

**Do you have
enough free time
for yourself?**

《Young carer》

- a child under 18
- taking care of their families



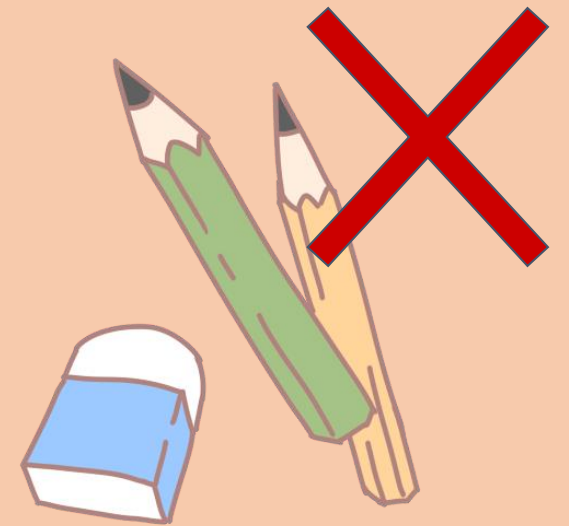
《What happens to young carers》

- Cannot go to school regularly

- Have no time for themselves

- Difficult to care for

their own physical and mental health



《Current Situation》

Young carers

- **not aware** that they are young carers
- **distrust adults**
- **don't know** **how to ask for help**

《Current Situation》

People around them

don't know...

- **existence** of young carers
- **how to help** them

**2 students
in each class of 35**

**How can we improve
the situation?**

Study1 A good example of the **U.K.**

- workshop for teachers and social workers
- space for young carers
- special events (trip to zoo)

**Strong
connection**

Schools and NGO



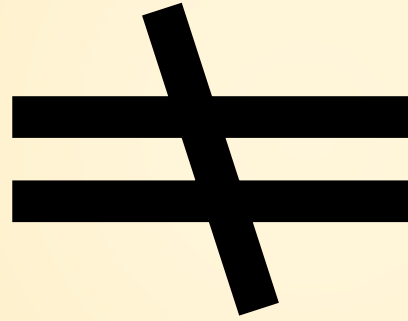
Study2

Interview with Carers Japan

- appeal to the government
- running carers' cafes
- introducing peer support groups



Young carers



**Unfortunate person
Pitiful person**

What they want is ...

Understanding and respect

Study 3

Interview with a **School Social Worker**

Volunteers NGOs

Public Health Center

After School Daycares

Child Consultation Centers

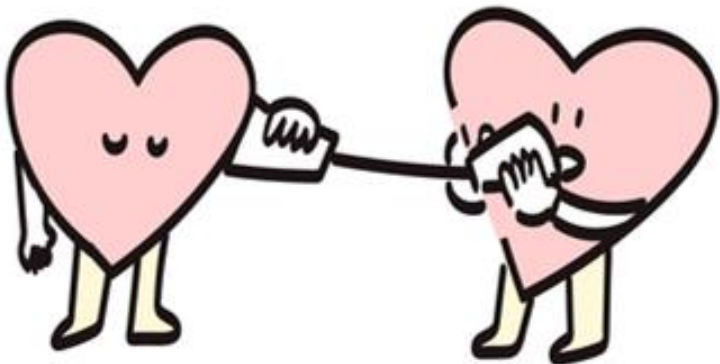
School Counsellors

Young
careers

① Listen with respect, not with pity

Direct approach to young carers.

They **need someone** who listen to them.



Listen for the SOS sign

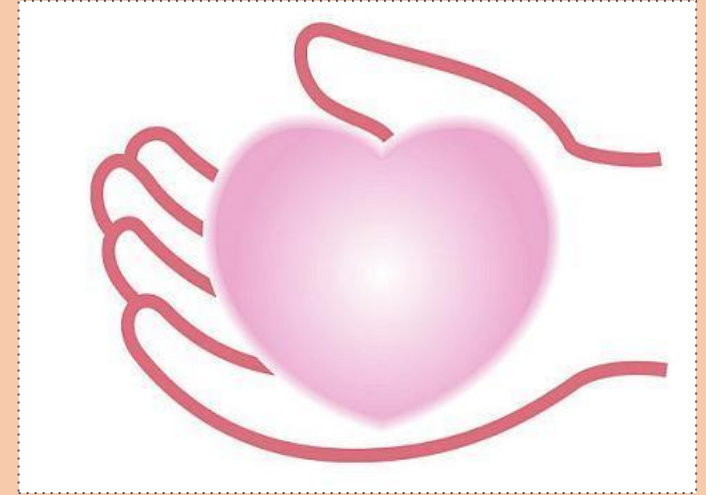
② Connect



- Volunteers NGOs.
- Child Consultation Centers
- Welfare Commissioners
- School Counsellors
- Public Health Center
- After School Daycares

Pass their SOS to trustable adults

③ Learn and Inform



Keep learning

the problems of young carers

what we can do to help

Tell other people about problems

with respect to each young carer

Thank you for listening

澁谷智子 2018「ヤングケアラー介護を担う子ども・若者の現実」 中公新書

澁谷智子 2020「ヤングケアラーわたしの語り」 生活書院

日本ケアラー連盟 <https://carersjapan.jimdofree.com/>

厚生労働省 <https://www.mhlw.go.jp/stf/young-carer.html>

NHK <https://www.nhk.or.jp/shutoken/yc/>