

# 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"?

A young carer is a child who regularly takes care of household chores and family members in ways that would normally be done by adults.

### For example:

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



They care for younger siblings on behalf of other family members.



They act as interpreters for family members whose first language is not Japanese or who have disabilities.



They work to help support the household and assist family members with disabilities or illnesses.



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



They assist family members with bathing and using the toilet.



They care for and look after siblings with disabilities or illnesses.



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



They provide support for family members with alcohol, drug, or gambling problems.



They care for family members with chronic illnesses such as cancer, intractable diseases, or mental health conditions.



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

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

## What Mina is thinking:

Mom looked tired yesterday too. I wonder if she's okay.



My little sister was crying, but I hope she managed to get on the bus.

I'm always so tired and don't have any energy.



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 should go and buy groceries for dinner soon. But the supermarket will probably be crowded in the evening...



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



Finally, it's my own time. I want to do my homework, but I'm too sleepy to do it.



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



A friend asked me to play dodgeball, but I turned them down because I have to go shopping.



6:00 pm



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



10:00 pm



Mom woke up and came out of her room. She was crying as she told me that her job was really tough again today. But there's nothing I can do about it, and it makes my heart ache.



8:00 am



I rush to get to school as fast as I can.



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.



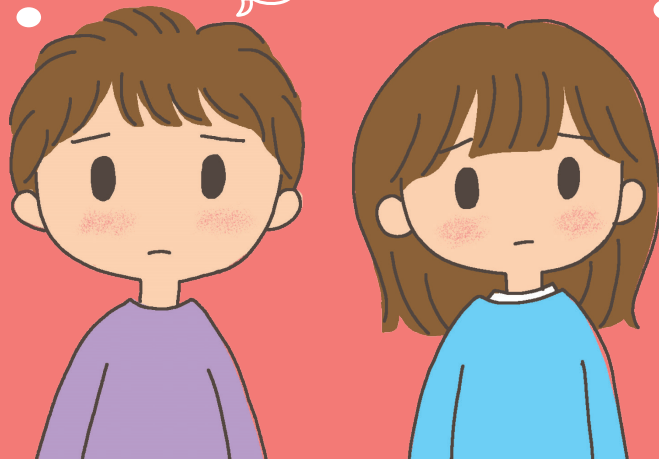
# Have you ever felt this way?

I want to rest alone for a little while.

I want to play with my friends.

My feelings are all muddled up and gloomy.

I'm tired and sleepy.



It's okay to feel that way. It might be a sign that you're pushing yourself too hard.

To those of you who are pushing yourselves too hard...



You don't have to struggle alone.

When things get tough, it's okay to talk to someone. There are people who will listen to you.



Family members



School teachers



School counselors



People at children's halls



People at *Kodomo Shokudo* (Children's cafeterias)



*Minsei-iin* and *Jido-iin* (Welfare Commissioners and Child Welfare Commissioners)



People at Minato City Hall and Regional City Offices



People at your regular shops



Doctors

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)

●When you want to consult with someone by email

**Minato Consultation Website**



●When you want to chat with someone on LINE

**Minatokko (Minato Kids) LINE Channel**

Minato City Official LINE Account



**How to Register**

- ① Register for the Minato City Official LINE account.
- ② After registering, select "Children & Childcare" from the menu screen, then select "Minatokko LINE Channel" from the next menu screen.

●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 feel anxious about anything, you don't have to struggle alone and can always talk to someone on the phone.

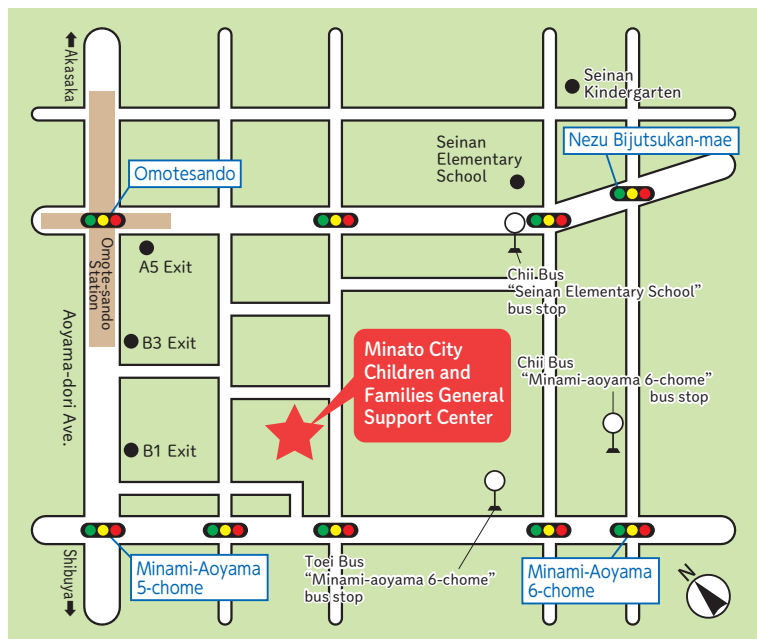
 **0120-0-78310** (Toll-free)

[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

What is a Young Carer?

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7-11 Minami-aoyama 5-chome, Minato-ku