

Is that really okay?

Even if you think you're just playing, it's a crime! Online casinos are a crime!

"Online casinos," where you bet money on the internet, are a form of gambling and are a crime, even if the site is legal overseas. **Accessing an online casino from within Japan and betting money there is a form of gambling and is a crime.**

You can keep information about online casinos away by using filtering. In other countries, it seems that people sometimes enter through advertisements. Even if an advertisement becomes the entrance, filtering can be used to block people from going any further!!

In addition to filtering, there are other ways to protect children, such as using age-appropriate apps and using technical means such as billing management (**which can be set using the Anshin Filter or various services provided by OS providers**).

There are also situations where you need to be careful and be mindful of your health when using smartphones, such as online games. It's

One point advice: Online casinos are a crime!

(National Police Agency) The official YouTube channel provides an easy-to-understand explanation. Be sure to watch it with your family.



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Is that really okay?

There are no such good deals in this world and illegal part-time jobs are a crime!

Don't be fooled by good offers on social media, such as "short time," "high pay," and "white jobs"!

For illegal part-time jobs, you will be instructed to communicate using a highly confidential app that erases records after a certain amount of time has passed (install it if you don't

have it). Tell your children not to send personal information such as photos and contact information, or IDs that have these on them. Also,

tell them to always consult with their parents before applying for a part-time job.

If you have applied for a suspicious part-time job or sent your personal information, contact the police!

If you feel uneasy, please call the police hotline immediately at #9110.

One point advice: Government Public Relations

Online Dark Part-time Job" [https://www.gov-online.go.jp/tag/darkpart-time job](https://www.gov-online.go.jp/tag/darkpart-time%20job) Videos created by each ministry and agency, as well as messages from the Prime Minister, are posted here. Please take a look with your family.



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Take the extra step to utilize safety filtering settings

Set filtering according to your child's age and developmental stage to create a safe environment for them to use the site.

Recommended for those who are starting to have their

Anshin Filter/Anshin Control by i-Filter



NTT Docomo



KDDI



SoftBank Rakuten Mobile



Recommended for parents and children who use a smartphone together

Use a service that allows you to turn filtering on and off



Various services provided by OS providers



For small children

•If you have an iPhone, you can use Face ID and Guided Access.
-If you're using Android, you can log in with a child's account and let them use it in a child-friendly environment!



One point advice

We recommend that you register your age on devices and apps so that you can set up a safe environment appropriate for your age.

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Don't hurt, don't be hurt

How to have fun on SNS

Social media is a public place. Let's think about what we can do to make social media a pleasant place for everyone to use.

For everyone to use SNS comfortably

#NoHeartNoSNS



Contact point when you are subject to slander on the Internet

I need quick advice

Illegal and Harmful
Information Consultation Center

I need proper advice

Children's Rights Hotline 110

I want to delete it but I can't do it myself

Defamation
Hotline

I want my worries and concerns to be heard

Let's protect our hearts

I want to seek compensation from the other party

Japan Legal
Support Center (Houterasu)

I want to know where I can get help

Children's SOS
Helpline

I want to consult the police

The nearest police
station or Police
advice hotline #9110

One point advice

To use the Internet well... Please also refer to the Internet Trouble Case Collection (Ministry of Internal Affairs and Communications) and Teaching Materials for Thinking about New Problems in the Information Society (Ministry of Education, Culture, Sports, Science and Technology). There is a lot of useful information other than slander.



Internet trouble case collection



Teaching materials for thinking about new issues in the information society

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Let's think about it together!

Issued in January 2025

Smart, convenient and safe!

How to use the internet today

CHECK!

Editors (titles omitted, in

alphabetical order): Shino Kaminuma (Lawyer, Director of the General Incorporated Association, Safe Internet

Creation Promotion Council), Noriko Obana (Internet

education analyst), Atsushi Yamazaki (Chairman of the National Public Kindergarten and Childcare Center PTA Liaison Council)

Q How do you let your child use a smartphone?

A Make rules appropriate for your children's ages!

Let's level up little by little so that we can set our own rules and follow them!

It's convenient to set up filtering and various safety features!

If you receive an email or message from someone you don't know or someone you only know online, check with your parents before replying!

If you find yourself watching videos or playing games on your smartphone while studying, it's a good idea to use a time management app!

Q What are everyone's smartphone rules?

A I was recommended these rules!

We asked children about the rules for using the internet and smartphones!

(Survey conducted by the Agency for Children and Families' "Children and Youth Iken Plus")

Once you've decided on the rules when it's okay to use your smartphone, use it gently during those times! Think of breaking the rules that's bad, not using your smartphone.



You should never write anything bad about someone online! Just

because everyone else is writing it doesn't mean it's okay to say bad things about them.



Q The rules have been decided. What should I do?

A Use various functions to create a safe environment!

Use our safe and convenient safety features to use the Internet wisely, safely and enjoyably!

We recommend this to check the time you use it!



There are lots of useful features!



When studying, we also recommend setting up your equipment so that you can concentrate better!



Tips for creating rules at home

Advice for small children from elementary school students!

The Agency for Children and Families has a **website called "Children and Youth Iken Plus"** where children can give their opinions on policies and government agency initiatives. We asked them to tell us their recommended rules. Why not incorporate the opinions of children into the rules you create at home?

If you use the internet all the time, it can damage your eyes, so it's better to do other things too.

When using the tablet, maintain good posture and keep your face away from it!



We received a lot of advice on how to avoid overuse and stay healthy. Thank you to everyone who cooperated with "Children and Young People y Iken Plus"!



The rules recommended by everyone have been slightly adjusted at the time of publication.

1

Tips for managing your child's smartphone usage

"I'm worried that my child's eyes may be affected because he/she looks at the smartphone or tablet with his/her face too close." Why not try using this function to prevent your

child from getting too close to the screen? If you turn on "Screen Distance" on your iPhone or iPad, a warning will be displayed if the child gets too close to the screen. It's a good idea to take advantage of this function!

On iPhone and iPad, you can use the Screen Distance feature in Screen Time to encourage your child to move away from the screen if they are looking at the smartphone or tablet less than 30cm away for a certain period of time.

*In iOS 17, iPadOS 17 and later versions, "Screen Distance" is turned on by default for children under the age of 13 who are part of a Family Sharing group.



About "distance from the screen"

One point advice

In addition to the distance from the screen, there are also apps to prevent people from walking while using their smartphones. Make good use of the settings on your smartphone or tablet.

2

Tips for creating rules at home

Advice from a high school

student to junior high school students

The high school students especially gave me advice on how to balance their studies with work. It seems like everyone is trying all sorts of different things.

During the test period, use LINE and other methods for communication only.

Develop apps that can be used to balance work with studying and increase efficiency.

Don't put your smartphone near you when studying. Tell your friends about it too. Set a screen time limit.

It will be useful for junior high school students in the future if they are able to limit their screen time on their own.

During the test period, students set rules for themselves, such as "Once I finish this textbook, I can check Instagram."

Don't do anything that might offend anyone.

I don't easily meet people I don't know.

Junior high school students are in a period where they need to reflect on themselves and learn how to use their smartphones effectively, so please be kind and watch over them closely.



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Let's try using smartphone functions so that children can manage their own time!

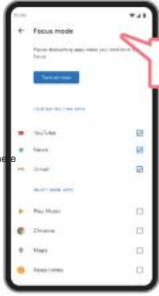
When using a smartphone or electronic device to study, we also recommend using the concentration mode (iPhone) or focus mode (Android)!

Use the features of your device! Turn off notifications for a moment and create time to improve your concentration.

Focus Mode (iPhone)



Focus Mode (Android)



A feature that helps you focus on your work with fewer distractions by allowing you to turn off notifications or allow only certain notifications.

Help you focus and block out distractions. Focus mode lets you temporarily pause the apps you choose. With just a tap, you can stop distracting apps.

One point advice

Family Sharing Screen Time (iPhone).

We recommend using Digital Wellbeing's Family Link (Android) as it allows you to manage your children's device usage.

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Tips for creating rules at home

Advice from a middle school

student to elementary school students

We received a lot of advice on how to use it safely for junior high school and elementary school students.

I think it's better to use your smartphone in front of your parents.

It is better to get used to using a computer rather than a smartphone. It is easier to acquire the necessary skills.

If you receive a message from someone you don't know on social media, tell your parents.

Charging will not be possible freely.

You should stop using your smartphone in bed before going to sleep!

I'll put it away while I study.

Advice based on the experiences of junior high school students is easy to understand. Let's start learning how to use it effectively, little by little, from elementary school!



3

Let's think about how to use digital devices effectively and improve our health

Using digital devices while lying down means you are viewing the display from a closer distance, increasing your exposure to blue light, which can lead to poorer sleep quality and reduced ability to fall asleep.

Try not to spend too much time sitting, especially looking at screens (watching TV, playing games, using smartphones, etc.). It is recommended that elementary, middle, and high school students be physically active for at least 60 minutes a day and limit screen time to two hours or less.

y "Sleep Guide for Healthy Living 2023"



Let's think about sleep by referring to the children's version of "Sleep Guide 2023 for Healthy Living" (p. 15).



One point advice

We also recommend making use of the following: - "Screen time limits" such as Anshin Filter and i-Filter - "Downtime settings" in Screen Time (iPhone) - "Sleep time mode" in Digital Wellbeing (Android)

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Tips for creating rules at home

Recommended rules for everyone

We received a lot of advice about things people should be careful about when using the internet and social media, regardless of age or grade level.

Don't post personal information (junior high school student)

Do not save credit card information (to prevent billing issues) (junior high school student)

I try to use my smartphone after I finish taking a bath (Elementary school student)

To prevent the house from being identified, they cover the curtains and take photos and videos (junior high school student)

Filtering is essential. (Junior high school student)

I wish there was a rule like this

Rules that can be used as desired after studying or other tasks are completed (Elementary school students) I want rules for weekends and weekdays (Elementary school students)

I wish there was such a feature

I would like a setting that would prevent my smartphone from turning on during a scheduled time. (Junior high school student)

In addition, there were opinions that it would be good if there were rules that adults had to follow.



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Let's write down the rules using the rules you have been taught as a reference!

Rules

No. _____
Date _____

Blank lines for writing rules.

Example: Our family rules, Mr./Ms. XX's rules. Discuss and decide on the rules and post them in a visible place! When your child fails to follow the rules, when their lifestyle habits change, or when they are promoted to a new grade or school, it's a good time to review the rules! As your child grows, you can write down your own rules!

One point advice

From parental control to self-control Infants and small children are "heteronormative" in that their parents decide the rules, but as they grow older and become elementary, middle, and high school students, they become "independent" in that they can think up their own rules and manage things themselves. Gently watch over and help your children so that they can gradually become more "independent."

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