

# **Internet Safety Guide for Young People**

**~ How to use cell phones and smartphones ~**

**~ For parents and children ~**

Cell phones and smartphones are a convenient tool for modern life

However if used the wrong way, they might get you into trouble



## **To Guardians**

This leaflet contains an overview of information necessary for your children to use their cell phone or smartphone in a safe and secure way. Please read in order to keep your children out of trouble.

**Gifu Consortium for Safe Internet Use**

# The safety and security of children, Should be protected by adults, Especially their guardians.

## Step 1: Understand the situation

Examples of trouble that teenagers can get into when using the internet:

### ① Online dating websites

High school student A meets a man on the internet, and he asks her to send him naked pictures of herself. She sends the pictures. She continues to get repeated requests for the same kind of photo, and receives threats if she refuses.

⇒ Do not let your children look at dating websites. Do not let them meet anyone they have been talking to. Recently there have also been cases of the same incidences occurring with community websites and smartphone applications.

\*Contacting a person under 18 years old of the opposite sex on a dating website with the purpose of dating or sexual intercourse is a punishable offense according to the *Regulation for Online Dating Websites* (a law regarding the act of soliciting children on a website for introducing members of the opposite sex, called the Act on Regulation on Soliciting Children by Using Opposite Sex Introducing Service on Internet.)



### ② Cyber bullying (Bullying on the internet through posts on noticeboards etc.)

Junior high school student B makes a group with his or her friends, and they keep in contact by sending messages over an application. One day B has a fight with one friend and some bad things are written about B on the site where everyone can see. B is outcast by the entire group.

⇒ It is important to teach your children moral values regarding how information is used and proper manners regarding internet use.

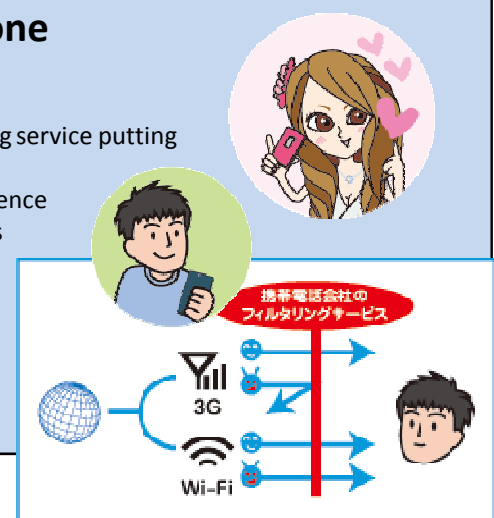
Be aware that abusive posts are not only not nice for the person they are directed towards, the person posting could also be breaking the law. It is also necessary to understand that posts made on the internet can be read by the general public, and that the person who made the post can be identified by investigation.



### ③ Viewing harmful websites on a smartphone

High school student C gets a smartphone upon entering high school. When C's parents buy the phone the service provider provides a filtering service putting them ease, and from then on they do not monitor C's phone usage. One day the parents check the phone to find sites related to drugs, violence and porn recorded on the browsing history. When confronted, C admits to looking up the sites secretly.

⇒ Smartphones are different from normal cell phones because they can access the internet not just by the cell phone company network, but also by wireless LAN networks (Wi-Fi). Multiple settings are necessary because the filter service provided by the cell phone company will not work if the phone is connected to a wireless network.



## Step 2: Protect your children

### ① Make household rules

As well as making rules for inside the home, it is important for guardians to watch what their children do.

#### Remember these rules-

- ☐ Do not post or relay your personal information without careful consideration
- ☐ Never agree to meet anyone in person that you met on the internet
- ☐ Do not bully, or let others get away with bullying
- ☐ If anything goes wrong tell your guardians straight away
- ☐ Decide times when your child can and can not be online
- ☐ Decide a total monthly use allowance, etc.



### ② Filtering (Restricts access to harmful sites)

'Filtering' refers to a setting that hides harmful websites, and is a useful tool to stop children accessing these websites. Cell phone service providers provide filtering for different school year levels or custom filtering that guardians can adjust depending on the maturity levels of the child.

According to the Act on Establishment of Enhanced Environment for Youth's Safe and Secure Internet Use, guardians of a child under 18 years of age must strive to supervise that child's internet usage through filtering software.

### ③ For safe and secure use of a smartphone

Smartphones are similar to a computer that can also make phone calls. They are very convenient because people can freely install any application that they need.

You should be aware of the following things if your child is using a smartphone.

#### 1) Filtering

Unlike a regular cell phone, a smartphone can access the internet not just from the cell phone company's network (3G Network etc.), but also through a wireless LAN (Wi-Fi). In order to make sure that websites accessed through a wireless LAN are also filtered:

- Use a function-limiting application from your service provider to adjust the settings so that access to wireless LAN and the ability to download and operate applications is limited
- Have an effective filter system in place even when connecting through a wireless LAN service

#### 2) Anti-virus measures

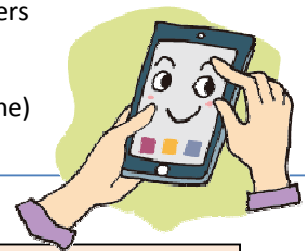
Like computers, smartphones can contract viruses. Depending on the type of smartphone, it may be necessary to:

- Keep the operating system updated
- Use security software
- Only download applications from websites that have been inspected for safety by your service provider

#### 3) Usage charges

Smartphones can attract higher usage fees than regular cell phones. Because smartphones have internet access it is possible to view websites and videos designed for viewing on computers that use large amounts of data.

- Use a flat-rate data package plan (Some service providers require you to join when you purchase the smartphone)
- Use other methods to make sure that your usage charges do not get too high



Setting adjustment methods differ depending on the service provider and the model. Please discuss details at the store when you buy the phone.

## If you get into trouble...

It is important to take the appropriate steps as quickly as possible by contacting the following institutions to make sure that any damage does not get worse.

### Related institutions- home page and contact information

#### ■ If you get involved in slander or illegal activity...

Discussion, opinions, requests relating to crime prevention, safety, and keeping the peace

- Gifu Prefectural Police Headquarters, Police Safety Counseling Center  
Tel: 058-272-9110 (#9110 from push button phones or cell phones)
- Illegal Harmful Hotline (regarding websites with illegal or harmful content)  
<http://www.ihaho.jp/>
- If you need help immediately, call the police on 110

#### ■ If you are the victim of false billing or a breach of commercial law...

- Gifu Prefecture, Resident Lifestyle Counseling Center  
Tel: 058-277-1003  
<http://www.pref.gifu.lg.jp/kurashi/kurashi-chiikidukuri/seikatsu-sodan/>

#### ■ If you think your human rights have been breached...

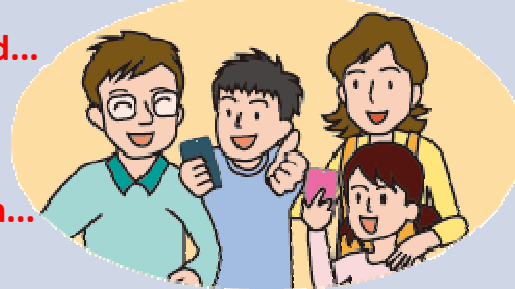
- Ministry of Justice, Internet Rights Counseling  
<http://www.moj.go.jp/JINKEN/jinken113.html>

#### ■ If you want to report illegal or harmful information...

- Internet Hotline Center Japan  
<http://www.internethotline.jp/>

#### ■ If you want resources about how to educate your children...

- Gifu General Education Center, Resources regarding Information Morals  
<http://gakuen.gifu-net.ed.jp/~contents/tyo/newpage1.htm>



Not all institutions can respond to enquiries in English. Please ask a Japanese-speaking person for help if necessary.

**The Gifu Consortium for Safe Internet Use dispatches instructors free of charge to run workshops about cell phone use for schools, PTAs, community groups etc. We are eagerly awaiting your application.**

#### 1) Application Method

Fill out the necessary forms and fax, email or post to our office.  
You can download the forms from our website.

#### 2) Application period

As a rule, applications must be made at least one and a half months in advance.

#### 3) Workshop Content

Workshops last one hour and provide information about how to use the internet and cell phones safely and securely. We usually conduct workshops during business hours, but where possible we can also conduct them on weekends or evenings.

Depending on instructor schedule there may be some times when dispatch is not possible

For more information, please check our website  
<http://www.ip.mirai.ne.jp/~g-ikusei/consortium/>

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検索



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