

Making family rules

Discuss with your family members and make the rules for using the internet that are appropriate to your children's age, so that they can use it safely.

It is important that all family members join the discussion and the adults also keep the rules.

Tips to make the rules

- Make the rules before handing over a smartphone to your children.
- Have your children join the discussion to make the rules.
- At first, make strict rules (and later, you can ease them).
- Write the rules on paper and display it where everyone can see it.
- Revise the rules from time to time.



Our Family Rules?

What to include in the rules (Revise them depending your children's age)

- Limit the amount of time in a day they can spend with the smartphone (example: No smartphone after 8 p.m.).
 - Limit the places where they can use the smartphone (example: Use it in the living room, not in their own rooms).
 - Limit text and social media contacts only to the friends that they have actually met.
 - Ask their parents for permission whenever they want to download an app or make payment online.
 - Talk to their parents whenever they get into a trouble.
- ※ What they should not do (See the previous page) can be included.

Effective use of the phone's convenient functions

○ Filtering (フィルタリング)

Filtering is the responsibility of parents and custodians. Filtering service can protect your children from harmful websites. It can block access to inappropriate contents such as porn sites, dating sites, and websites regarding violence or illegal drugs.

※ Phone shops can help you to install a filtering software on your smartphone.

Safety Filter(あんしんフィルター) is a famous service.

○ Parental Controls (ペアレンタルコントロール)

The use of Parental Controls helps you to monitor your children's use of the smartphone or game console. You can limit their time of use, control the payment for games, and check age rating for games.

※ You can download Google Family Link or Apple Screen Time.



First let us change our attitude as a parent.

Are you using your smartphone while talking to your children or family?

Are you using your smartphone while eating?

Are you using your smartphone while playing with your children?

Only parents can protect their children.

When at home, look at your children, not the smartphone, and have more time to talk with them.