

Action for Children's Future

2024

For Junior and
High School Students



TOKYO
METROPOLITAN
GOVERNMENT

Tokyo Metropolitan Government will create the society filled with children's smiles.

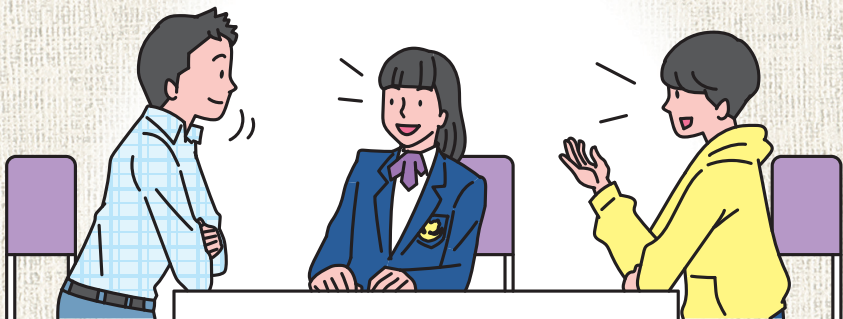
Children can grow up healthily and in their own way.
We will think about what is the best for children with them.

People in the whole society value children.
We will enhance the feeling of “valuing children” in the entire society.

People can raise children without anxiety.
We will continue to support child-rearing generation.



We will value the views of children as the main characters.



We listen to children's views at their familiar place.



We collect views of junior high school and high school students by making use of SNS.



We ask for the publicly selected monitors to reply to web surveys on the initiatives promoted by the Tokyo Metropolitan Government.

The staff members of the Tokyo Metropolitan Government will visit junior high schools and high schools to provide lectures on policies for children.



Let's learn about the Tokyo Metropolitan Government Basic Ordinance on Children.

Children are members of society. Children have a number of rights just as adults do, and some of them are enjoyed by children only. **The Tokyo Metropolitan Government Basic Ordinance on Children** was created to ensure that children's rights are respected and all of you can live happily.

Children are irreplaceable beings and main characters of rights.	Children have their own rights, which all people have as natural rights. Children's rights should be respected.
Children's happiness should be prioritized.	Adults will put the best interests of children first.
Children's views should be respected.	Children's views are valuable and precious. Adults will deal with children's views properly.

We will connect children's views and thoughts with our future actions

Views on learning environments

We would like to have more lessons where we can interact with people from overseas.

It is difficult for me to consult with my parent (s) about money.

We would like to work overseas by engaging in work using English.

As I cannot understand Japanese, I'm left alone at school.

I hope that the system will be the one where I can choose the place most suitable for me, be it a school or a free school.

Action for the Future

We will support learning in accordance with students' individual circumstances.



Views on consulting troubles

There are some troubles that I cannot tell to people close to me or the ones that I know.

Although I feel uncomfortable in talking on the phone, I can take counsel more easily via LINE.

Just having someone listen to and understand my anxieties may be helpful for me.

Action for the Future

We will enable children to take counsel freely when they are in trouble by various methods (SNS/telephone/face-to-face talk).

Views on playgrounds and third places

While some children go to paid gymnasium and family restaurants, I don't have enough money to pay for them.

I hope that children's views should be reflected in creating their third places.

If "Community Kitchen for Children" disappears, I would have no third place.

Action for the Future

We will increase local playgrounds and third places where children can feel free to drop by.

The ideas on social issues thought by all of us can be distributed.

Toward the society where children are valued.



Kodomo Ambassador
Ms. Kirari Murayama▶



We will provide support for children's smiles across society.

We will support to resolve children's anxieties and concerns.

Children can take counsel easily in various methods through SNS or telephone.

There are persons or places that children can count on when they are in trouble.

Children can have various third places other than in school and at home.



We will realize the city filled with children's smiles.

No need to worry about their body and health conditions alone.

Children can take on challenges proactively, being protected from accidents.

We will support child-rearing generation.

Children can learn without worrying about money and go on to the next stage of education.



We will support children's learning.

Children can have more opportunities to study abroad and to interact with students in overseas schools.

Children can engage in studies that they are good at.

Children can learn state-of-the-art digital technologies.



No need to worry about their body and health conditions alone.

Youth Healthcare

We will resolve “what should I do?” or “I’m in trouble” of adolescent children who face various changes in their mind and bodies and tend to have anxieties and concerns, and support “current” and “future” health management.

Learning

Special lectures by an obstetrician.

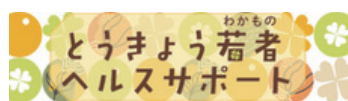
Information distribution

Webpage “TOKYO YOUTH HEALTHCARE” etc.

Consultation/Receiving Medical Examination

Tokyo Youth Health Support (WAKASAPO*)
Specialized counselling by a school doctor as an obstetrician.

*WAKASAPPO



- A specialist such as a nurse etc. respond to health problems peculiar to adolescence including sex.
- Children can take counsel anonymously.



TOKYO YOUTH HEALTHCARE

— Website for health and medical treatment from **their teen years** —

We will help solve children’s anxieties and concerns on sex, their mind and bodies which they can hardly talk or ask about.










Main features

- We distribute the articles of the issues **related to health of youths or the subjects according to anxieties and interests of youths.**
- Children can **search for consultation service for youths by the Tokyo Metropolitan Government.**
- There are three contents.
 - “SOS” that is helpful when children are in trouble.
 - “Story” from which children can learn about health care with characters.
 - “Interview” as a conversation with an influencer.



▲ Akari and Hiroto as main characters, Mokofuka as a guide

Children can search for the articles from nine categories.

 <p>About children's bodies Secondary sexual character, lifestyle habit etc.</p>	 <p>About nutrition Eating disorder, overeating, refusal to eat etc.</p>	 <p>About love affairs Building equal relationships, dating abuse etc.</p>
 <p>About sex Pregnancy, birth control, sexual disease, diversity of gender etc.</p>	 <p>About mind Mental health, depression etc.</p>	 <p>About violence Gender-based violence, abuse etc.</p>
 <p>About alcohol and drugs etc. Over-the-counter medicines, caffeine etc.</p>	 <p>About injuries etc. Unexpected accidents, injuries, disabilities etc.</p>	 <p>Others Human relationships, SNS etc.</p>

URL: <https://www.youth-healthcare.metro.tokyo.lg.jp/>

TOKYO YOUTH HEALTHCARE



Also accessible from two-dimensional barcode▶



Children can take on challenges proactively, being protected from accidents.

Creation of circumstances to protect children from accidents.

Various kinds of accidents have occurred in school or while on the go. The Tokyo Metropolitan Government is engaged in creating environments which hardly cause accidents of children.



▲Prof. KAERU

What can we do stop accidents?

For example, when children play in rivers, “changing” from “not wearing a life jacket” to “wearing one” saves you from drowning.

Things we want to change.

Drowning in river

Things we can't change.

Flow and depth of the river

What we can change

- Wear a life jacket.
- Wear water shoes.
- Don't go near a river without an adult.



Injuries can be stopped by “changing” things. That's why it's important to think about “what you can change”.

Case study

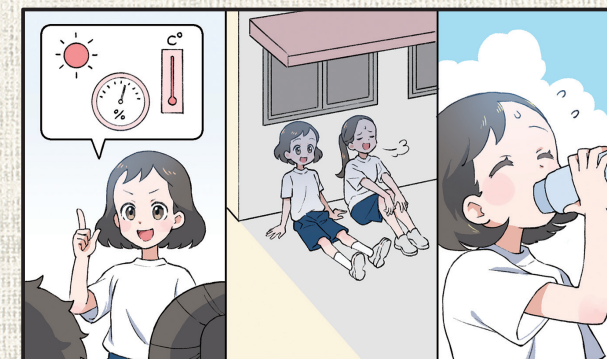
Heat stroke

What should we change?

Let's think how to prevent heat stroke.



Let's make changes starting from here



- Wearing breathable clothing.
- Avoiding direct sunlight with a hat.
- Checking the latest heat index.
- Taking frequent water breaks and salt supplements.
- Not pushing yourself.

Besides, there are the following accidents...”Indoor exercise”

Indoor facilities, such as gymnasiums, are dangerous, too. Even when not in direct sunlight, heat stroke can occur due to a room's high temperature and humidity. Before it becomes too unbearable, find a cool area to rest

Let's think about prevention of accidents together.



Child Injury Prevention Handbook.