

What is a Young Carer?



Could it be that I'm the only one trying too hard?



Minato City Declaration with Children at the Center

Toward International City Where Every Child Can Truly Experience Happiness

Children are the hope of the future for the community and an irreplaceable treasure. All children have the right to grow up healthy, safe, and happy with respect for their differences, individuality and values.

In Minato City, an international city where many people come and go and diverse cultures coexist, our hope is that all children will have dreams and hopes for the future and live happy lives filled with smiles.

On September 1, the City issued the Declaration of Children at the Center to protect children's human rights throughout society and to realize a Minato City as an international city where every child can truly feel safe, secure, and happy.

1. We will realize a child abuse-free Minato City.

Residents, relevant organizations, and the local community will work together to strengthen the systems for the prevention and early detection of child abuse, as well as the initiation of a prompt response to such abuse while enhancing community-based childrearing support in the continuous efforts toward achieving zero cases of child abuse.

2. We will realize a Minato City where every child is respected, and their safety and security are protected.

We respect the differences, individuality and values of each child, regardless of nationality, cultural differences, family environment, or disability, and will protect children from all forms of discrimination, bullying, and violence.

3. We will realize a Minato City where each child's voice is heard and respected.

By listening to the opinions and ideas of children and expanding opportunities for them to participate in diverse social activities, we will work together with children to promote municipal and community development policies that reflect the perspectives of children.

4. We will realize a Minato City where all children can grow up healthy.

By enriching diverse learning and experiential opportunities appropriate for each child's age and stage of development, we will create an environment where children can develop their abilities, make the most of their strengths to live their best lives now, and expand future possibilities.

Minato City, September 1, 2025

What is a "young carer"?

Young carers are children who, day in and day out, take care of their younger siblings, run errands, do laundry, and clean in place of adults.



They handle household chores like shopping, cooking, cleaning, and laundry on behalf of family members with disabilities or illnesses.



They care for and watch over younger siblings or siblings with disabilities or illnesses.



They provide personal care for family members with disabilities or illnesses.



They interpret for family members who struggle with Japanese and for family members with disabilities.



They provide constant vigilance and attentive care for family members who require constant supervision.



They care for sick family members and help with their daily needs.

This is a Day in My Life — Am I a Young Carer? —

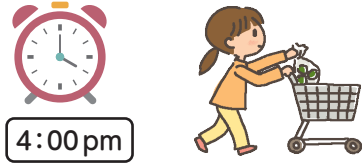
My name is Mina. I'm in third grade.
I live with my Mom and my little sister.
My Mom has a mental illness and seems to struggle every day.

Mina-chan loves her Mom and little sister very much.
That's why she helps out with whatever she can. But you know, it's not Mina-chan's fault that she's busy.
It's just that her Mom is tired and sick, so Mina-chan ends up having to do a lot of things.



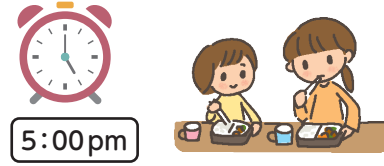
6:00 am

I wake up at 6:00 in the morning. Mom is tired from work and takes medicine for her illness, so she can't get up in the morning.



4:00 pm

I go to buy ingredients for dinner.



5:00 pm

It's hard to think of what to make for dinner, so I bought some bentos and ate with my little sister.



11:00 pm



7:00 am

Since my Mom can't get up in the morning, I have to make breakfast, do the laundry, and help my little sister get dressed.



3:30 pm

My friends invited me to play dodgeball, but I have to go shopping too, so I'm rushing home.



6:00 pm

After taking a bath with my little sister, I folded the laundry.



10:00 pm

I have to do my homework. But I'm too sleepy to do it.



8:00 am

I run to school so I won't be late.



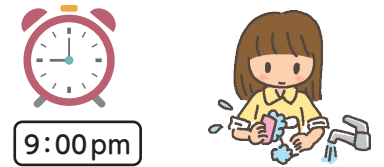
2:00 pm

I've been so tired since this morning with so much to do. I'm sleepy even during class.



8:00 pm

Mom came home from work. She seemed tired, ate her bento, took her medicine, and fell asleep right away.



9:00 pm

I washed the dishes and cups, then put my little sister to bed.

Have you ever felt like this while

taking care of your family?

I want time to read my favorite books.

I want to play with my friends.



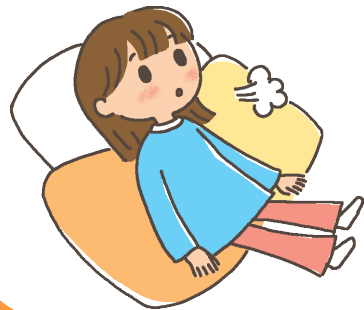
I'm tired and sleepy.



I want someone to listen to me.

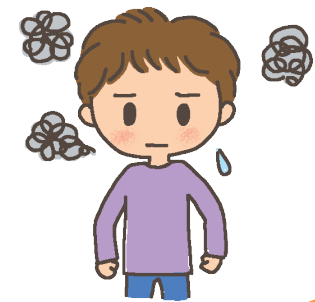
I feel kind of anxious.

I want to rest alone for a little while.



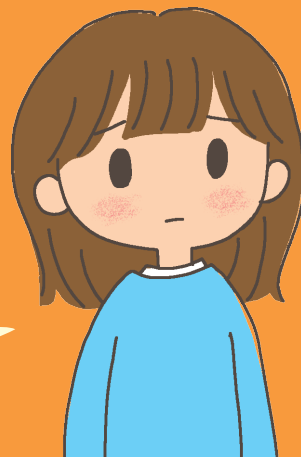
I feel lonely.

My feelings are all muddled up and gloomy.



I want to go to school.

I want to concentrate on my studies.



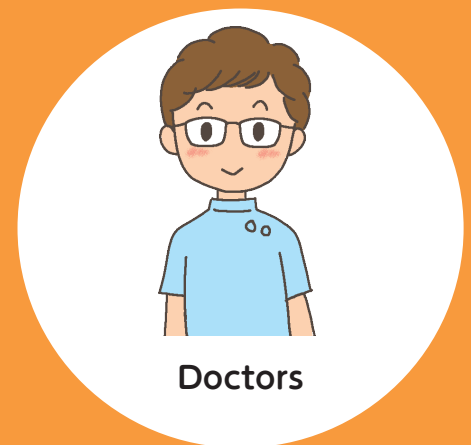
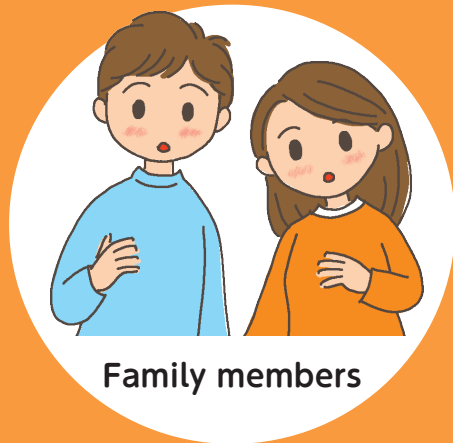
It's okay to feel this way. It doesn't mean you're slacking

off. It might be a sign you're pushing yourself too hard.

You don't have to struggle alone.

Mina-chan has been doing so many things by herself.
But you know, even when doing things for your family, you
When you're tired, sad, or hurting, it's okay to say, "Help
It's okay to talk to someone. The adults around you will
You're not alone.

don't have to struggle alone.
me"
listen to what you have to say.



For you who's been pushing yourself too hard

There are places where some

will listen to you.

I'm tired.

It's hard.



You can talk to them without giving

your name

- When you want to talk about being a young carer.

Minato City Children and Families Support Center Young Carer Support Coordinator

 **03-5962-7211**

[Hours] Mon to Fri : 8:30 am to 5:00 pm (Closed on Sundays, holidays, and year-end and New Year holidays)

- When you want to discuss family matters, school issues, etc.

Minato City Children and Families Consultation Hotline

 **03-5962-7215**

[Hours] Mon to Fri : 8:30 am to 6:00 pm, Sat: 8:30 am to 5:00 pm (Closed on Sundays, holidays, and year-end and New Year holidays)

- There are other places where you can talk to someone.

Children's Rights Hotline

A dedicated counseling phone line for children's human rights issues

 **0120-007-110 (Toll-free)**

[Hours] Weekdays : 8:30 am to 5:15 pm (Closed on Saturdays, Sundays, holidays, and year-end and New Year holidays)

24-Hour Children's SOS Hotline

If you see or experience bullying in class, feel anxious about going to school, or have worries about your relationships with friends, you don't have to struggle alone and can always talk to someone on the phone.

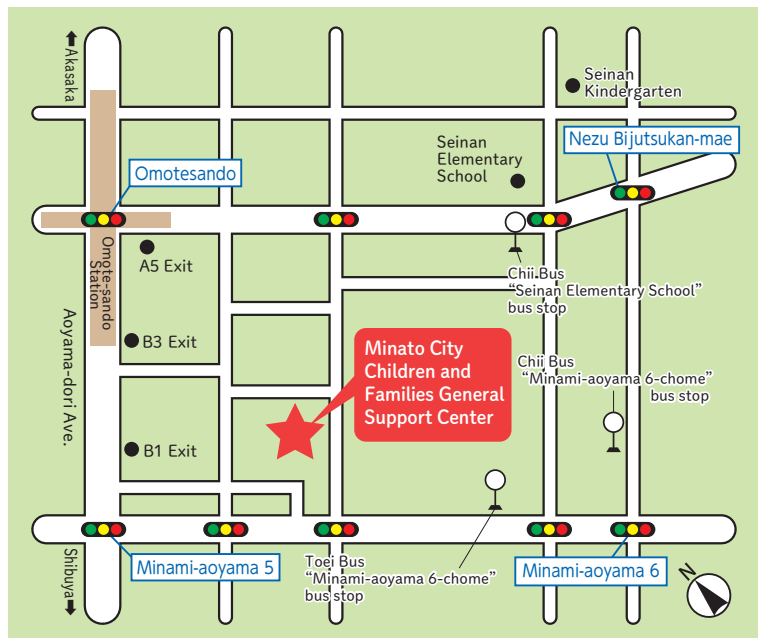
 **0120-0-78310 (Toll-free)**

[Hours] Open 24 hours a day (All year-round)

Don't struggle alone. Try talking to someone first.

- There are also places where you can meet and talk to someone in person.

Minato City Children and Families Support Center



5-7-11 Minami-aoyama, Minato City, Tokyo 107-0062
(Minato City Children and Families General Support Center 1st and 2nd floors)

〈Access〉

3-minute walk from the B3 Exit, Omote-sando Station on the Tokyo Metro Ginza Line, Hanzomon Line, and Chiyoda Line

Toei Bus Shibu 88, 4 minutes from Minami-aoyama 6-chome

Chii Bus Aoyama Route, 5 minutes from Minami-aoyama 6-chome

Chii Bus Aoyama Route, 6 minutes from Seinan Elementary School

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