

6th Period To protect our children from crimes etc.

Making Family Rules

Talk with your family members and make 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 adult also keep the rules.

Tips for making 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.



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

- Time they can use a smartphone in a day (example: No smartphone after 8 p.m.)
- Places they can use a smartphone (example: Use only in the living room and don't bring it into your own room)
- Limit text and social media contacts only to family members or the friends that they have actually met.
- Ask parents for permission whenever they want to download an app or make payment online.
- Talk to parents whenever they get into a trouble.

※What they should not do (See the previous page) can be included as well.

Effective use of the phone's convenient functions

○ Filtering

Filtering is the responsibility of parents and custodians. Filtering service can protect your children from inappropriate contents. It can block access to harmful websites 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 control

Using parental control helps you to monitor your children's use of smartphones or game consoles. 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 toward using a smart phone as a parent.

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

Are you using a smartphone while eating?

Are you using a 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.