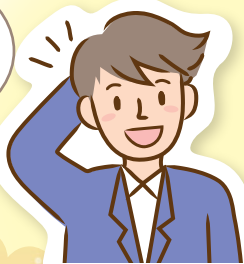


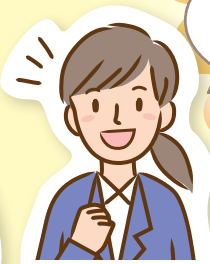
Version for middle and high school children

I'm glad I could talk about it! /

It's a lot easier now that I'm receiving social services.



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

Supervised by Kie Nojiri (Professor, Faculty of Social Welfare, Nihon Fukushi University)

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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 second year of middle school

1 After school

You're not coming with us to the café?

Let's hang out!

Sorry, I have to go home.

Bye!

2

I have to go home and do some grocery shopping!

It's getting late.

3

I'll make dinner after I take in the laundry.

Thank you.

I'm sorry I always need your help.

Don't worry about it.

4 Next day

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

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

(In school)

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 second year of high school

1

I'm home!

Welcome back!

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

Have a good day.

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 could take my siblings with me to Kodomo-Shokudo (children's cafeteria) where I could study. They took care of my siblings for me while I studied.

What we learned from the Aichi Prefecture fact-finding survey

According to a fact-finding survey conducted by Aichi Prefecture, about one in nine second-year middle school students and about one in 14 second-year high school students **take care of a family member**.

Among such students are "young carers" who take care of their families on a daily basis and are having difficulty with day-to-day living. In addition, about 70% of the children reported that they had never heard of the term "young carer."



Maybe A-san leaves early because...



Maybe...



Maybe B-san sometimes misses school because...

Typical roles of a Young Carer



Does household chores such as grocery shopping, cooking, cleaning, and laundry on behalf of a family member with a disability or illness



Takes care of young siblings on behalf of the family



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



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



Assists a family member with a disability or illness with bathing and using the toilet

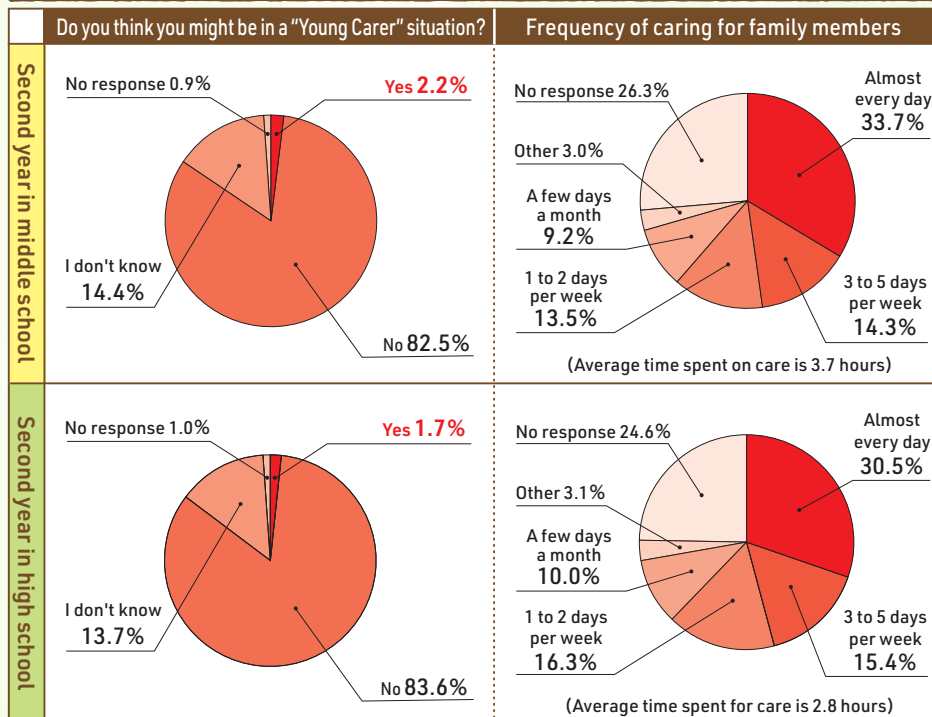


Deals with family members with alcohol, drug, and/or gambling problems



Works to financially support the household in order to help family members with disabilities and illnesses

Could I/he/she be a Young Carer? Survey of children's opinions in Aichi Prefecture



What do/did you find difficult or hard?

- I was always physically tired because I constantly had a lot of housework and other responsibilities.
- I felt inferior to my friends because their lives were different from my own.
- It would have been nice to have had an adult nearby who accepted my situation.



How is it different from helping with chores?

- ✓ Caring for family members requires a considerable amount of time on a daily basis, interfering with studies, club activities, and socializing with friends
- ✓ Bearing heavy responsibilities, having to make decisions that would normally be made by adults.
- ✓ Unable to consider leaving home in the future because of the need to continue to provide care for family members.

A message for those taking on a lot of home responsibilities



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



It's okay to depend on **someone outside the family** to take care of your home.

To think about **your future** does not mean you are neglecting your family or being selfish.

A message to Young Carers

You are working hard and doing an amazing job for your family. Let's think together about 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.