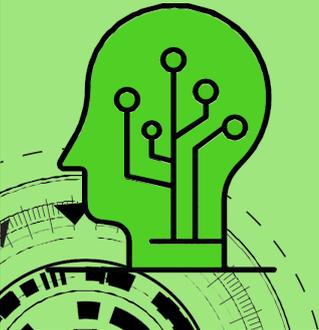


ANNEX 7.3.

Example Flyer

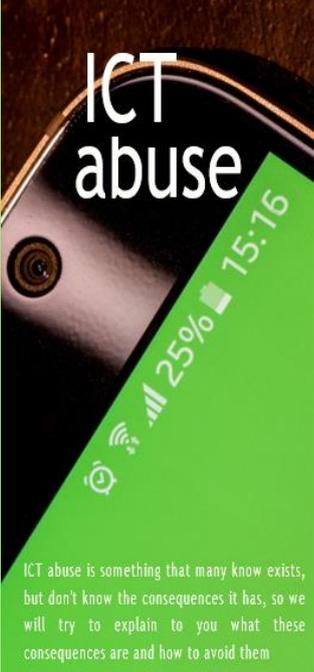
Consequences and how to avoid them



ICT abuse is something that not many people talk about, but (if not taken care of) can be very dangerous. That's why we made this flyer to warn people about the danger of ICT abuse and how to get away from it. If you want more information on the subject, you can search on a reliable website or seek the help of a professional.



Eugénio de Andrade Elementary School as part of the Ending project of the CMA class



ICT abuse is something that many know exists, but don't know the consequences it has, so we will try to explain to you what these consequences are and how to avoid them

Muscular Pain	Sensory Impairment	Mental Issues
<ul style="list-style-type: none"> -Neck pain -Backache -Wrist pain -Arm pain 	<ul style="list-style-type: none"> - vision problems/loss of sight - Problems/loss of hearing 	<ul style="list-style-type: none"> -ICT dependency -anxiety -depression -nomophobia
<p>← How to avoid →</p> <ul style="list-style-type: none"> -Take pauses between ICT use -Workout -Stretching after using ICT 	<p>← How to avoid →</p> <ul style="list-style-type: none"> -take breaks between ICT use 	<p>← How to avoid →</p> <ul style="list-style-type: none"> -take breaks between ICT use -talk to a professional as soon as signs of such problems appear
		