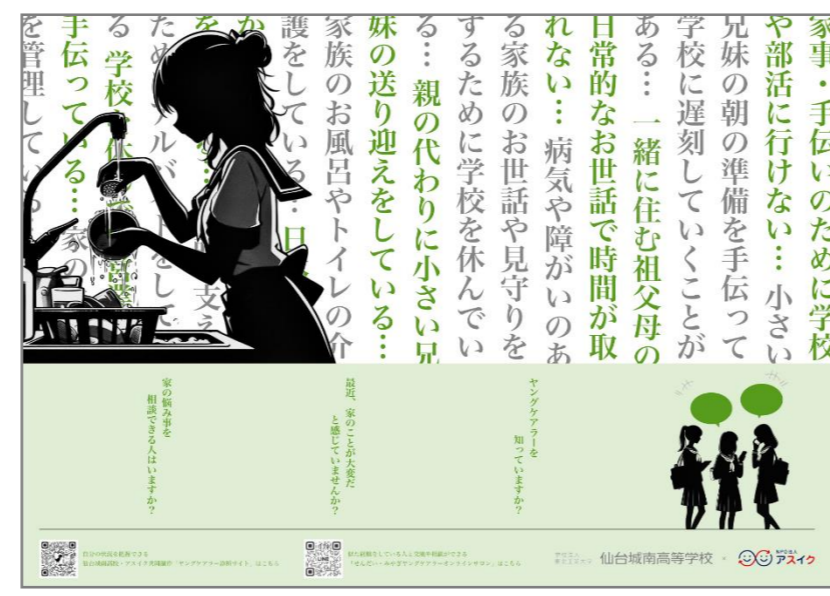
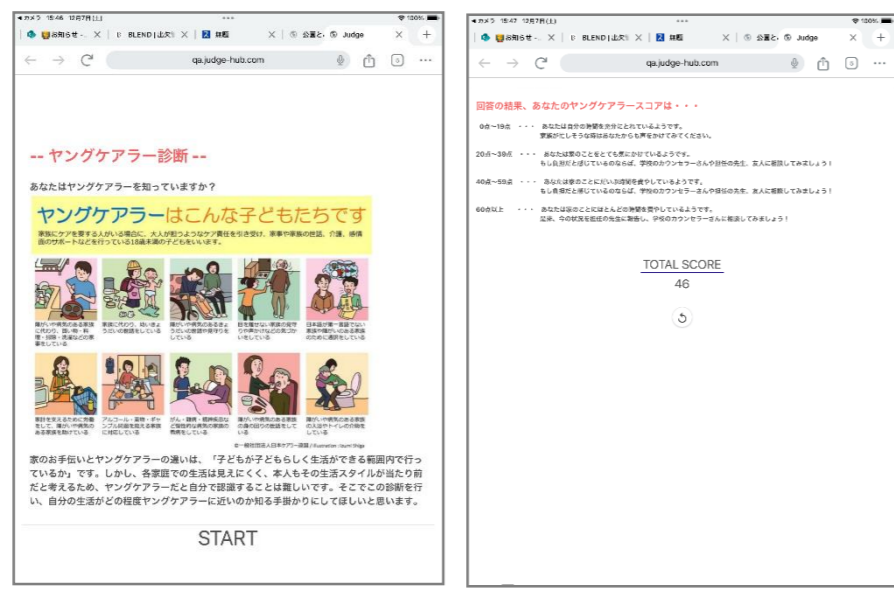
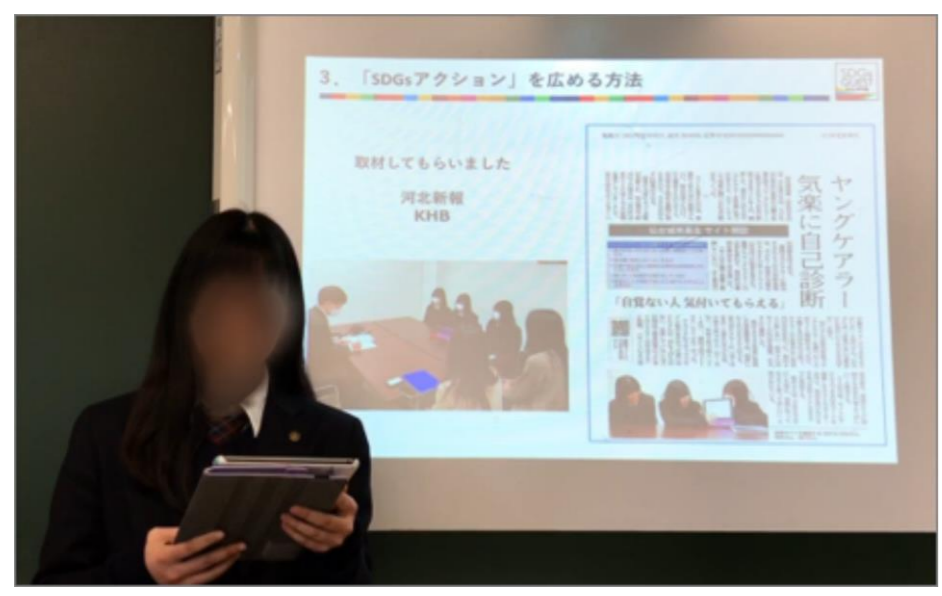


## Introduction

### 【How we started our activities】

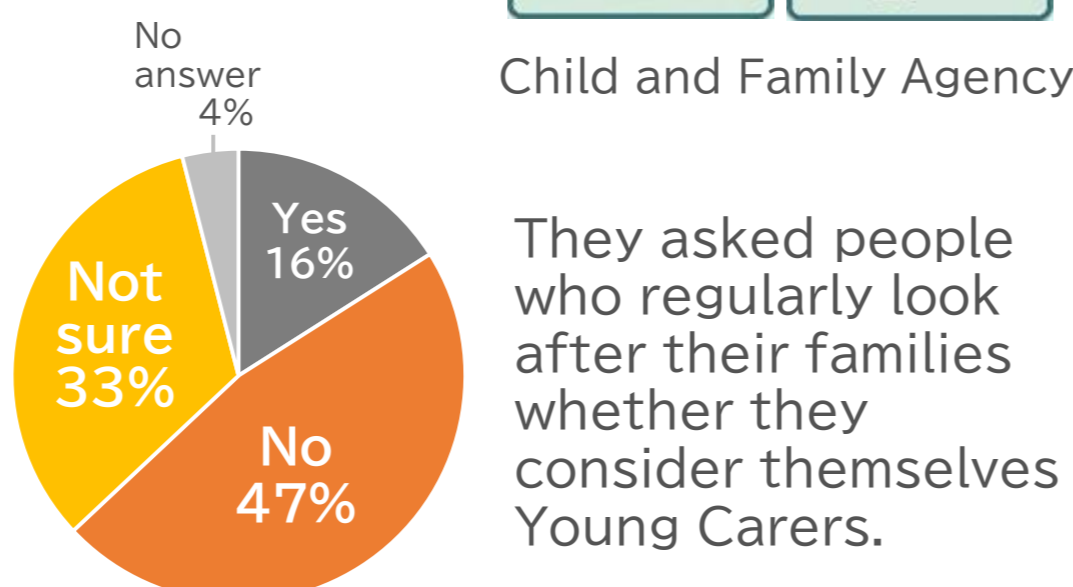
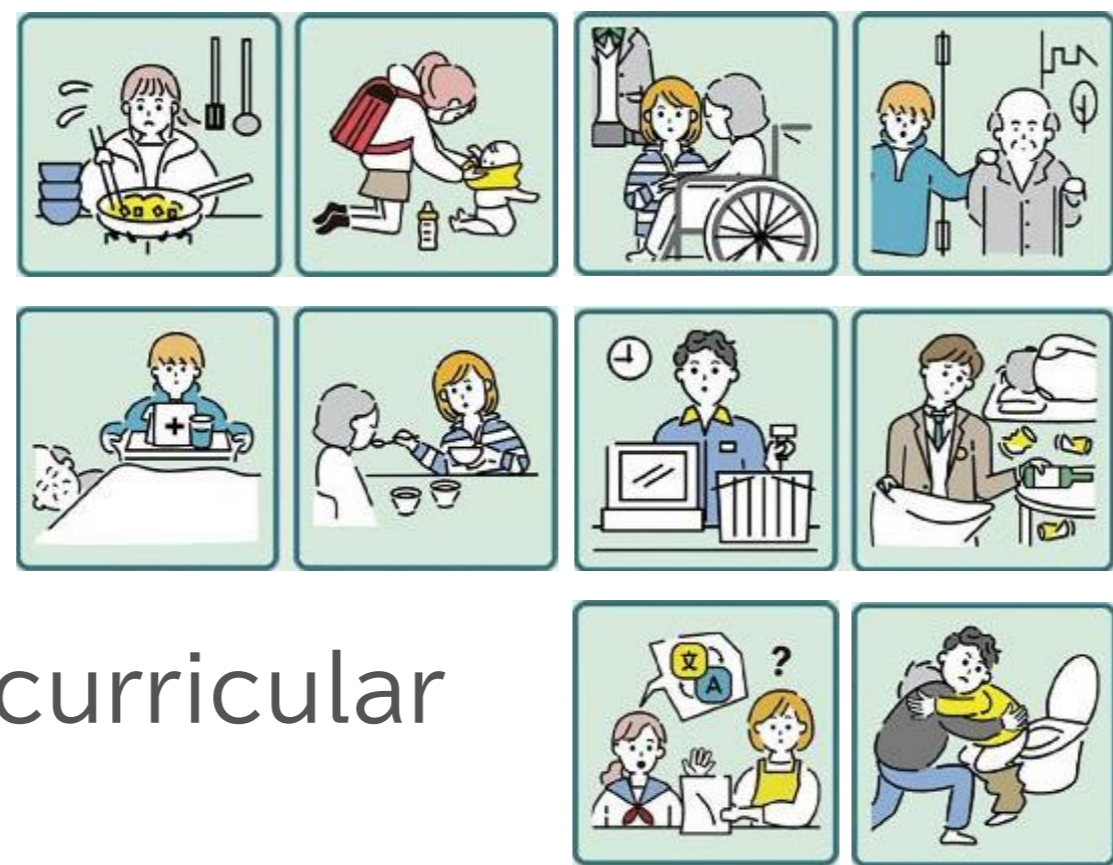
- To carry on the research of our seniors.



- To build a place where children feel safe to seek advice.
- To support those who stay silent and don't realize they are Young Carers.

### 【What is a Young Carer?】

- Children under 18 taking on adult-like responsibilities, such as household tasks and family care.
- Caregiving and housework can hinder their studies, extra-curricular activities, and future hopes.
- Young Carers are often unaware they are Young Carers. And even if they are aware of it, it is difficult to talk to those around them.



## Conclusion

### 【Through activities】

- We deepened our understanding of Young Carers by teaching junior high students.
- We realized even high school students can lead educational activities.

### 【Next】

- Hold more classes in various locations.
- Continue raising awareness about Young Carers.

## Proposals for the future

### 【 Proposal 1 】

Incorporate lessons on Young Carers into junior high and high school curriculum.



Raise awareness and establish Young Carers as general knowledge.

### 【 Proposal 2 】

Create a support community led by high school students.



Make it easier for Young Carers to seek advice. Connect Young Carers with support groups.

## Activities and Achievements

### 【 Activity 1 Interview 】

Interviewing NPO Asuiku about the situation and challenges Young Carers face.



### 【 Achievement 1 】

What we learned about Young Carers helped us reflect on their needs and consider future support measures.

Doing housework is not bad in itself, so avoid dismissive expressions about being a Young Carer.



### 【 Activity 2 The Class 】

Teaching a lesson to junior high school students. Lesson Content

#### Introduction

Introduced Young Carers and their challenges.

#### Awareness

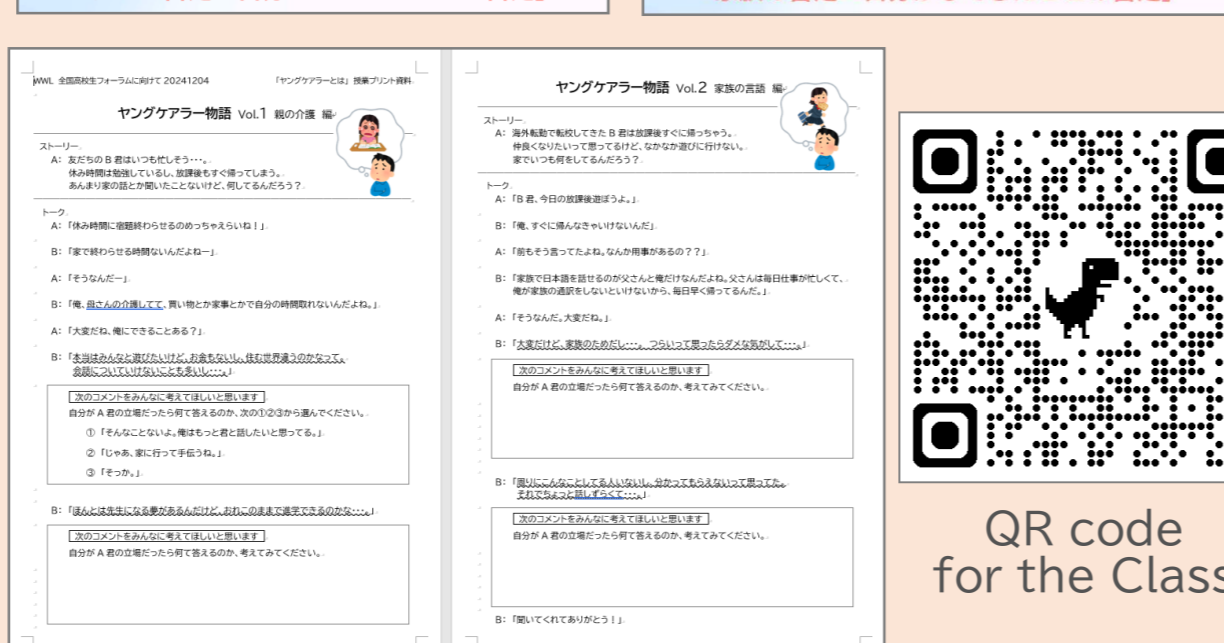
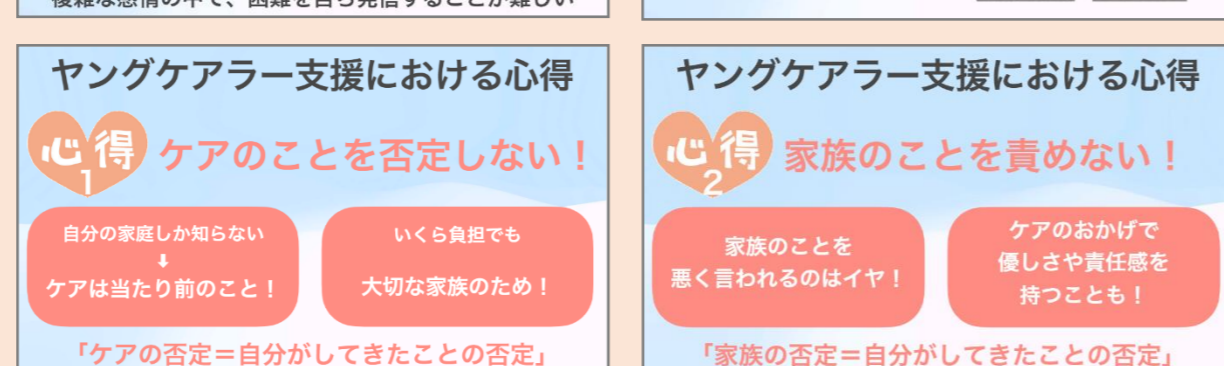
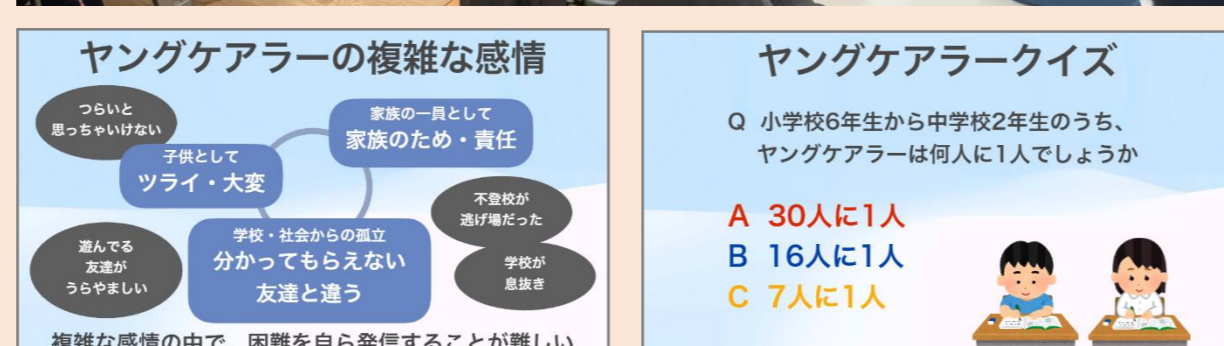
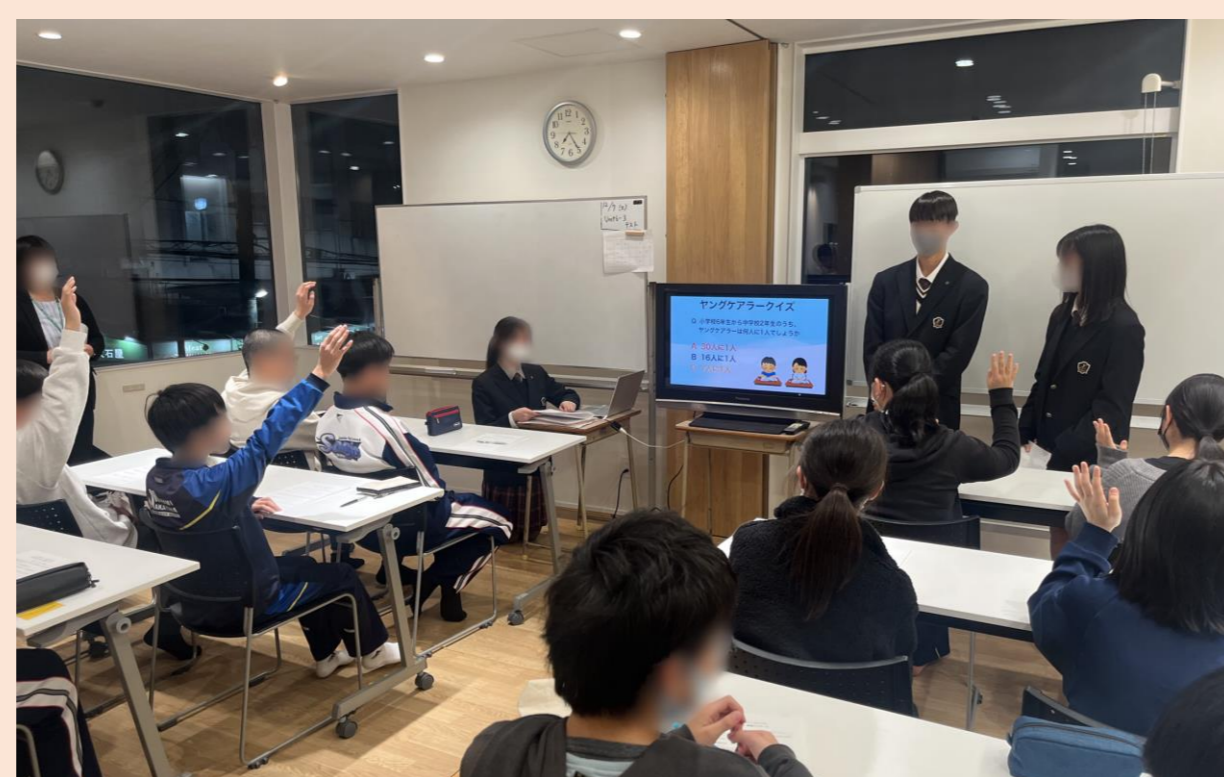
Used a questionnaire to show relevance.

#### Support Tips

Shared support methods through a quiz.

#### Role-Play

Students participated in role-play.

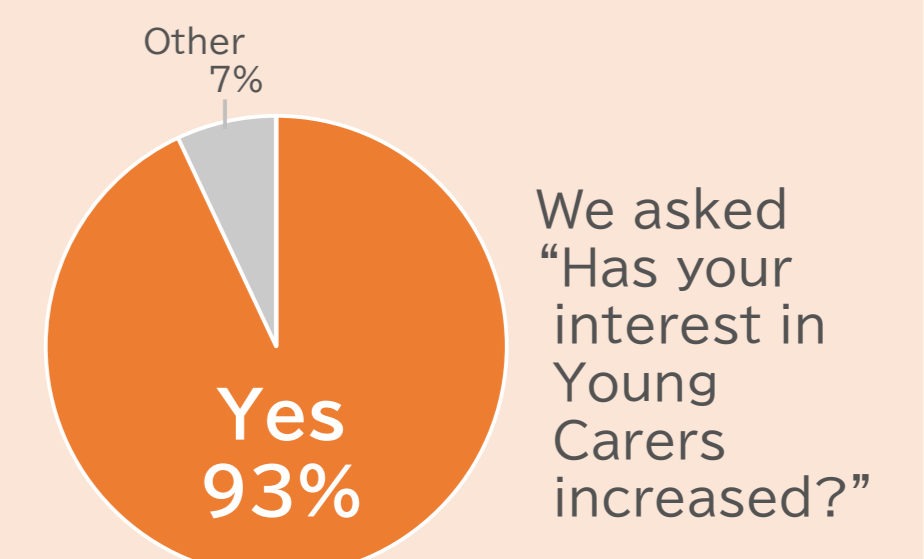


### 【 Achievement 2 】

We helped junior high school students understand about Young Carers and increased their awareness of the issue.



I am glad to learn how to talk to people who might be Young Carers.



The class was interesting because it was taught by high school students, offering ideas unique to their perspective.

## Special Thanks

