

活用型情報モラル教材



とうきょう



## To guardians

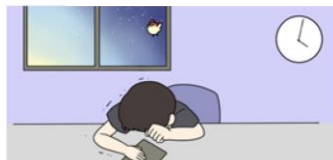
By this GIGA Workbook, all children can acquire information literacy (including information morals) as the basis to enable them to utilize one terminal per student appropriately.

Please discuss about how to use the terminal appropriately and the rules to use it at home as well.

# Classification Table for Troubles Resulting from Use of Cell Phone/ Smartphone

Current Troubles Resulting from Use of the Internet can be largely classified as follows:

## 1 Using the Internet for a Long Time



Spending too much time for games, movies or communication, or "using smartphone while doing something else"



Mainly **A**

## 2 Expensive Charges



Purchasing in-game items by spending a lot of money



Mainly **A**

## 3 Websites with inappropriate contents



Browsing the websites inappropriate for youths, including depictions of sex and violence.



Mainly **B**

## 4 Meeting People



A person is requested to meet or to send his/her own image from a stranger on SNS.



Mainly **A** and **B**

## 5 Copyright Infringement



Uploading unauthorized video and music or downloading music and movie despite being aware of the illegality.



Mainly **A** and **C**

## 6 Dissemination of improper information



Disseminating photos of prank or false rumors



Mainly **C**

## 7 Posting Personal Information



Outflowing information that can identify an individual from posting of text or photos on SNS.



Mainly **C**

## 8 Insulting/teasing



Teasing or ignoring a person in group chat or misunderstanding by misinterpreting the meaning of short sentences.



Mainly **C**

1 Please discuss about the troubles mentioned above while putting a tick(s) on the one(s) that you think are prone to occur with your children.

2 Let's think about the measures upon using apps and filtering. In general, these three measures are important.

**A** Let's consider the rule in your home

.....To Page 2 to 4

**B** Setting of filtering and apps

.....P5 to 6

**C** Characteristics of communication on the Internet

.....To P7

# Let's consider the rule in your home

“Device upon deciding rules” aiming to encourage children to think independently.

What are the problems in the following sentences?

Be careful about “overuse” of the Internet.

No use of smartphone “late at night” .

No use of “a lot of “money on the Internet.

As the expressions in the parentheses are ambiguous, the standards of the rules may differ between the ones for parents and children. Upon deciding the rules, please refrain from using ambiguous expressions.

If there is a child that violates the rule of “limiting the use of smartphone until 10 pm” , how do you respond to that?

A

Rebuking for having violated the rule.

B

Think together about how he/she can observe the rule.

Please try to shift from controlling children by “limits” like A to “creating the rules independently” through discussion with children like B.

Let's consider the rule in your home

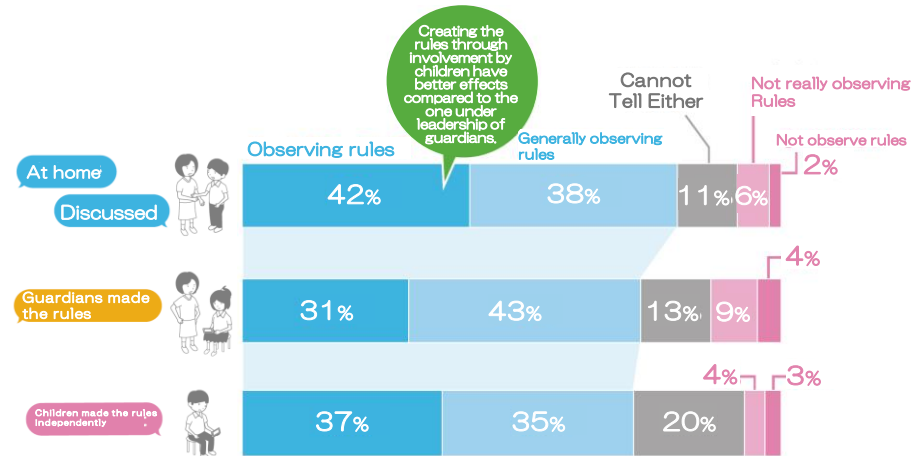


## Relationship between how to decide the rules and probability of their observation of the rules

According to the survey targeted at high school students, it is found that the probability of observing the rules when such rules are created by the parents together with their children is higher compared to the one when such rules are created mainly under the leadership of guardians.

The reason why the rule of “not to overuse the Internet” has not been observed.

As children tend to think that “they have not overused the Internet or games”, the rule of “not to overuse them” often results in not being observed.



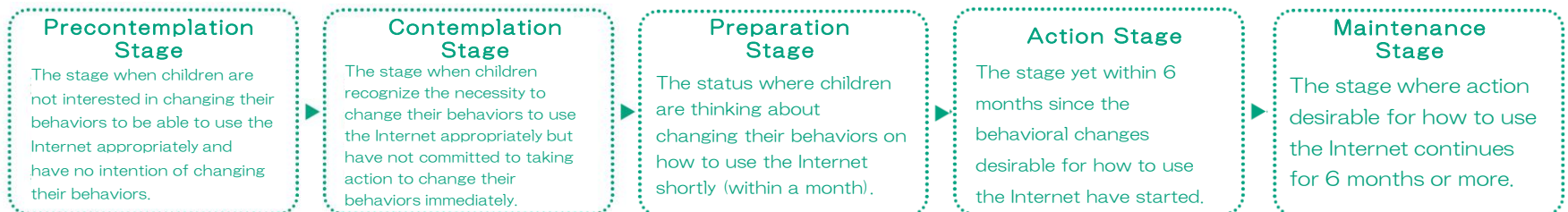
LINE Mirai Foundation (2018) “Survey Aiming at Understanding Actual Use Status of Internet by Youths”

## 5 steps (stages) to get out of “overuse”

By communicating with children by taking the following 5 steps (stages), please promote their behavioral change.

By having children write out how long they use the Internet per day in detail etc., it is essential as a trigger for their behavioral change to prevent from and improve being the Internet addictive-prone to make them realize that “they overuse the Internet for a long time” or “they use the Internet longer than others”.

## Phases to get out of being the Internet addictive-prone



## Please check if your children overuse the Internet or not with them

In the following questionnaire, if your children fall under 5 items out of 8, they would be judged as “pathological users” .

- ☒ ① Being absorbed in the Internet, such as remembering or looking forward to SNS, games or shopping by using the Internet
- ☒ ② In order to be satisfied, hours to use the Internet must continue to be prolonged.
- ☒ ③ Repeating failing in reduction of use time for the Internet or stopping it.
- ☒ ④ Trying to reducing use time for the Internet makes the children restless, bad-tempered, depressed or irritated.
- ☒ ⑤ Time for action that uses the Internet becomes longer than scheduled before use.
- ☒ ⑥ Use of the Internet puts the relationship with precious persons in danger or misses the opportunities for studying.
- ☒ ⑦ Even if troubles occur due to having been absorbed in the Internet, telling a lie to cover up such troubles.
- ☒ ⑧ Using the Internet in order to escape from troubles or annoyances.

## Features of smartphone/terminal for guardians

### Screentime

For iPhone/iPad



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By using “Screentime” , it is possible to confirm the report summarizing how your children spend time in iPhone, iPad and iPod touch and to set limits on what is required to be managed.

By making a promise between you and your children on how to use the Internet, please check if children can use by following the promise.

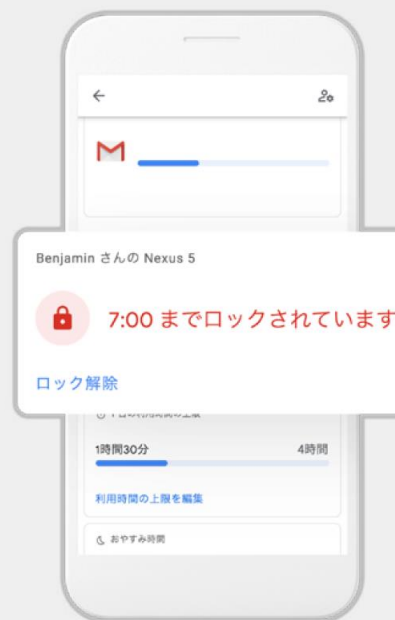


How to set Screentime of iPhone, iPad, iPod touch—Apple Support

<https://support.apple.com/ja-jp/108806>

### Family Link

For Android



It is a free app for parental control provided by Google. By installing the app which enables the followings by installing the app in the terminals of children and guardians respectively, the followings become possible:

- Managing children’ s use of the app
- Managing children’ s use time of the app
- Confirming position information of children

※Family Link is available for the terminal for children by an Android smartphone with Android Lollipop(5.1) or later, and for the terminals for guardians by an Android smartphone with Lollipop(5.0) or later and by iPhone and iPad with iOS9 or later.

## YouTube Kids

For Android/iPhone/iPad



You Tube Kids is an app which enables children under 13 years

old to enjoy viewing You Tube more easily. By creating their profiles, it is possible to select the contents which children can view and set the timer to limit viewing time. Additionally, it also provides useful information to learn appropriate digital habits.

## Digital Wellbeing

For Android



The features to create time spent offline by understanding daily use habits for smartphone of children.

-It displays the use status of smartphone each day and enables children to reflect on how to use their smartphones. The details can be confirmed by tapping on the graph.

-It can temporarily shut down the apps as the cause of distraction in a single transaction so that children can concentrate on their studies.

-It can set the upper limits of daily use time of the apps, by which children can notice that they have seen the movies too long.

## Filtering

In order to prevent children from being involved in crimes or troubles, it is important to set filtering. Screentime and Family Link have filtering features. In addition, there are some apps for filtering shown below. Please visit the sales shop of mobile phone company to set the most suitable filtering or consult with the shop staff.

## Anshin Filter for (name of mobile phone carrier, name of brand)



In February of 2017, the app icons for filtering services of smartphone etc. provided by mobile operators were unified.



# Characteristics of communication on the Internet

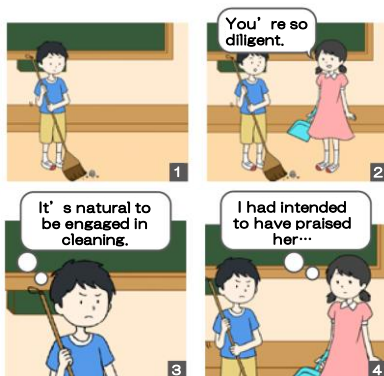
## 8 Insulting/teasing



Please try to avoid doing “what the other party does not like” .

Does the above-mentioned is enough as a rule or an instruction?

The sense of “what a person does not like” tends to differ from person to person, and such differences become larger depending on the characteristics of the Internet. Let’s view the contents from the following three viewpoints:



### 1 Differences in Sence

The word that a person feels that “he or she does not like” differs from person to person. The word that a person does not like is not necessarily the same with the one that his or her friend does not like.

### 2 Characteristics of the Internet

Usually, upon interpreting the word “you’re so diligent.”, we determine if it is good or bad from the person’s expression and situations, and tone of voice. However, in the case of text communication including mails, it is difficult to convey a person’s feelings, and to determine if the word is good or bad, which tends to generate misunderstanding.

### 3 Failure to “estimate of risk”

While children know “what is dangerous”, they tend to fail in estimating “to what degree it is dangerous”. Thus, when they think that “this much should be enough”, such estimate often leads to troubles.