

Messages from Tokyo Juvenile Problem Council

Tokyo Juvenile Problem Council conducts investigative research about the internet addiction of the youth. We've found that the problem has been spreading over the youth and we expect that it's going to be more and more serious. We'll let the youth and their parents know the current situation and suggest the following. It helps them understand how to minimize the various risks of the internet and use it wisely.

[Recommendations to Tokyo city]

- ◎ Tokyo should enlighten and diffuse the way of precaution against the internet addiction to the youth and their parent immediately. It needs to tackle the problem knowing what's going on with the youth.
- ◎ For the precaution against the internet addiction of the youth, Tokyo should support familial rulemakings and enforcement of them. In case of the students of middle school and high school, it should be recommended that they make rules by themselves. Tokyo also needs to support it.
- ◎ Tokyo needs to ask the concerned government ministries to enforce the control policies of the internet addiction considering about the education and health-medical aspects. And Tokyo also should ask business owners to urge to make more autonomous effort to prevent the youth from the internet addiction.

[To all the parents]

- ◎ Now the media education is one of the most important familial teachings, so we should think the primary place to educate children to survive this information intensive society is the home.
- ◎ Too much using of mobile phone, smart phone and P/C (hereinafter collectively called the internet) causes the following damages to the children.

- Physical aspect
Low vision, Lack of exercise, Economy-class syndrome
- Mental aspect
Nowhere kids, Day-night reversal, Disorder of sleep
- Study aspect
Drop of score, Tardy, Snooze during class, Repeat a school year, Drop out
- Economical aspect
Overspend, Defalcate parents credit cards
- Interpersonal aspect
Domestic violence, Strong language, Aggravation of friendship

- ◎ The important thing is to talk and make rules at home about how to use internets with children. It guards children from crimes, various cyber dangers, and bad effect of healthy daily life.
- ◎ At the same time making meta-rules is important in case the children should break the familial rule.
(The meta-rule is not just a penal rule. It's the two-tiered rule system that the parents can put it in motion to let their children take their responsibility when they break the familial rule. This system makes the rules more effective.)
- ◎ Please keep in mind that some doctors say that too much internet using as baby-sitting blocks the healthy growth of babies and toddlers.

[To the middle school and high school students]

- ◎ Mobile phones, smart phones and P/C(hereinafter collectively called the internet) are very convenient and useful, but on the other hand, if you don't use them properly, they turn out to be tools which create adverse result against you and the others.
- ◎ The bad effects of internet addiction nowadays are following.
 - Physical aspect
Low vision, Lack of exercise, Economy-class syndrome
 - Mental aspect
Nowhere kids, Day-night reversal, Disorder of sleep

- Study aspect
Drop of score, Tardy, Snooze during class, Repeat a school year, Drop out
- Economical aspect
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- ◎ Students must discuss about internet addiction thoroughly and make rules by themselves, such as about the limit length of time to use the internet, about improper usage. It prevents you from bad effects of internet addiction against your healthy daily life.
- ◎ It's very important to make familiar rules to use internet wisely. Students must discuss about how to use it with their parents.
- ◎ Now you students live a significant moment when you define your future, be sure to live wonderful real lives using the internet properly. Never spoil your precious moment by the internet addiction.