

What is a Young Carer?



To help you recognize SOS cries for help from yourself or your friends



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 and young people who routinely take on responsibilities—such as caring for family members, doing household chores, and looking after siblings—that are typically the responsibility of 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 — Who should

I talk to?

My name is Mina, and I'm a third grade middle school student. I live with my parents, my grandfather, and my younger brother.

My Dad works long hours, from early in the morning until late at night. My Mom was in a car accident when I was in elementary school, and she has a higher brain dysfunction (*1). My grandfather cerebral infarction three years ago, and it's difficult for him to stand up or walk on his own; he needs help even inside the house. My 12-year-old brother has Down syndrome. During the day, he attends a special education class, and after school, he goes to an after-school program and comes home around 6:00 pm.

6:00 am Dad has already left for work. I go check on my Mom and say good morning to her.



6:15 am I prepare breakfast.

6:40 am I help Grandpa transfer from his bed to his wheelchair.

7:00 am I wake up my little brother and help him get dressed and ready for school.

7:30 am My brother's school bus has arrived.

8:00 am After seeing my little brother off, I rush to school.

3:30 pm I wanted to join a club, but right now, my family comes first.

11:00 pm I'd really like to relax a bit, but I have to study for tomorrow's test!



10:00 pm After taking a bath with my little brother, I put him to bed. All that's left is the laundry. Just a little more to do!

7:30 pm I help Grandpa get into bed.

6:30 pm While Mom helps my little brother with his meal, I quickly eat my own dinner. I need to check his school notebook and get his things ready for tomorrow.

5:00 pm Mom gets confused about what to do next while she's cooking, so I help her make dinner.



4:00 pm Alright, let's go shopping and get home early.

The next day

In the end, I was too tired to study for my test. What should I do?

At school, they handed out flyers with information about the Minato City's counseling services. I guess it's okay to share my feelings on the Minatokko LINE Channel.



Mina shared her current feelings on LINE.



A few days later

After exchanging messages on LINE, Mina decided to speak on the phone with a Young Carer Support Coordinator (*2).

We might be able to offer some support, so would it be okay if we spoke with your parents as well?



Young Carer Support Coordinator

After talking it over, I felt a little relieved.



I feel like my mom and dad have been smiling more lately.

I'm so glad I found the courage to talk to them that day.

*1 What is a higher brain dysfunction? It refers to a condition in which the brain has been damaged such as due to illness or a traffic accident, resulting in impaired abilities such as thinking, remembering, and controlling emotions.

*2 What is a Young Carer Support Coordinator? They receive consultation requests regarding young carers, provide appropriate support in collaboration with relevant agencies and private organizations, and raise awareness about young carers.

Minato City's Initiatives for Young Carers

Minato City's initiatives for young carers are also introduced on our website.



Taking care of household chores and looking after your family can lead to things like

becoming better at cooking,



or seeing your younger siblings happy when you read them picture books,



getting faster at cleaning,



and there are certainly things that make you happy, too.

But do you ever find yourself thinking things like this sometimes?

I just want to spend some quiet time alone.



I want to hang out with my friends after school.



Shopping and cooking feel like such a hassle.



I'm exhausted, I don't feel like doing this, it's such a hassle. It's okay to feel this way.

Could it be that I—or my friends—are young carers?

Young Carer Checklist

Could this be happening to me?



Could this be happening to a friend?



Do any of these apply to you?

- Missing school or after-school club activities, or arriving late or leaving early more often.
- Often have to leave school early because of sudden calls from family members.
- Having to do chores so can't finish homework or assignments on time.
- Often get tired and fall asleep during class.
- Have fewer opportunities to hang out with friends.
- Regularly take younger siblings to and from daycare or preschool.

Do any of these apply to a friend?

- Increased absences, tardiness, or early departures from school or after-school club activities.
- Sudden increases in early departures.
- Frequently forgetting homework or required materials.
- Often seen falling asleep during class.
- Increased instances of declining when invited to hang out.
- Often seen taking younger siblings to and from daycare or preschool.

If even one of these applies to you, why not act now and reach out for help?

Don't struggle with this alone—try talking to someone first.

Is there anything you're keeping to yourself?

I'm tired.

It's hard.



Do you ever think, “I wish things were more like this...”? There are places where you can talk to someone, besides

Why not talk to someone about it? your parents, teachers, and school counselors.

Minato City Consultation Services

- 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

* Any child under the age of 18 living in Minato City can seek counseling.



- When you want to chat with someone on LINE

Minatokko (Minato Kids) LINE Channel

* Any child under the age of 18 living in Minato City can seek counseling.

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.

Consultation Services Outside Minato City

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

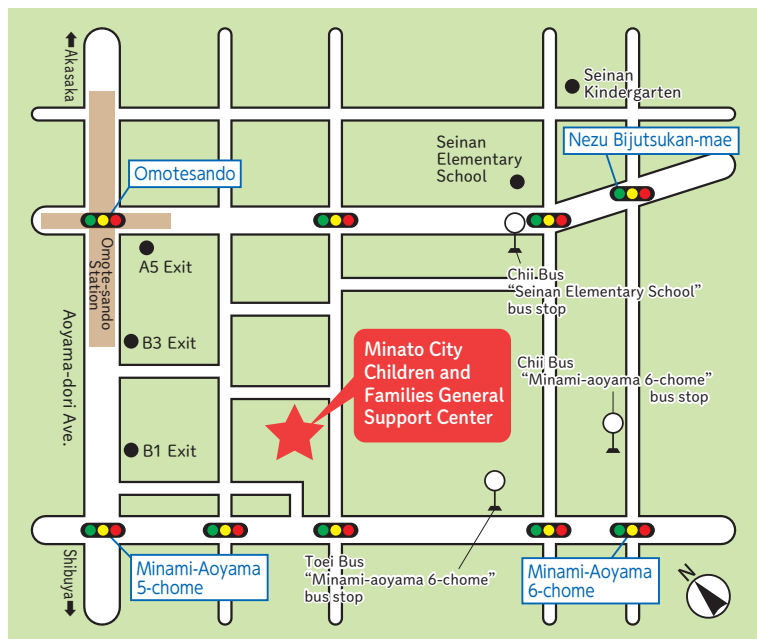
If you feel anxious about anything, you don't have to struggle alone and can always talk to someone on the phone.

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

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

- 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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Department, Children and Families Support Center
7-11 Minami-aoyama 5-chome, Minato-ku