

Version for elementary school children

I'm glad I could talk about it! /

I feel lighter now!



I'm glad I spoke to someone!

You can also watch the video (on YouTube)!

(With a supportive message from a former Young Carer, only available in the video version)



If you would like to speak to someone...

If it's difficult to do so on your own, try talking to someone around you.

● Municipal consultation services

The telephone numbers of the consultation offices of city halls, town halls, and village halls in Aichi Prefecture are listed on the website.



● Dedicated consultation number for child guidance centers [24 hours a day, 7 days a week]

☎ 0120-189-783 (You will be connected to your local child guidance center.)

● 24 Hour SOS Helpline for Children [24 hours a day, 7 days a week]

☎ 0120-0-78310

● Children's Rights Hotline 110 [weekdays 8:30~17:15]

☎ 0120-007-110

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What do you know /

about Young Carers?



Aichi prefecture

What exactly is a Young Carer?



In the case of A-san in the 5th grade of elementary school

1 After school

Do you want to come over to my house later?

Let's play!

Sorry, I had something to do...

I hope Mom is okay...

I have to do chores when I get home...

Bye!

2

I'll take in the laundry, and then we can eat takeout together.

おべんとう

Thank you.

I'm sorry I always need your help.

Don't worry about it.

3

I'm sorry, teacher. My homework isn't done...

Are you okay? You seem to be in low spirits lately...

4 Next day

5 Actually...

I take care of my mom who is sick in bed, prepare meals, do the laundry, and other household chores.

I can't play with my friends and sometimes I don't have time to do my homework...

Comments from former Young Carers

I really wanted to go out and play, but I couldn't. I fell asleep in class more and more often, and my teacher noticed.

In the case of B-san in the 6th grade of elementary school

1

I'm home!

Welcome back!

I'm off. I'll leave you in charge.

Have a good day.

Brother!

2

Okay, dinner time.

Open wide!

I'll have to put away the laundry later...

Yum!

3

Time for a bath.

Okay

4

Yawn

I have to do my homework. But I still have chores... I'm so tired.

5 Next day

Really?

You can eat here if you like.

(On the way home from grocery shopping)

6 Actually...

My mother is single and works two jobs, so she's away from home a lot. I take care of the housework and my two younger brothers.

I often miss school, and I don't have time to study...

Comments from former Young Carers

I was able to consult with someone at city hall through a referral from a person at the Kodomo-Shokudo (children's cafeteria). Thanks to this, I was able to receive social services and could attend school.

What we learned from the Aichi Prefecture fact-finding survey

A fact-finding survey conducted by Aichi Prefecture found that about one in six fifth-grade students **takes care of a family member**. Among such students are "young carers" who take care of their families on a daily basis and have difficulty with day-to-day living. In addition, about 70% of the children reported that they had never heard of the term "young carer."



Student who takes care of a family member



I see that there are a lot of children taking care of family members. Maybe A-san is too...



Maybe...

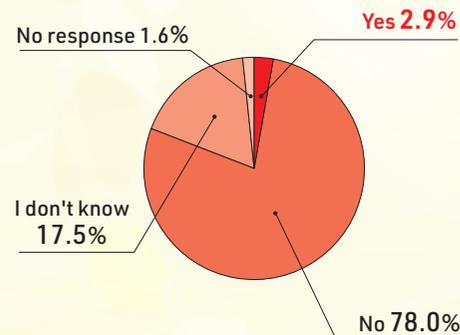


Maybe B-san sometimes misses school because...

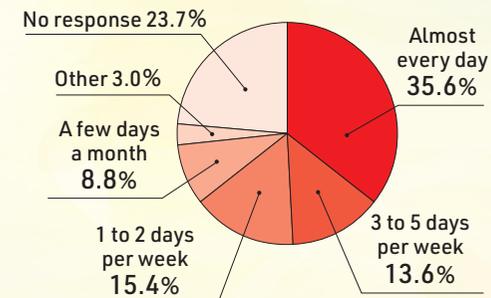
Could I/he/she be a Young Carer?

Survey of children's opinions in Aichi Prefecture (5th grade)

Do you think you might be in a "Young Carer" situation?



Frequency of caring for family members



(Average time spent on care is 4.2 hours)

Typical roles of a Young Carer



Takes care of young siblings on behalf of the family



Cares for a family member with a chronic illness such as cancer, an incurable disease, or mental illness



Interprets for family members whose first language is not Japanese or for family members with disabilities



Watches over and checks in on family members who cannot be left unattended

What do/did you find difficult or hard?

- No time to play. I need some time to myself.
- I couldn't sleep because I was taking care of my little sister until late at night, and I kept falling asleep during class.
- I didn't know who to talk to about it.

Is it different from helping with chores?



If you are in a situation where you are not helping adults complete their chores, but instead taking on such chores as your own responsibility, and you are finding it hard, you may be a Young Carer. If you feel that your school life is being affected or that your mind or body is feeling bad, you should consult your teacher, a close relative, your neighbor, or the consultation service on the last page.

A message for those working hard to take care of their family



The situation **is not** your fault, or your family's fault.



Know that it is okay to rely on **someone outside of the family.**

There are plenty of **people around who you can count on.**

A message to Young Carers

You are working hard and doing an amazing job for your family. Let's think together on how to make your dreams come true.



Schoolteacher

It is not your fault, and it is not your family's fault. Asking for help with a problem is not a sign of weakness. Playing with friends and going to school should be just as important to you as your family.



Local people

When it's really hard, you can say it's hard. Don't keep it to yourself. Please talk to us.



School social worker

As the family of such children, if you are also having trouble, or if you feel that your family or your child might be in this situation, please contact us.



A message for those around Young Carers

Please **try to imagine** that perhaps they are not socializing well because of their home situation.

What is it? You know...



Actually...



What's wrong?

Sometimes **just listening** can provide support.

A message for all adults who work with children

Some young carers are doing chores even during school hours or are simply tired from their chores and tend to miss school or forget to do their homework.

If you have a child around you whom you feel may be having a hard time or may be a young carer, please ask him or her about it first.

If support is required or you do not know what to do, please consult with a schoolteacher or local support organization and provide them with information.