Effects on Human Health.

8. **Intelligent Use of Technology**
   - Healthy, Ethical, and Safe Use of Technologies: Promoting intelligent and ethical use of digital technologies.
   - Challenge for Families and Society: Responsible and intelligent use of technologies by society and families.

9. **Benefits of Technologies for Daily Life**
   - Possibilities and Advantages of Technologies: Reflections on how digital technologies improve daily life and bring benefits to well-being and quality of life.