

# Have you heard of young carers?



To help you recognize children's SOS cries for help



## 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 refers to children and young people who are deemed to be providing an excessive amount of care for family members or other daily living support.\*

\*From the Act on the Promotion of Support for the Development of Children and Young People

### 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.



# Things children do for their families

“Helping out” at home can be a good experience for a child's development.

- They become better at cooking...

- They become able to clean quickly...

- They become more caring by taking care of younger siblings...

- They become more considerate by taking care of grandparents...



But, when children start helping out every day or for extended periods, they may begin thinking...

- Shopping and cooking are such a hassle...

- I want to hang out with my friends after school...

- I just want to spend some quiet time alone...

But... I probably shouldn't be thinking like this, right?



The child might be keeping these worries all to themselves.

Furthermore, excessive burdens can have serious consequences for children.


# The Impact of Excessive Burdens on Children

Children may routinely perform household chores and family care tasks—which are typically expected to be handled by adults—beyond the scope of just “helping out.” As a result, their right to enjoy a childhood may be compromised, and their physical and mental health, as well as opportunities for further education and employment, may be adversely affected, potentially causing significant long-term consequences.

- It affects school life, such as being late for school, being unable to participate in after-school club activities, or being unable to complete homework.
- It causes physical and mental health issues, such as lack of sleep, fatigue, or low energy.
- It affects social life, such as being unable to form friendships.
- They feel a mental burden from managing the family’s finances and medication, or handling administrative procedures with government offices and schools.
- Life choices become limited—such as having to give up after-school club activities or further education—due to taking a job or part-time work to support the household.

# ✓ Checklist Do you see any of these signs?

Children who are young carers may exhibit the following behaviors:

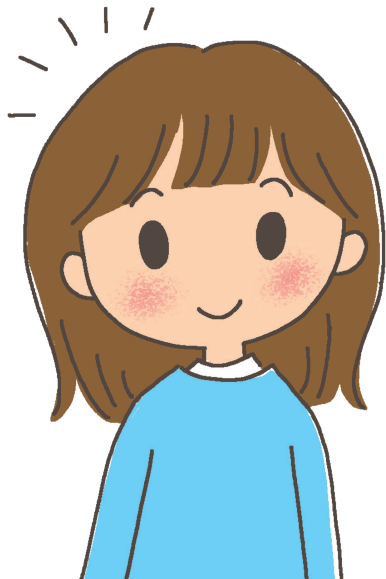
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- ✓ They are often seen shopping at the supermarket alone after school.
  - ✓ They are frequently seen providing daily care or accompaniment for family members, or looking after and taking and picking up siblings.
  - ✓ They regularly act as interpreters for family members who struggle with Japanese or have hearing impairments.
  - ✓ They are working or doing part-time jobs to help support their family.
  - ✓ They appear tired or emotionally unstable.
  - ✓ They are often seen outside of school during times when they should be in school.
  - ✓ They are frequently late or leave early.
  - ✓ They have an unkempt appearance.
  - ✓ They are routinely responsible for handling household chores such as preparing meals and doing laundry.

# To help children be children

## Let's all support them.

Some young carers haven't confided in anyone for various reasons, such as finding it difficult to talk about their family matters.

It's important for those around them to be aware of the situation and reach out, so that these young carers can feel, "I'm not alone" and "It's okay to rely on someone."

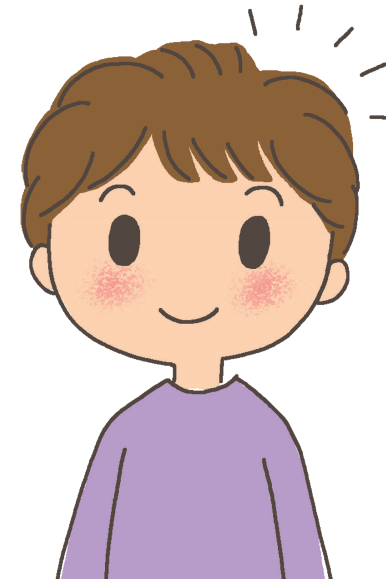


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## If you notice a child who might be a young carer, it's fine to just say hello at first.

Once you've gotten to know them a little, tell them, "If you're ever having trouble with anything, please let me know."

If they don't want to talk, there's no need to press them. Just knowing that "someone cares about me" can provide a sense of relief.



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Let's all support them

# Information on consultation services

If you think a child might be a young carer... Please feel

free to contact the consultation services listed below.

## 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**

\* Anyone living in Minato City who is under 18, or a parent or guardian of a child under 18 (including those who are pregnant), is welcome to seek counseling.



## 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

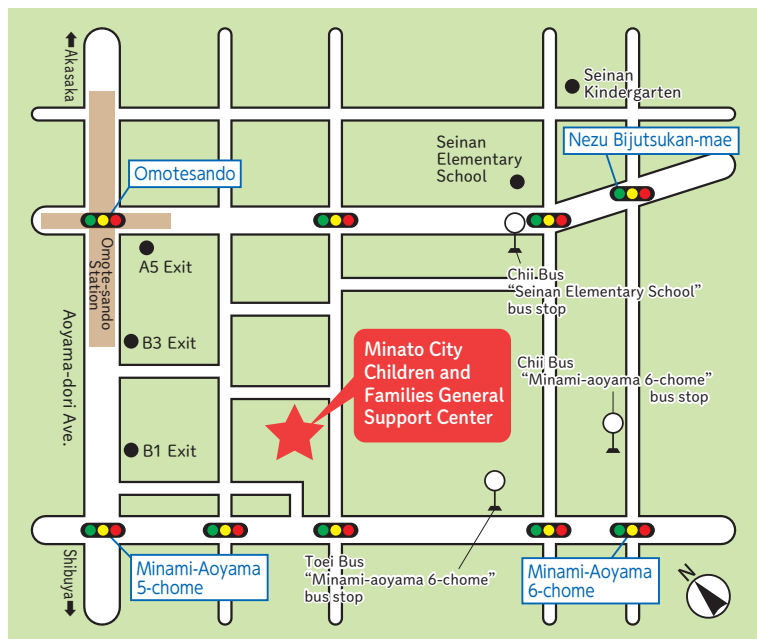
This is a nationwide SOS hotline operated by prefectural and designated city boards of education, where children, parents, and guardians can seek advice 24 hours a day—including nights and holidays—regarding any child-related emergencies.

 **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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