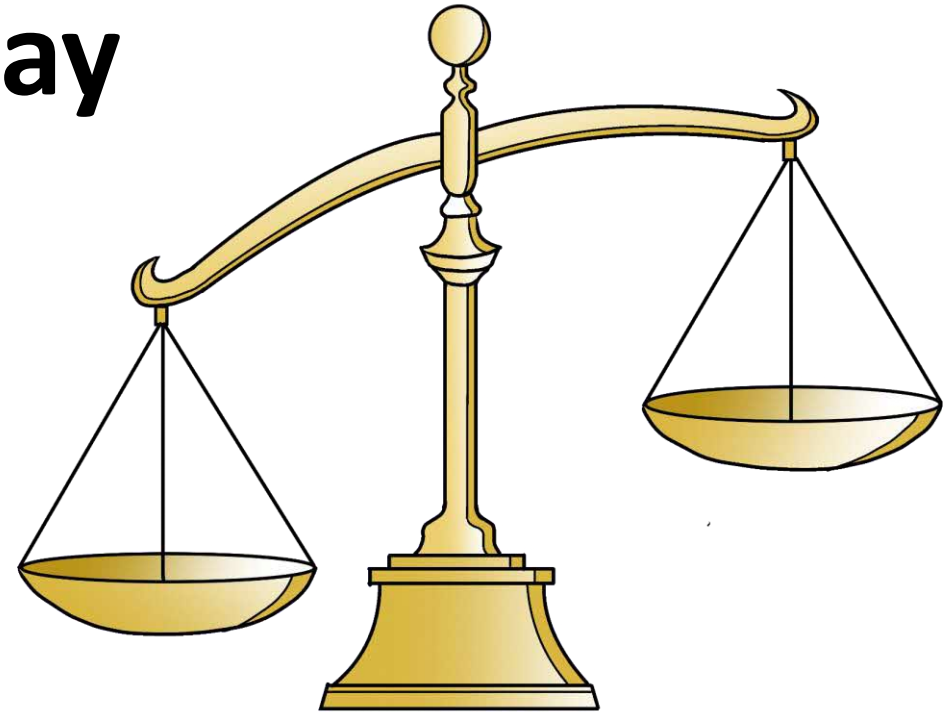
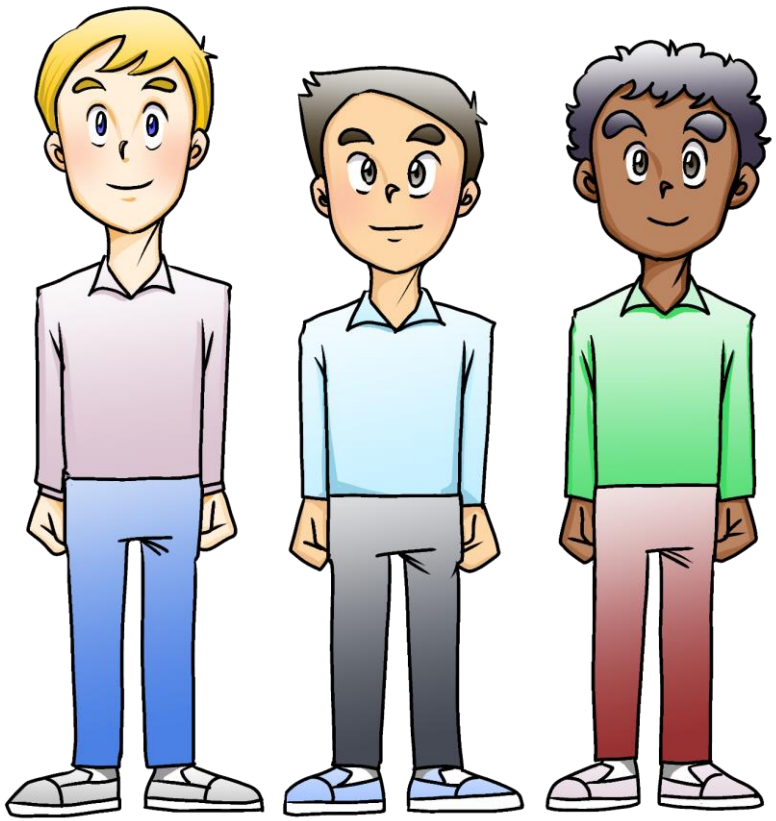
Let’s use media in a balanced way

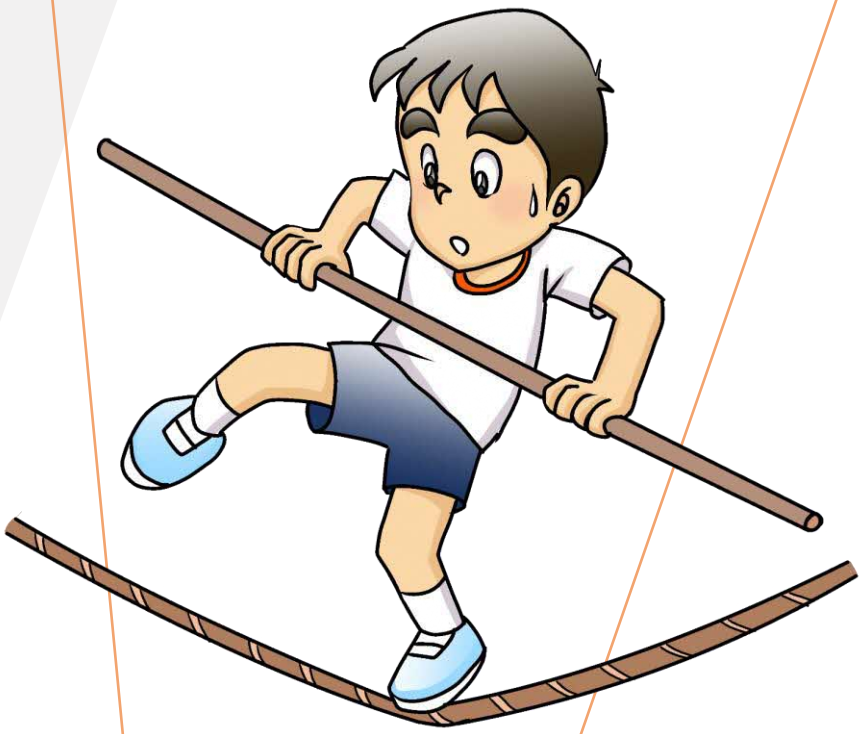




Let’s think about some promises that are needed for using media in a balanced way.

Media Balance

Media balance means balancing media use with other things in your life, such as the time you spend with your family, studying, or playing.



What if your media use is unbalanced?

Your sleep may get worse, and it may be hard to stop using media by yourself.

Media is an important tool in our lives, so we should use it in a positive way.

If you use media in a healthy way, then your life can be more enriching and fun.

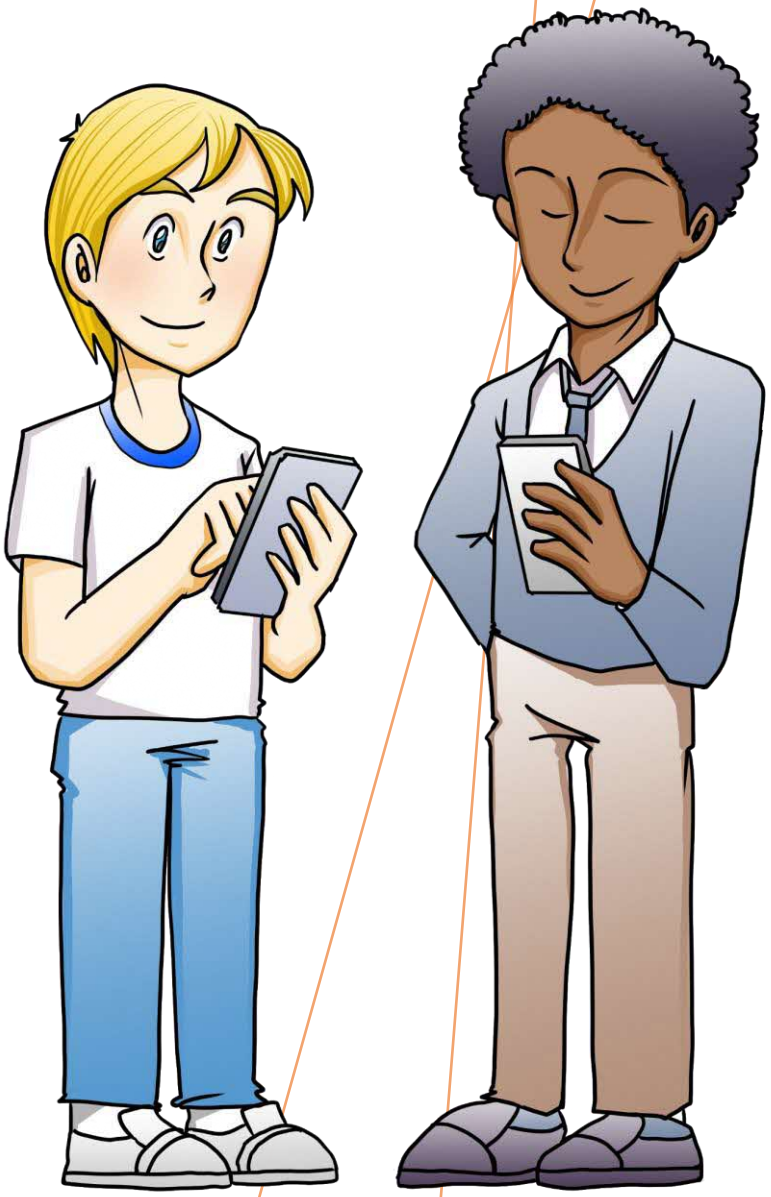
Let’s think about promises and things you can do to use media in a balanced way.

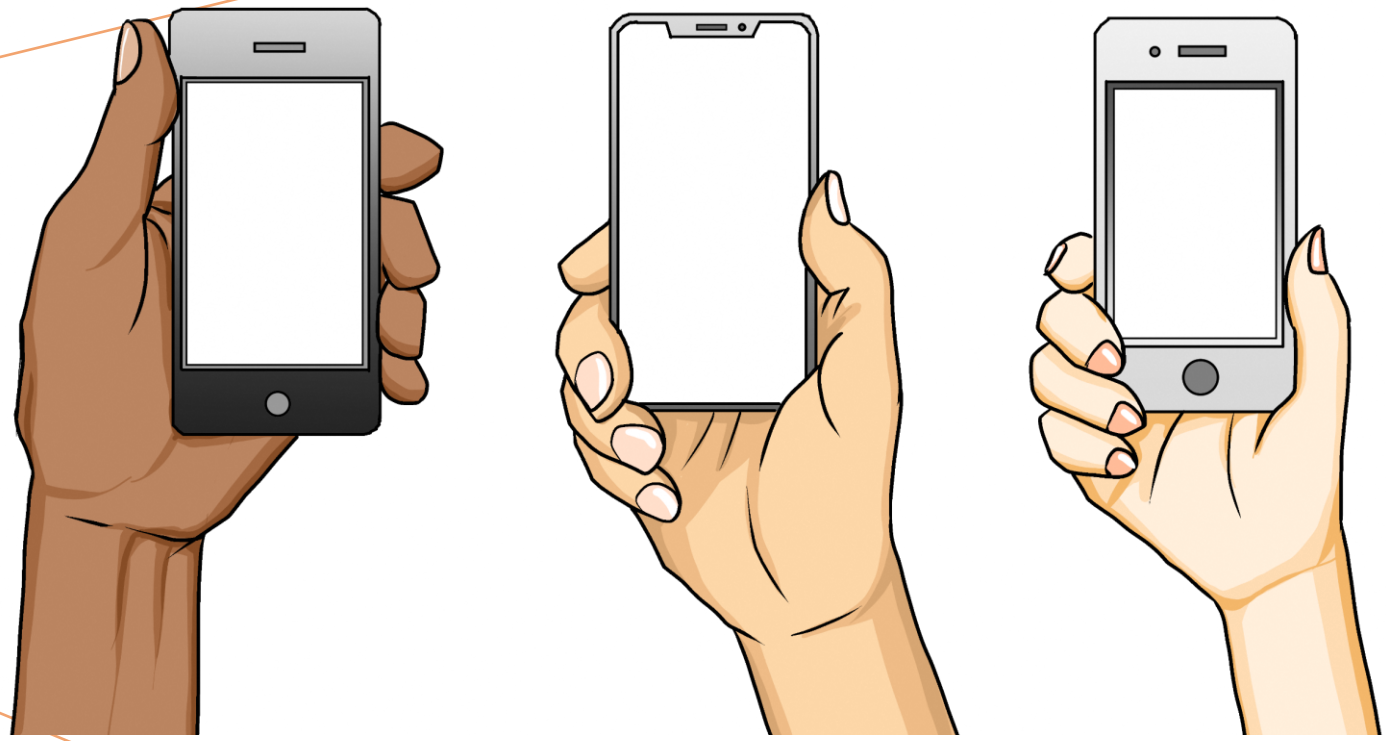
Think about how you use media

What kinds of media do you use? (Web sites, social media, video games, movies or online videos, TV, etc.)

When do you use media? (While eating dinner, while studying, before sleeping, etc.)

How long do you use media? (30 minutes, 1 hour, 3 hours, etc.)





Think about your media balance and plan your media use.

Decide what you will use, when, and for how long.

If you need help, support is available in multiple languages.

Foreign-language Human Rights Hotline
(Ministry of Justice)

Navi Dial
0570-090911

Shimane Multicultural General Consultation
"One Stop Center"
(Shimane International Center)

Consultation Hotline
070-3774-9329

Mon−Fri (except holidays & New Year's)　9:00−17:00

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