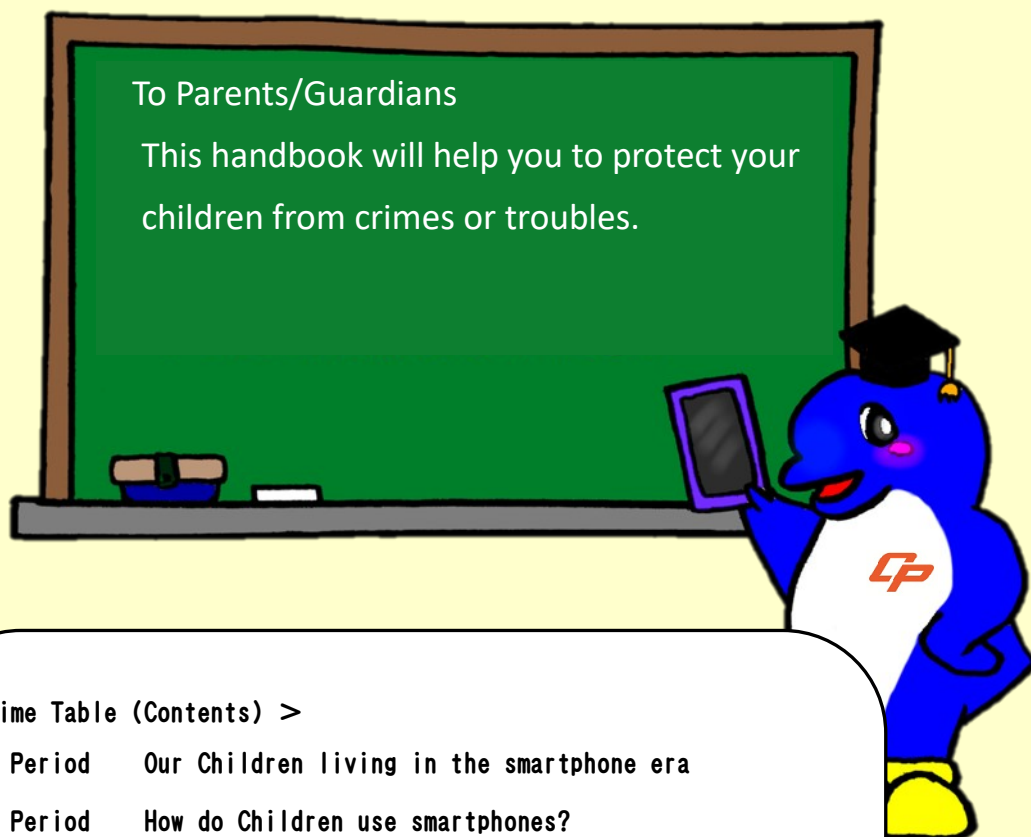


Protect our children!

Handbook for Parents in the Smartphone Era



<Time Table (Contents) >

1st Period	Our Children living in the smartphone era
2nd Period	How do Children use smartphones?
3rd Period	The realities, damages and troubles associated with social media etc.
4th Period	How did children fall into a victim?
5th Period	For proper use of social media
6th Period	To protect our children from crimes etc.
Homeroom	Making rules etc.

C-POC

Chiba Prefectural Police's
mascot character

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To protect children (For parents)



How to use smartphones “properly”

How long have we had smartphones?

Smartphones didn't even exist a decade and some years ago, but now many of you may say, “I can't go back to the days when we had no smartphones any more!”

Not like us, the grown-ups, children now have had smartphones besides them since they were born. They are literally living “the smartphone era.”

Recently, we see little children with smartphones everywhere.

Children are amazing. They learn how to operate smartphones from watching other people, and use them even better than us (adults).

However, even if they can operate smartphones better than adults, it doesn't mean that they know how to use them “properly”.

Then, do we grown-ups know how to use them “properly”?

Outside the Internet world which children can easily touch in their hands through smartphones, adults should teach children many things as they grow up in the real world.

How to cross streets, how to ride a bicycle, or lessons such as “Don't follow someone you don't know” and so on...

But what about in the Internet world? Do you teach your children about how to use smartphones “properly”, the fear of the world beyond the Internet, or how to deal with the risks?



Anything can be connected to the Internet now

We refer to “smartphones ” in this handbook as a gateway to the Internet but they are not the only one. You can also have internet access through various devices including computers, tablets, feature phones, gaming devices. Without subscription or a SIM, you can have Internet access via Wi-Fi environment if you have a smartphone.

Since you have access to the Internet through various devices, you could fall a victim to crimes described in the following pages not only through smartphone but through any devices accessible to the Internet. We should check your household to see what appliances are connected to the Internet.



Let's learn together so we can teach the right way to use to our children.

2nd Period How do children use smartphones?

What are children doing with their phones?

What are Smartphone-era children doing with their phones?

The followings are their answers.

★Social Media ★Online Games ★Watching Videos

It seems they use smartphones for their hobbies of amusement.

Children widen their connection with people not only with their friends in the real life but also with whom they can share their hobbies or interests through the Internet.

However, they could run into dangerous and malicious persons without realizing.

Children sometimes reveal their names or phone numbers, send pictures and they may go to see people who they only met online without any suspicion.



Social media and online games that children use

OX (former "Twitter")

X is used as a tool to send out and collect information and its users can post and share short texts, images, and videos. They can also comment on other's posts or send direct messages.

Instagram

Users can post and share pictures and videos. "Insta bae (インスタ映え)" has been a famous Japanese expression for being viral on Instagram. Users can also post comments and exchange messages with other users. It also has a function called "stories" where users can post pictures and videos only for 24 hours.

TikTok

Users can take and edit short videos not only post and share them on the app.

Dating apps and Chatting apps

People get to know each other and have a conversation through call or chat through the same apps. Using chatting apps for online-dating is restricted in many cases.

Online games

Game players have access to the Internet through smartphones, tablets, and computers.

Typically, users can play basic contents for free and pay for extra contents. Players can chat with other players in the game.

[Problems]

Social media can easily cause troubles or crimes because it contains slanders and inappropriate posts, and there are some users looking for romance. In some cases, game players spend large amount of money or become addicted to play online games.



Social medias and online games are not bad. There are issues for how to use them.

3rd Period The realities, damages and troubles associated with social media etc.

Cases children fall victims

- A girl got to know a woman (who was actually a man pretending to be a woman) on social media. As she consulted the person about her appearance etc., she ended up sending not only her facial photos but also her pictures wearing only underwear on the phone as the other person told her to. Then, the person threatened her by saying "Send naked photos or I will spread your pictures with underwear." and made her send naked pictures.
- A boy was persuaded to exchange naked photos with a woman he knew on social media and sent her a photo of his private part, "woman" threatened him by saying "Send money, or I will spread your shameful photo."
- A girl was asked to "play game together" on chat by a man who she met through an online game which was free to download. She met the man on a street near her home, then she was strained her arms and legs and was confined in the man's house.
- A runaway girl was looking for someone who could provide a place to spend a night through social media. A man did indecent act against her in exchange for providing her a place to stay.

Cases of Inappropriate Use

- A boy took a photo lying in an ice cream display freezer in a convenience store with his friends and posted it on social media, which he meant it as a joke, Then, he was later accused of forcible obstruction of business by the convenience store.
- A boy kept adding cash to a mobile social game to play characters or items only available for a limited time from his allowance. He kept adding cash every time new characters come out and ended up stealing his parent's money and it was revealed that he spent over 500,000 JPY.
- A girl was addicted to a smart phone after using it repeatedly for watching videos or playing games, which made the day and night reversed and she stopped going to school. After her parents tried to take her phone away, she started to behave violently in her home and even used violence on her parents.
- A boy posted a composite photo of a celebrity's face and someone else's naked body on social media, and was accused for libel by the celebrity afterward.
- A girl said "She (victim) is ugly. Hope she dies" regarding victim's post on social media, and was accused for contempt by the victim.



Children likely to be targeted

○ Anyone can be targeted

Not only so-called delinquent boys or children who don't listen to what their parents say, but anyone can be involved in troubles.

○ Children are targeted because they tend not to suspect information online and easily be influenced by it.

Children easily consider someone they don't know to be a friend, or feel close to others just because they have something in common such as same interest.

○ Children from household without any rules for using smartphones or Internet are also targeted.

Children from a family which has no rules on using smartphones etc. such as where to use or when to use tend to be involved in troubles without any buffer because they don't have any restrictions on smartphone usage. That is, it is not too much to say parents' indifference expose their children to danger. They also may be led to so-called "Internet addiction" because there is no end to stop them.



Any children and any family can be involved in troubles associated with the Internet usage.

4th Period How did children fall into a victim?

Case 1: Sending Selfie

- ① A girl (victim) met a girl who shared the same hobby as hers.
- ② The other girl sent victim a photo and told her to send hers as well, so she sent her the facial photo etc..
- ③ The other girl sent victim a photo of her in underwear, so she sent hers. The other girl asked for her naked photo, so this time she refused to send it.
- ④ The other girl suddenly changed her attitude and threatened her saying “Send your naked photo, or I’ll spread out the photo of you in underwear” and she ended up sending it. (“The Other Girl” was actually a man pretending to be a woman.)



Case 2: A boy who was confined by a man he knew as a result of going to see him

- ① A boy met someone he didn't know at all on an online game where many players teamed up for bouts.
- ② He got closer to the person as having conversation on chat and receiving items from him while playing games together.
- ③ One time, the person said “Let's meet in person and play game together” while on chat and set up the schedule.
- ④ When he met the person and got on his car, the person said “Be quiet” and threatened him and tied his arms with adhesive tape. Afterwards, he was taken to the man's house and confined there.



The people whom children talk with online might be bad people pretending to be good people.

5th Period For proper use of social media etc.

What are “Don’ts” for your children while using a smartphone?

Parents don’t have to ban children from using a smartphone. Teach them “what they should not do” to avoid risks, when you hand over a smartphone to them.

- Don’t share your personal information including your name, address and age. Also don’t share information that can lead to identify who you are, such as your facial photos, the name of your school or school club. Don’t share your friend’s or family’s information, too.
- Don’t post pictures with location information. (Turn off location setting on a camera app)
Be careful about the scenery in a photo or video, because it can identify your whereabouts and residence.
- Don’t slander others for example saying bad things of friends etc. on social media. (Those posts can cause troubles and you can be an offender of a crime depending on the content.)
- Don’t accept information on the internet without questioning.
- Don’t take a picture of yourself naked or in underwear, or send it to people (including your boyfriend/girlfriend), or allow them to take your pictures.
- Don’t talk on the phone or exchange messages with people you met online, and NEVER meet them in person. (A malicious person may play a good person.)



What parents should do (Responsibility for letting your children have a smartphone)

Once you have brought a bicycle for your children, does your role end there? Wouldn’t you practice with them until they learn to ride it safely?

Isn’t it the same with a smartphone? Parents have the responsibility to teach their children how to use the smartphone properly, in order not to be hurt or not to hurt somebody else.

☐ Tell your children that you are the owner of the smartphone.

You are the subscriber of the smartphone etc.. Help them understand that you lend it to them. Discuss and have them agree on the rules for smartphone use (See “6th Period Class” for how to make the rules). Also, passwords should be managed by parents.

☐ Teach your children about the risks.

Tell them that it’s hard to tell the good guys from the bad especially online. Teach them that some children at their age actually have been hurt, and they can be the next victims.

☐ Teach your children that anonymity cannot be an excuse

Teach them that anonymity cannot allow them to do whatever they want to do. They should not do in the cyber world what they should not do in the real society. Cyberbullying is out of the question. Bad things always come to light.

☐ Ask your children to teach you what you don’t know

Be interested in the apps or games your children use, and ask them if you don’t know about them. Experience what functions those apps have and what the dangerous elements are. Tell them in your words how risky the smartphones can be.



Children may know how fun it is to use a smartphone, but do not know how scary it is.

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.

Let's make the rules.


Please try to make your original family rules referring to the previous page.

Discussions should be made and the rules should be and followed by everyone of the family.

You also should revise them sometimes.

✂Cut out the list below and post it in sight of your family. Make a copy so that you can use it multiple times for revision.

Let's follow our family smartphone rule!



Time of use _____

Place of use _____

Other rules

☐ _____

☐ _____

☐ _____

☐ _____

This rule was made (Year) (Month) (Day)

Signature Child (ren) _____ Parent(s)/Guardian(s) _____

Useful Links

Chiba Police
Website



For the society that
protect Children's future

Protecting children
from internet risks

List of movie contents
to learn information security

Video Library
~Children's safety and
healthy education

Chiba Police
Official
YouTube
Channel



The National
Police Agency
[https://
www.npa.go.jp/
policy_area/no_cpf/](https://www.npa.go.jp/policy_area/no_cpf/)



Public Relations Office
Government of Japan
[https://www.gov-
online.go.jp/tokusyu/
cu_internet_kodomo/
index.html](https://www.gov-online.go.jp/tokusyu/cu_internet_kodomo/index.html)



Information-technology
Promotion
Agency, Japan (IPA)
[https://www.ipa.go.jp/
security/keihatsu/videos/](https://www.ipa.go.jp/security/keihatsu/videos/)



Public Interest
Incorporated Foundation
Japan Police
Support Association
[https://
www.japospolkyoukai.or.jp/
pages/43/](https://www.japospolkyoukai.or.jp/pages/43/)



Where to consult when in trouble

Police accept all consultations about juvenile problems such as troubles or crimes regarding internet use, delinquent acts, runaway, bullying etc. from children or parents through phone calls or interviews. Don't hesitate to consult to Young Telephone or your local police station.

Chiba Police Juvenile Center Young Telephone (Phone Consultation)

- Consultation from children getting troubled on social media
- Consultation from parents wanting instruction to their children with problems on the way they use smartphones
- Consultation from parents of victim child about their mental care

[Toll-free call] **0 1 2 0 - 7 8 3 4 9 7**

Monday - Friday
(Except national holidays)

9:00-17:00

To Local Police Station

- Consultation or filing a report of a crime such as when someone had you to send a photo naked, or someone threatened you

[List of Police Stations]

Chiba Police Website

[https://
www.police.pref.chiba.jp/
police_department/index.html](https://www.police.pref.chiba.jp/police_department/index.html)

