CYBERSPACE
EXPLORATION
GUIDE
DIGITAL HYGIENE

Patricia Arieta Melgarejo
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Luz Yazmin Vilagrán Villegas
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HECHO EN MÉXICO | MADE IN MEXICO

Dedication

To Kris, Gaby, and Diana,
my daughters who grew up in the digital age
and inspire this journey toward a childhood
connected with love, care, and peace.

Every click opens a door.
Every screen reveals a universe.
But not all doors lead to safe places, and not all universes shine with the same light.
This book is a compass for childhood: it teaches how to take care of the eyes and the body, how to respect and protect oneself in cyberspace, how to balance online play with outdoor life, and how to discover that technology can be an ally of well-being and peace, through stories, images, and activities.
Cyberspace Exploration Guide. Digital Hygiene invites children and adults to sow together seeds of responsibility, creativity, and respect, so that the digital future may flourish in harmony.

Patricia Arieta Melgarejo

Acknowledgements

Abstract

Did you know that taking care of your eyes, your body, and your time on the internet is also part of your health?

Cyberspace Exploration Guide. Digital Hygiene is an illustrated book created especially for curious children like you. With fun activities, everyday-life examples, and practical tips, you will learn how to use technology in a safe and balanced way, without leaving aside play, creativity, and time with your family and friends.

This book is an invitation to explore the digital world with responsibility, imagination, and lots of peace.

And best of all...

Every time you complete a challenge, you can earn a Digital Explorer Medal!

Hi! I am Digi

I will be your guide
on this adventure
through cyberspace.
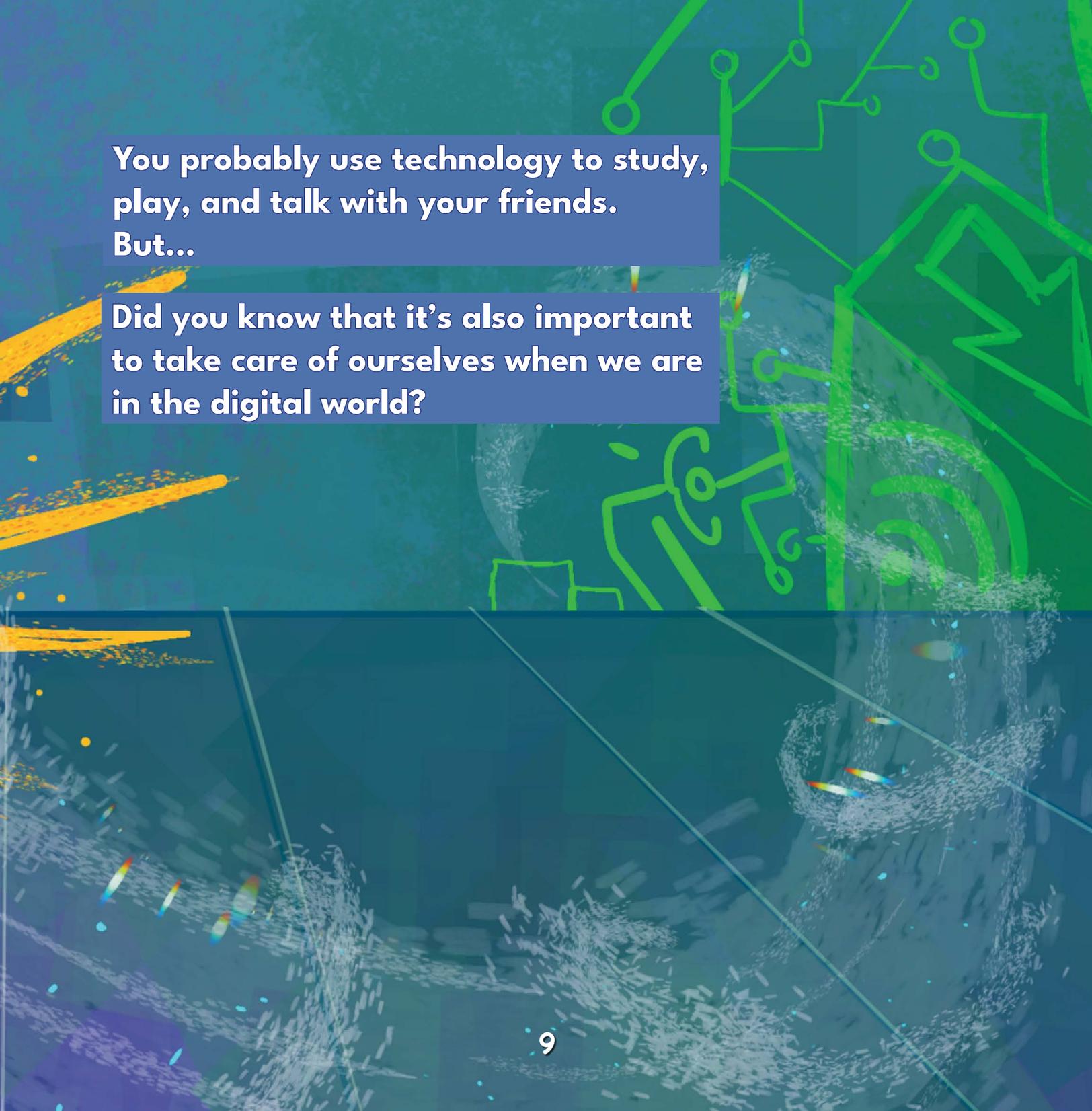
You probably use technology to study, play, and talk with your friends.
But...

Did you know that it's also important to take care of ourselves when we are in the digital world?

Just like your hygiene routines for your teeth, hands, and body, you also need good digital habits to protect your health and well-being.

Welcome to the Cyber Space Guardians mission!

To become an expert in digital hygiene, you will have to complete 10 challenges.

Are you ready?

Each time you complete one of the challenges and apply the tips, you will be able to go to the final page to get a medal that you can keep or stick in!

Hello, Mr. Digi robot!
My name is Mía.

Nice to meet you, Mía.
You can call me "Digi".

What is cyberspace?

Mía asked.
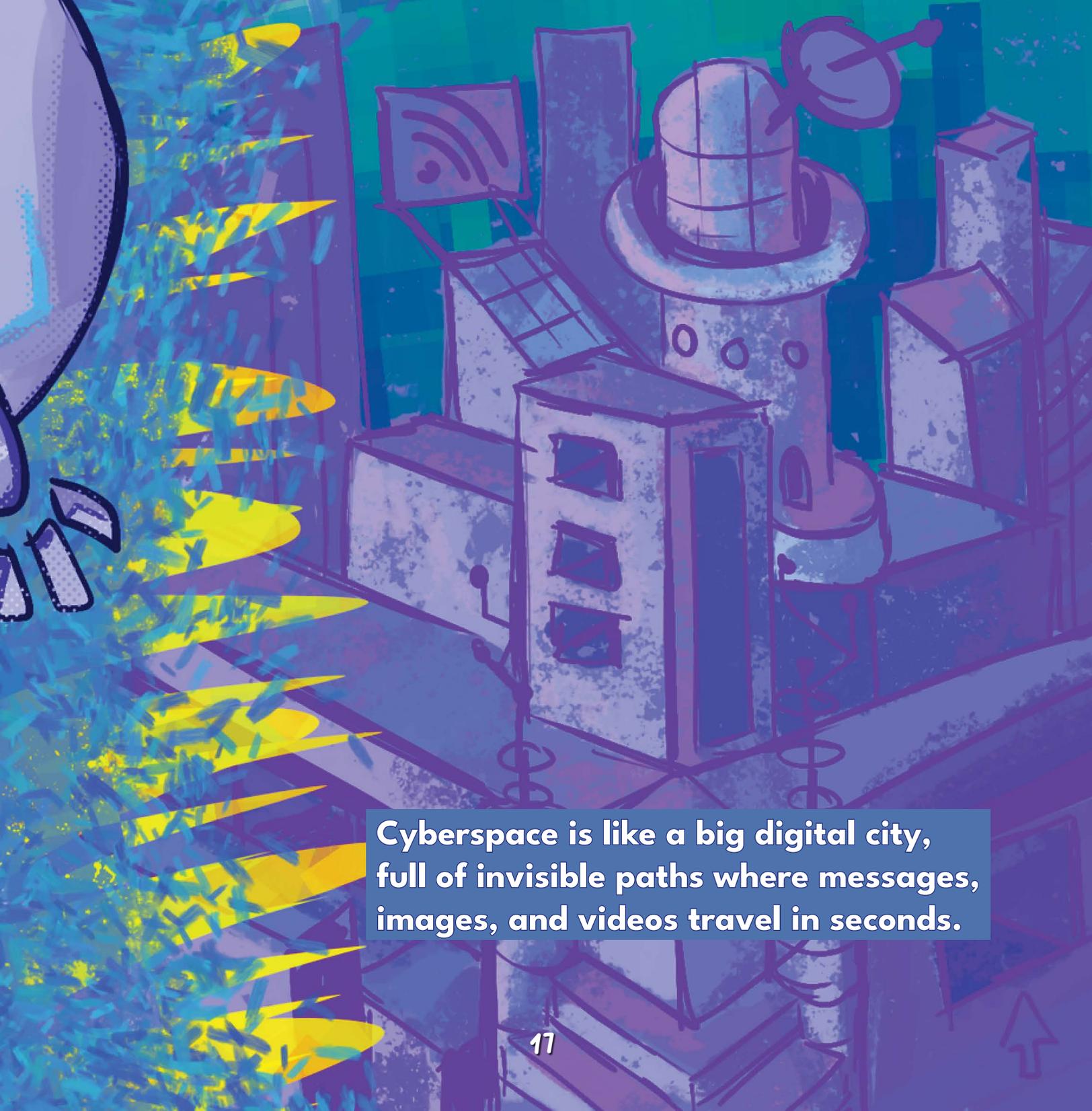
Cyberspace is like a big digital city, full of invisible paths where messages, images, and videos travel in seconds.

It is a world without borders where we can learn, have fun, and talk to people from all over the planet.
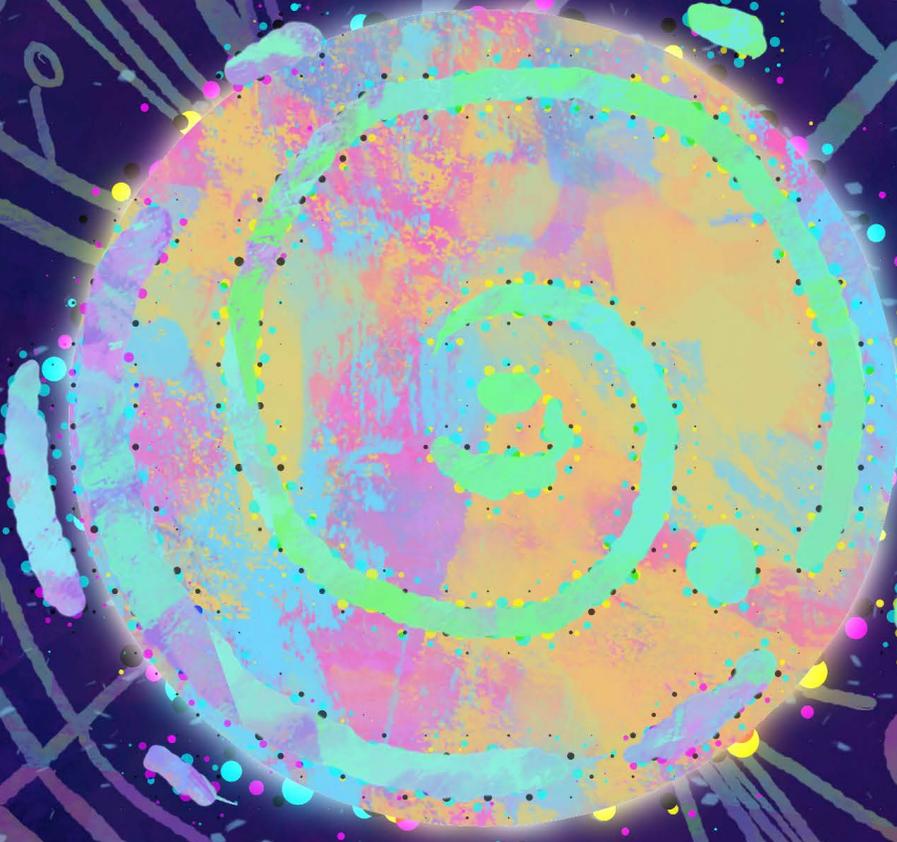
When you look for information for your homework, your computer or tablet connects with other devices that have the data you need.

An expert named Pierre Lévy said that cyberspace is like a big web of information, where everything is connected and travels from one place to another.
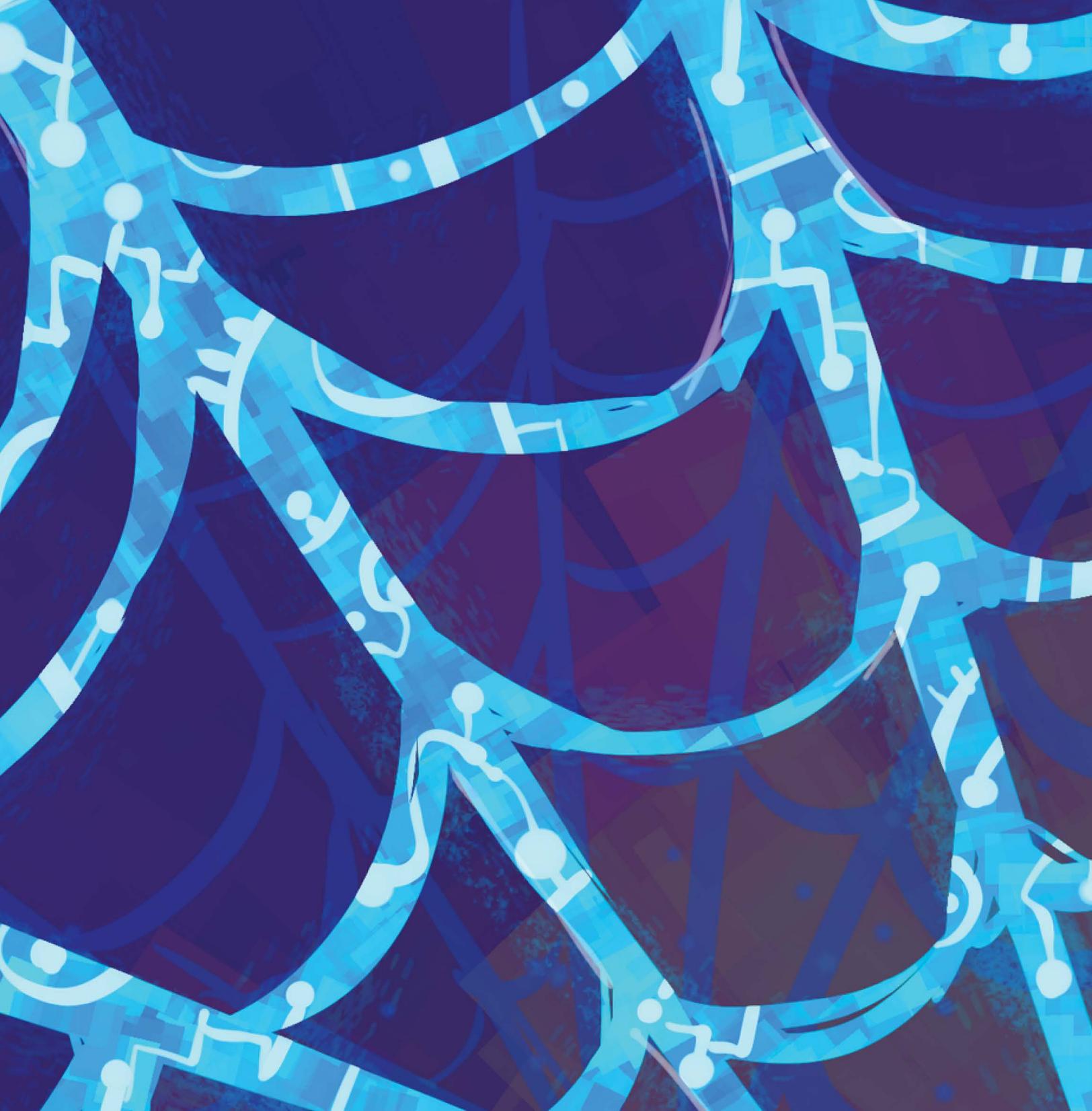
Digital hygiene helps you to take care of your eyesight, your ears and your posture when you use screens.

Just as we brush our teeth and wash our hands to prevent illnesses, we also need to learn how to use electronic devices properly.

Are you ready?
Digi says to Mía, very excited.

Now, let's discover the 10 digital
hygiene habits together!
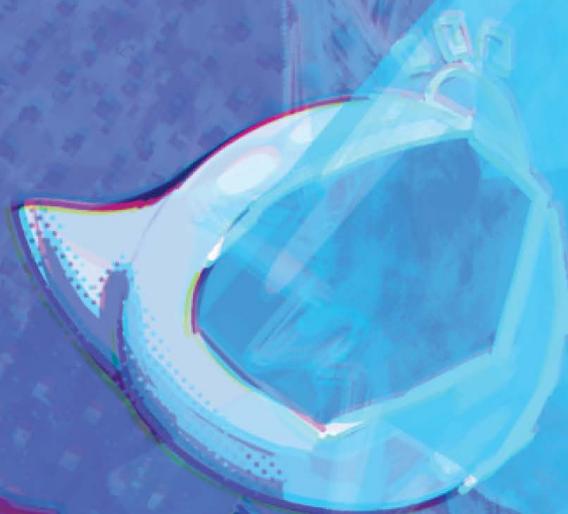
Welcome to The Cyberspace Guardians mission!

To become a digital hygiene expert, you must complete 10 challenges.

1. SAFE AND HEALTHY TOUCH

From the moment you receive your device (computer, tablet, or cellphone), the first thing you use to interact with are your hands.

Touch is the way we give our first commands to technology, starting by turning it on, so it is important to take care of this sense.
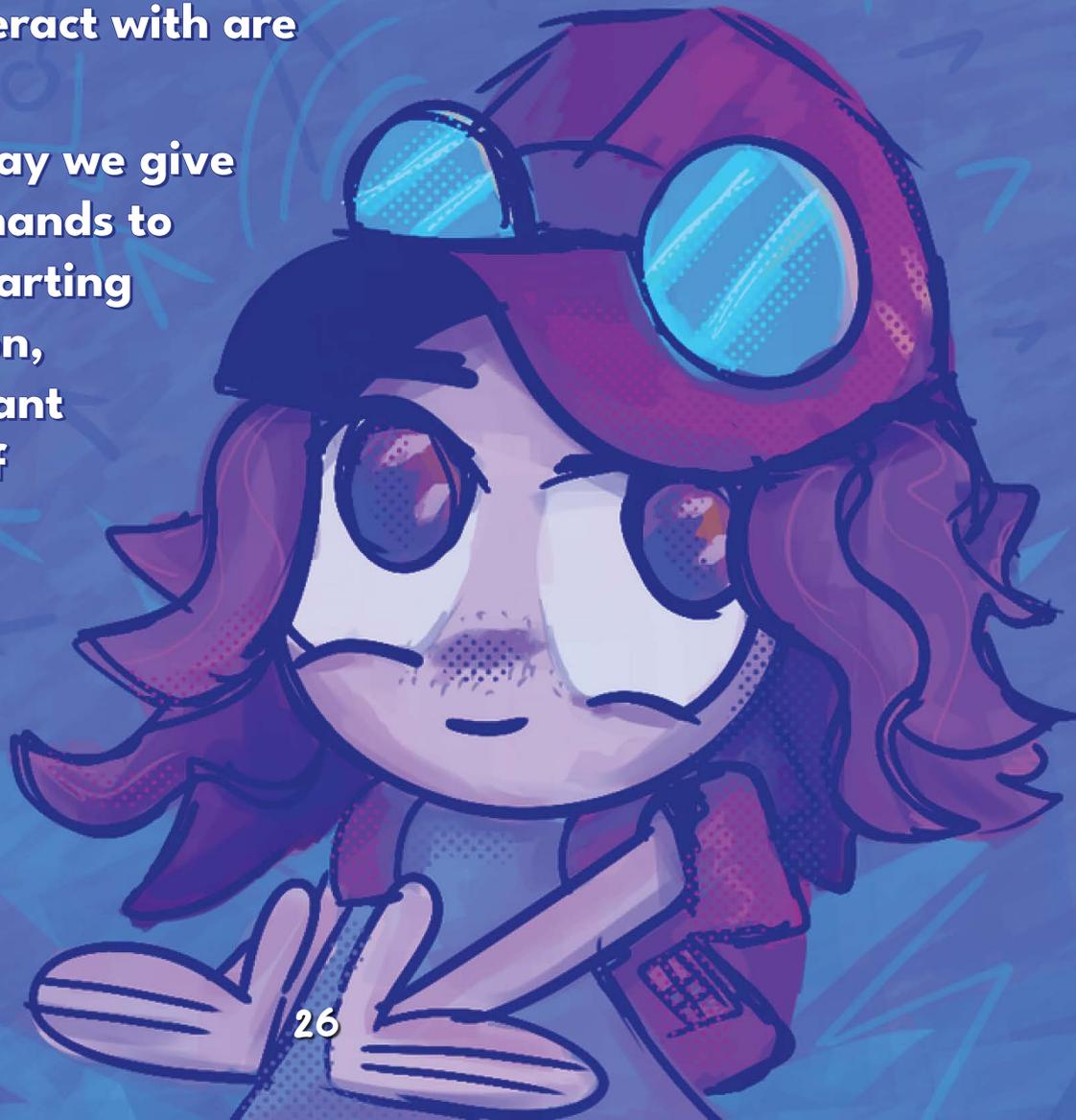
Take care of your hands!

Use the keyboard and the mouse gently.

Rest your hands and stretch them to avoid getting tired.

Remember to wash your hands before and after using your device to keep it clean and free of germs.

Tip: stretch your hands as if they were butterfly wings.

2. SAFE LISTENING

Your ears also need protection. They work all the time and help you to listen to your favorite music, your friends' voices, and the sounds of nature. But if you expose them to very loud noises or do not give them a break, they can be damaged. Use headphones at a low volume and give your ears a rest from time to time.

Tip: try listening to soft sounds from nature, like singing birds! Don't ignore the safety warning on your device.

3. PROTECTED EYESIGHT

Your eyes help you discover the world, read your favorite stories, and see the colors of everything around you. But when you spend too much time in front of a screen, they can get tired and feel dry, so you must take good care of them.

Keep the screen at a healthy and safe distance, about the length of your outstretched arm. Also, remember to blink often.

Tip: play the "fast blinking" game: blink 10 times in a row and feel the difference!
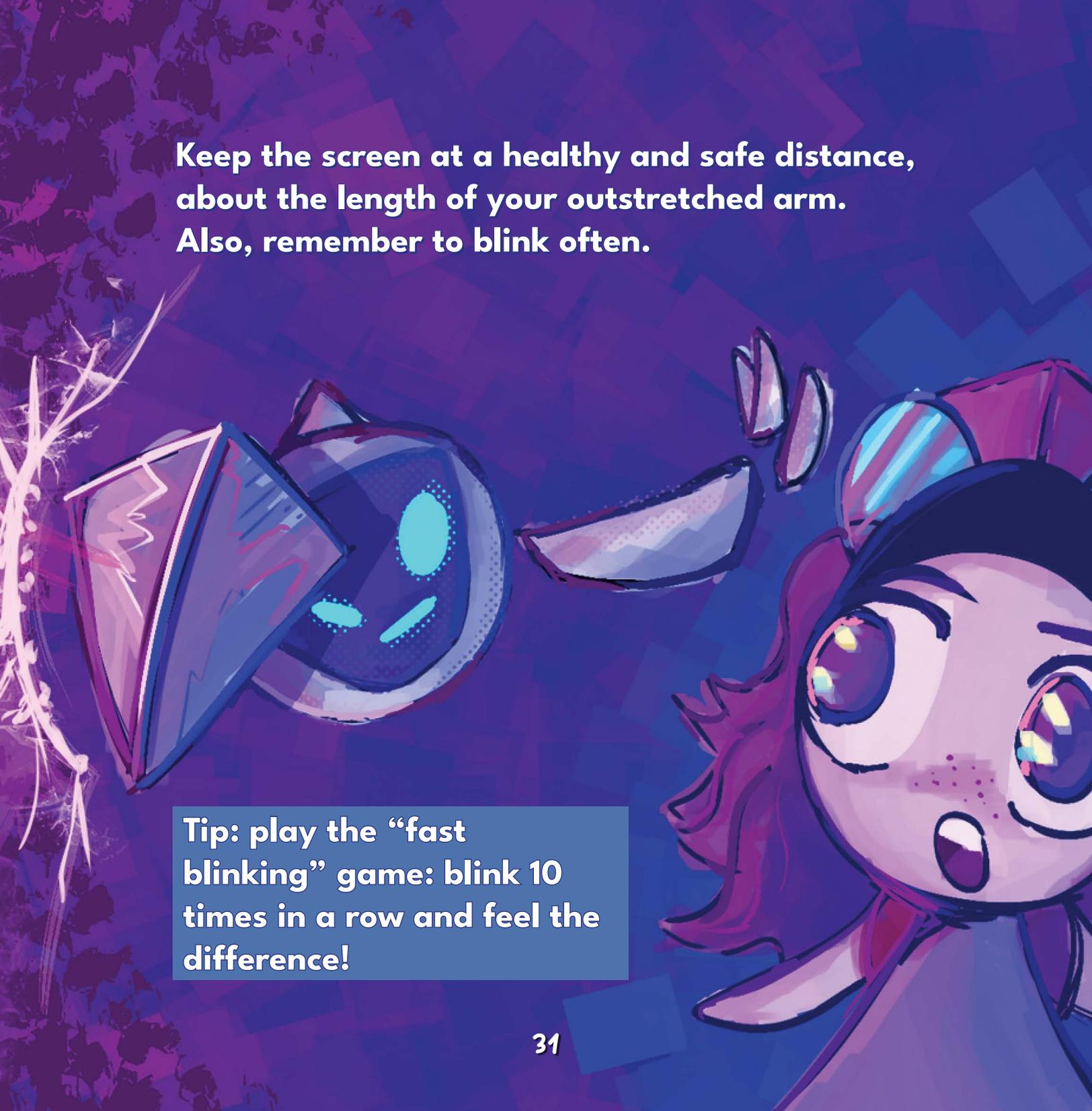
4. GOOD POSTURE

Your body also needs to be comfortable when you use technology.

If you sit in a bad or uncomfortable position for a long time, you may feel tired or have pain in your body.

Organize your work area to take care of your body. Sit with your back straight and keep your feet on the floor. A good chair and a table at the right height will help you feel better.

Tip: stretch your body like a cat everyday half hour.

When we use the computer, tablet, or watch TV for a long time, our body and mind also need to recharge. Taking regular breaks helps us feel stronger and happier. We can do this by using our senses of smell and taste.

5. TAKE BREAKS
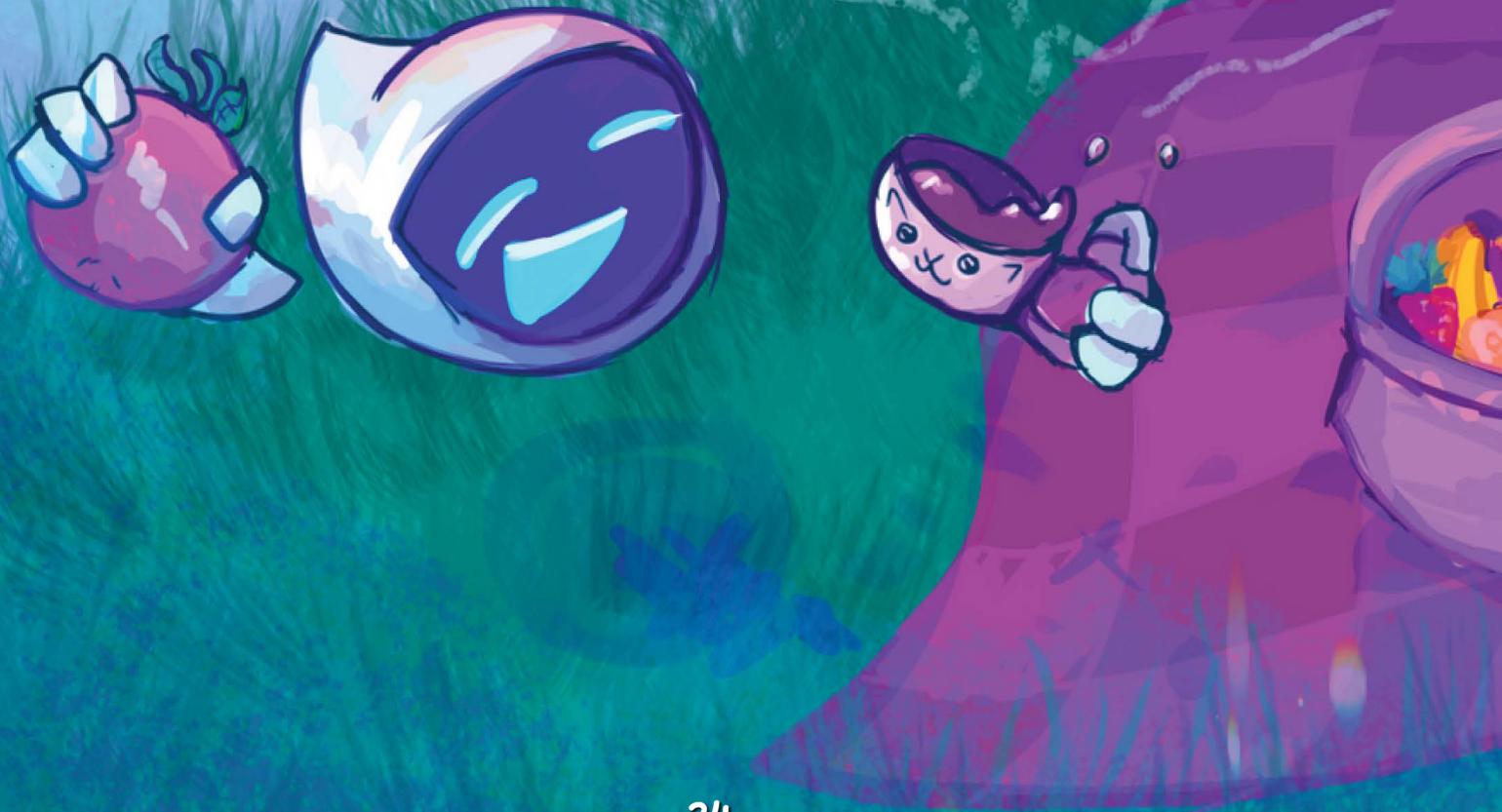
Hydration is powerful. Don't forget to drink water.

Staying hydrated is essential for your body to function at its best.

Make sure to take breaks to eat healthy snacks and, of course, don't forget to go to the bathroom when you need it!

Tip: take a deep breath and describe the smells around you...
Don't forget to drink water!

The air you breathe is also important when you use technology. If the place where you study or play with your device is not well ventilated, you may feel tired or sleepy.

Working in a well-ventilated place will help you feel better and focus more.

A fresh environment helps your mind and body feel good.

6. A FRESH ENVIROMENT

Tip: open the window or the door of your workspace and feel the fresh air on your face.
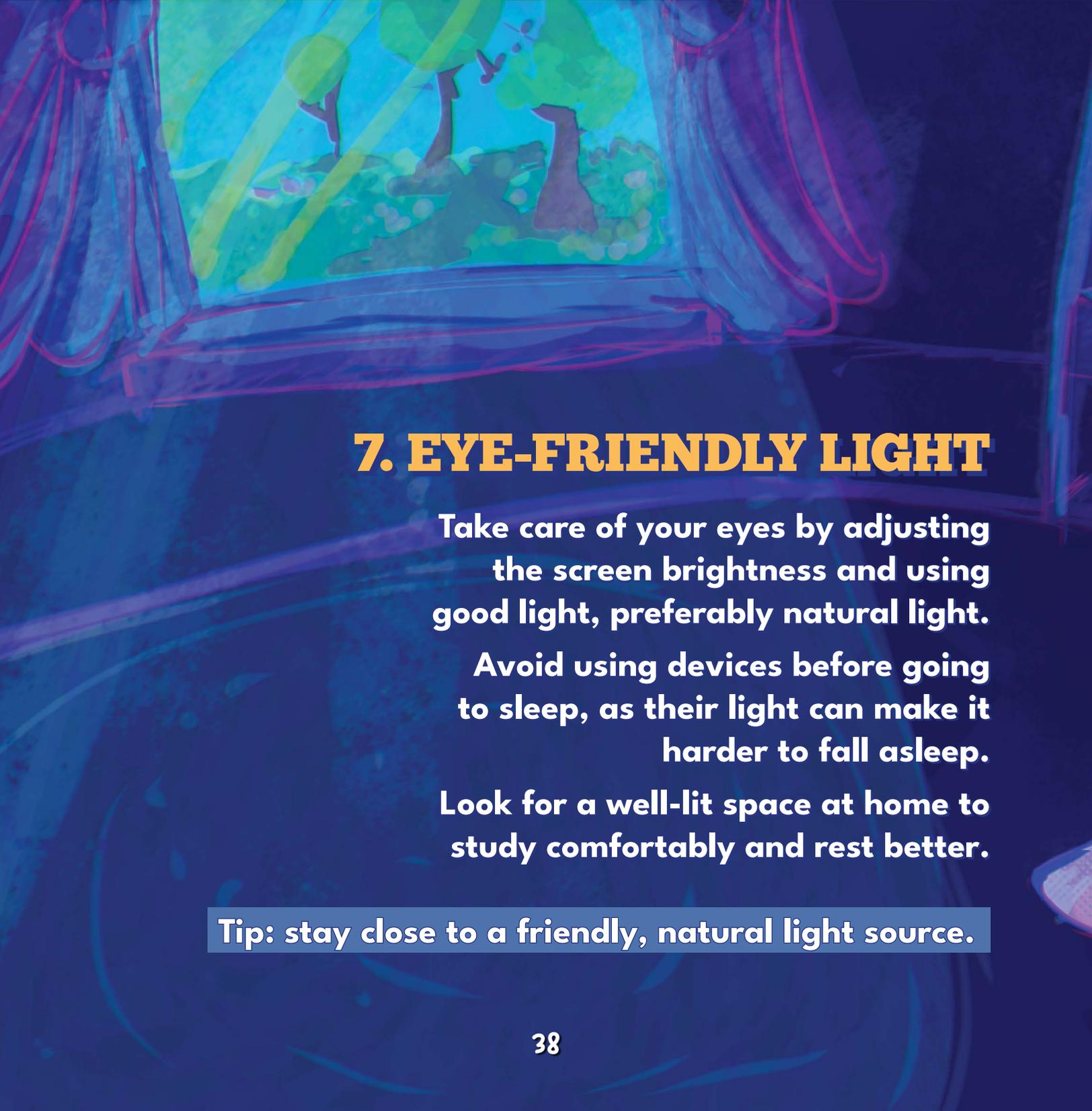
7. EYE-FRIENDLY LIGHT

Take care of your eyes by adjusting the screen brightness and using good light, preferably natural light.

Avoid using devices before going to sleep, as their light can make it harder to fall asleep.

Look for a well-lit space at home to study comfortably and rest better.

Tip: stay close to a friendly, natural light source.

8. PROTECTING YOUR DATA

On the internet, just like in the real world, there are good people, but also some who may want to trick you. That's why it's important not to share personal information with strangers and to always tell a family member or guardian if something seems strange to you.

Tip: always ask before accepting or sharing anything on the internet!

MORE TIPS...

1. Do not share your full name, address, phone number, or school on the internet.

2. Do not accept friend requests from people you do not know in real life.

3. Never click on suspicious links or on messages from unknown people.
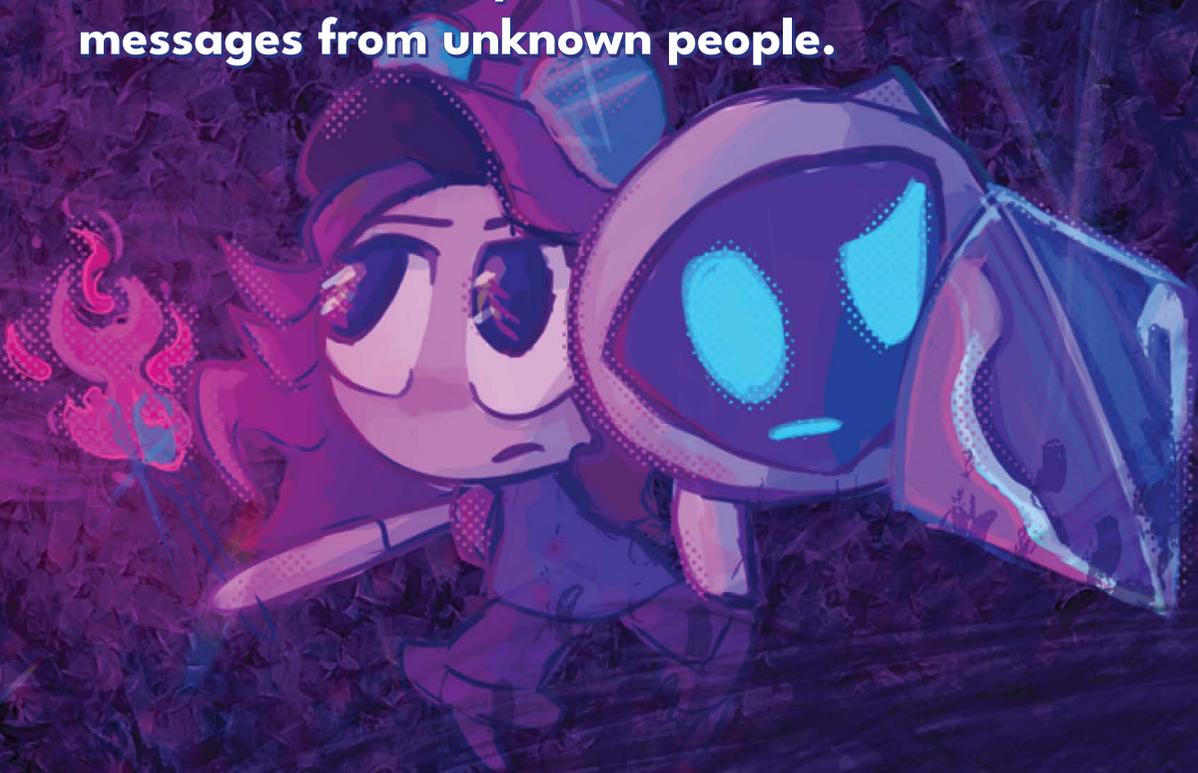
9. TIME CONTROL

Managing the time, you spend in front of screens helps you keep a balance between your activities and take care of your well-being. Using devices without breaks can make you feel tired and affect your concentration.

Tip: set schedules and take breaks. Combine online time with other activities so your mind stays fresh and active.

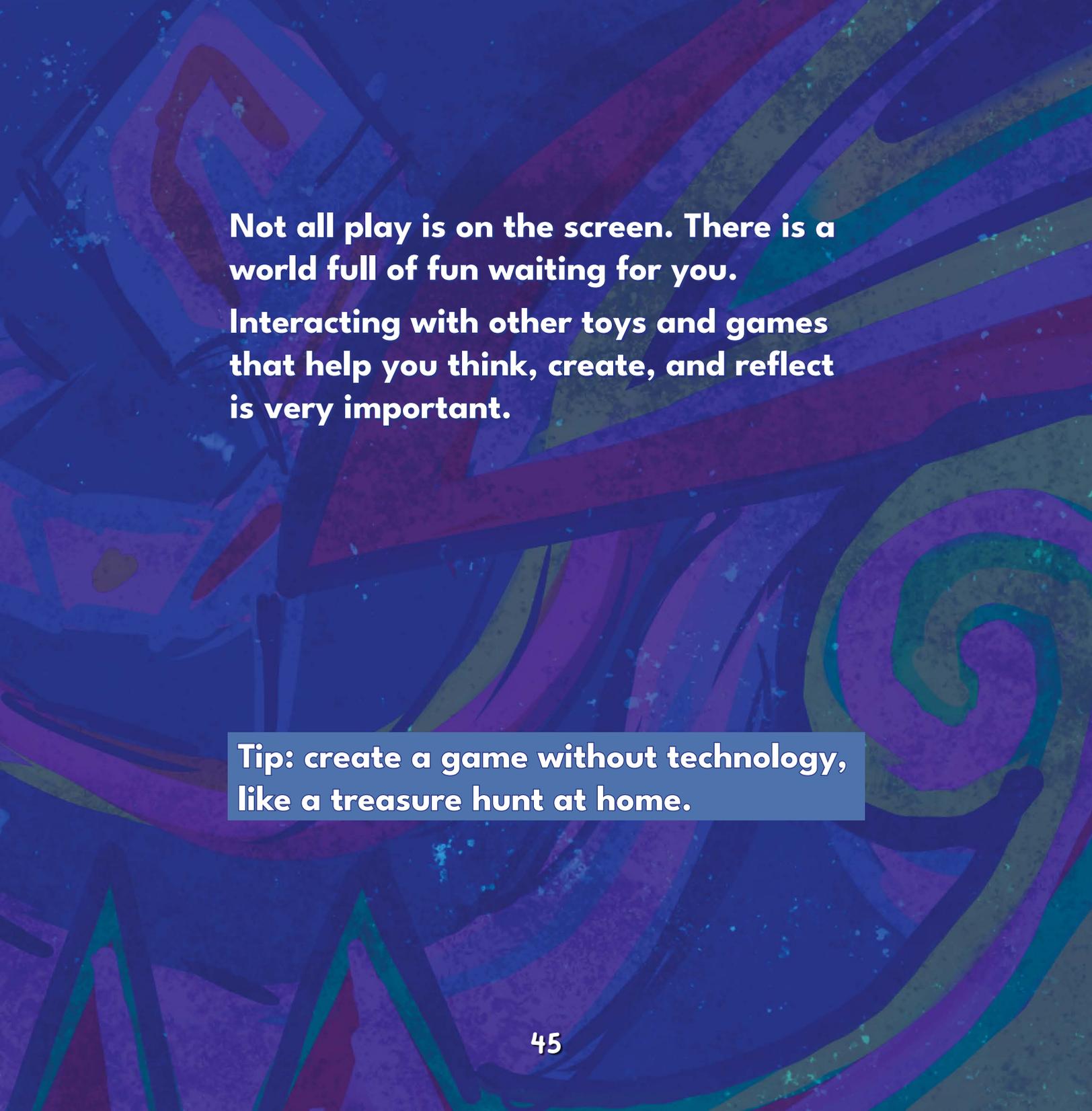# 10. PLAYING TO CREATE

Imagination is the best game, and it doesn't need batteries!

Fun also exists beyond the screen.

Play with your friends and family, use your imagination, and explore the real world.

Not all play is on the screen. There is a world full of fun waiting for you.

Interacting with other toys and games that help you think, create, and reflect is very important.

Tip: create a game without technology, like a treasure hunt at home.

CONGRATULATIONS!

Remember, taking care of yourself is the first step to taking care of the world around you.

Each of these habits will not only help you stay safe and healthy in front of the screen, but also in your everyday life.
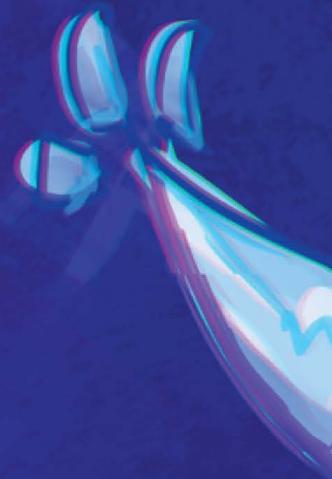
Now you are a digital hygiene expert.
Remember that taking care of your
body and mind is also important in
the digital world.
Keep practicing these habits and enjoy
cyberspace in a healthy and safe way!

PROTECTED EYESIGHT

SAFE AND HEALTHY TOUCH

SAFE LISTENING

GOOD POSTURE

TAKE BREAKS

PROTECTING YOUR DATA

A FRESH ENVIRONMENT

EYE-FRIENDLY LIGHT

TIME CONTROL

PLAYING TO CREATE

Did you know that taking care of your eyesight, your body, and your time on the internet is also part of your health?

Guide to Exploring Cyberspace. Digital Hygiene is an illustrated book created especially for curious boys and girls like you. With fun activities, everyday examples, and practical advice, you will learn to use technology in a safe and balanced way, without leaving aside playing, creativity, and time with your family and friends.

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Consulta y descarga

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VERACRUZ
2024 - 2030

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DE EDUCACIÓN
DE VERACRUZ

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