

# Hiroshima Prefecture Survey of Children's Lifestyles

## 【 For junior high school students 】

- This is a survey conducted by Hiroshima Prefecture to assess the living conditions of children in Hiroshima Prefecture.
- Please answer this survey on your own. You do not need to show it to anyone at home or your school teacher, so feel free to answer confidently.
- Do not write your name.
- Write your own thoughts and answers. There are no right or wrong answers.
- This survey form will be used only for the purpose of the survey. Additionally, as you do not write your name on this survey, your responses will remain anonymous.
- Please indicate your answer by circling the corresponding number.
- Please follow the instructions provided at the end of the questionnaire, such as "Circle one" or "Circle all applicable items."
- After completing the survey form, please place it in a yellow envelope and securely seal it with tape. Then, place the red envelope together with your family's envelope into a larger envelope, following the instructions given by your teacher.
- Please respond **by Monday, July 10, 2023.**
- If you have any questions regarding the survey, please contact us:

(Contact information)

Hiroshima Prefecture Children's Future Support Division

(9:00 - 17:00 except Saturdays, Sundays and national holidays)

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E-mail: [fukodomo@pref.hiroshima.lg.jp](mailto:fukodomo@pref.hiroshima.lg.jp)

We appreciate  
your cooperation!



**Q1** Please provide your gender. (Circle one)

- |  |
|--|
| <p>1 Male</p> <p>2 Female</p> <p>3 Other/ Prefer not to answer</p> |
|--|

**Q2** How do you study outside of regular school classes?

"Studying outside of regular school" also includes homework.

(For 1 to 8, circle all applicable items)

- |   |
|---|
| <p>1 Study by myself</p> <p>2 Study at a cram school</p> <p>3 Attend school supplementary lessons</p> <p>4 Receive instruction from a private tutor</p> <p>5 Participate in free study sessions organized by the community residents</p> <p>6 Receive instruction from family members</p> <p>7 Study with friends</p> <p>8 Other</p> <p>9 Don't study outside of regular school classes</p> |
|---|

**Q3** How much time do you typically spend studying per day outside of regular school classes?

\*This includes time spent on homework and studying at cram schools, among others.

(Circle one option that applies for each of the choices a and b)

	None at all	Less than 30 minutes	30 minutes or more, but less than 1 hour	1 hour or more, but less than 2 hours	2 hours or more, but less than 3 hours	More than 3 hours
a) School days (Monday to Friday)	1	2	3	4	5	6
b) Non-school days (Saturday, Sunday, and public holidays)	1	2	3	4	5	6

**Q4** Would you assess your academic performance compared to your classmates? (Circle one)

- 1 Above average
- 2 Slightly above average
- 3 Average
- 4 Slightly below average
- 5 Below average
- 6 Not sure

**Q5** Do you have difficulty understanding your school lessons? (Circle one)

- 1 Always understand
  - 2 Mostly understand
  - 3 Sometimes don't understand depending on the subject
  - 4 Often don't understand
  - 5 Hardly understand
- } → Go to Q7.
- |

**Q6** To those who selected "3 Sometimes don't understand depending on the subject" "4 Often don't understand" "5 Hardly understand" on the previous question, at what grade level did you start experiencing difficulty understanding your school lessons?"  
(Circle one)

- 1 Around 1st or 2nd grade of elementary school
- 2 Around 3rd or 4th grade of elementary school
- 3 Around 5th or 6th grade of elementary school
- 4 Around 1st grade of junior high school
- 5 After becoming a 2nd grader of junior high school

**Q7** In the future, which school would you like to pursue as your final educational goal?

(Circle one)

1	Junior high school
2	Junior high school, High school
3	Junior high school, High school, Technical college
4	Junior high school, 5-year technical college
5	Junior high school, High school, Junior college
6	Junior high school, High school (or 5-year technical college), University
7	Junior high school, High school (or 5-year technical college), University, Graduate school
8	Other
9	Not sure yet      ➔ <b>Go to Q9.</b>

**Q8** If you selected 1-8 in the previous question, what is the reason?

(For 1 to 8, circle all that apply)

1	Because of the desire to pursue a specific school or profession in the future
2	Because of past academic performance
3	Because of parental desires
4	Because of siblings having done so
5	Because of seniors or friends having done so
6	Because of financial reasons at home
7	Because of the need to start working early
8	Other
9	No specific reason

**Q9** Do you participate in any local sports clubs, cultural clubs, or school club activities?

(Circle one)

<p>1 Yes, I participate → <b>Go to Q11.</b></p> <p>2 No, I do not participate</p>
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**Q10** If you selected "2. No, I do not participate" in the previous question, what is the reason?

(Circle all applicable items)

<p>1 Because of the lack of any interesting clubs</p> <p>2 Because of my busy schedule with cram school or extracurricular lessons</p> <p>3 Because of the expense</p> <p>4 Because of family circumstances (taking care of family, household chores, etc.)</p> <p>5 Because of the absence of any friends participating</p> <p>6 Other</p>
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**Q11** How often do you have meals in a week?

(Circle one option that applies for each of the choices a through c)

	Every day (7 days a week)	5-6 days a week	3-4 days a week	Almost never 1-2 days a week/
a) Breakfast	1	2	3	4
b) Dinner	1	2	3	4
c) Lunch during periods such as summer vacation or winter vacation	1	2	3	4

**Q12** Do you usually go to bed at around the same time from Monday to Friday?

(Circle one)

1	Yes
2	Mostly
3	Not so much
4	No

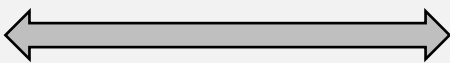
**Q13** Who do you think you can consult with when you have difficulties or worries?

(For 1 to 9, circle all that apply)

1	Parents
2	Siblings
3	Grandparents
4	School teachers
5	School friends
6	Friends outside of school
7	School counselors, school social workers, etc.
8	Other adults (teachers for cram school or extracurricular activities, people in the community, etc.)
9	People I met online
10	Can't consult with anyone, don't want to consult with anyone

**Q14** Overall, how satisfied are you with life these days? Please answer with a number from "0" (Not at all satisfied) to "10" (Fully satisfied).

(Circle one)

0 : Not at all satisfied							10 : Fully satisfied			
0	1	2	3	4	5	6	7	8	9	10

**Q15** For each of the following questions, please choose "1 Not applicable," "2 Fairly applicable," or "3 Applicable". Even if you are not confident in your answers or find a question irrelevant, please answer all the questions based on your experiences in the past six months. (Circle one option that applies for each of the choices a through o)

	Not applicable	Fairly applicable	Applicable
a) I try to be kind to others, and I often consider the feelings of others well	1	2	3
b) I frequently experience headaches, stomachaches, or feeling unwell	1	2	3
c) I often share things (food, games, pens, etc.) with other children	1	2	3
d) I am usually alone, and I usually play alone or avoid interacting with people	1	2	3
e) I worry a lot and often feel anxious	1	2	3
f) I willingly help when someone is upset, feeling down, or having a hard time	1	2	3
g) I have at least one good friend	1	2	3
h) I often feel down, sink into sadness, or become teary-eyed	1	2	3
i) I am frequently preferred by children who are approximately the same age	1	2	3
j) I get anxious and lose confidence when facing new situations	1	2	3
k) I am kind to younger children	1	2	3
l) I have been bullied or teased by other children	1	2	3
m) I willingly offer help (to parents, teachers, other children, etc.)	1	2	3
n) I get along better with adults than with children	1	2	3
o) I am easily frightened or scared	1	2	3

**Q16** How has your life changed before the COVID-19 pandemic (when you were in 4th grade in elementary school) and during the COVID-19 pandemic (when you were in 5th grade in elementary school to 1st grade in junior high school)?

(Circle one option that applies for each of the choices a through m)

	Increased	Decreased	Remained the same
a) Time spent studying outside of school hours	1	2	3
b) Experiencing difficulty understanding school lessons	1	2	3
c) Number of times participating in community club activities or school club activities	1	2	3
d) Frequency of skipping meals	1	2	3
e) Frequency of staying up late at night	1	2	3
f) Talking with friends or adults other than parents	1	2	3
g) Seeing the actual faces (without wearing masks) of adults and friends other than parents	1	2	3
h) Feeling frustrated, anxious, or depressed	1	2	3
i) Frequency of dining out with family	1	2	3
j) Frequency of family trips	1	2	3
k) Frequency of engaging in outdoor leisure activities (camping, barbecues, watching sports, beach visits, etc.)	1	2	3
l) Frequency of visiting indoor facilities (movies, aquariums, museums, art galleries, etc.)	1	2	3
m) Time spent with family at home	1	2	3



**Q17** How has your life changed during the COVID-19 pandemic (when you were in 5th grade in elementary school to 1st grade in junior high school) and currently in your daily life?

(Circle one option that applies for each of the choices a through m)

	Increased	Decreased	Remained the same
a) Time spent studying outside of school hours	1	2	3
b) Experiencing difficulty understanding school lessons	1	2	3
c) Number of times participating in community club activities or school club activities	1	2	3
d) Frequency of skipping meals	1	2	3
e) Frequency of staying up late at night	1	2	3
f) Talking with friends or adults other than parents	1	2	3
g) Seeing the actual faces (without wearing masks) of adults and friends other than parents	1	2	3
h) Feeling frustrated, anxious, or depressed	1	2	3
i) Frequency of dining out with family	1	2	3
j) Frequency of family trips	1	2	3
k) Frequency of engaging in outdoor leisure activities (camping, barbecues, watching sports, beach visits, etc.)	1	2	3
l) Frequency of visiting indoor facilities (movies, aquariums, museums, art galleries, etc.)	1	2	3
m) Time spent with family at home	1	2	3

**Q18** Have you ever experienced any of the following problems (a through h)? Please answer **the number of times** it applies to you. (Circle one from 0 to 8 for the number you have experienced)

- a Frequently experiencing being insulted, criticized, and humiliated by the adult I live with, or feel in danger of being physically harmed by the adult I live with
- b Frequently experiencing actions from the adults I live with such as being pushed, grabbed, hit, or having objects thrown at me. Or having been physically beaten to the extent of getting injured at least once by the adult I live with
- c Feeling unloved, unvalued, or unsupported by any member of my family
- d Not being provided with necessary meals or clothing, or feeling that there is no one to protect me
- e Having experienced parental separation or divorce at least once
- f The family member I live with has often been pushed, grabbed, or kicked by someone. Or the family member I live with has been hit repeatedly or intimidated with a knife by someone at least once
- g Someone I live with has engaged in behaviors that put their own lives and relationships at risk, such as consuming alcohol or using drugs
- h Someone I live with has depression, other mental illnesses, or has attempted suicide

0	None of the above (0)
1	One (1)
2	Two (2)
3	Three (3)
4	Four (4)
5	Five (5)
6	Six (6)
7	Seven (7)
8	All of the above (8)

\*If you are feeling distressed due to the above situations, please consider reaching out for support. You can consult with your school's counselor or contact the following resources:

- LINE Account "Kokoro no Line Sodan" @ Hiroshima-ken ●Young Telephone Hiroshima (082-228-3993)
- "Childline" (0120-99-7777)      ●24-hour Children's SOS Dial (0120-0-78310)

**Q19** Have you ever used the following places or facilities, as described in options a) to d)? If you haven't used them, would you be interested in using them in the future?

(Circle one option that applies for each of the choices a through d)

	Used before	Have never used		
		Would like to use it if available	Do not want to use it in the future	Uncertain if I want to use it in the future
a) (Excluding own home and friends' homes) Facilities where children can spend weekday evenings or weekends holidays (e.g., facilities for studying, such as community centers or libraries)	1	2	3	4
b) (Excluding own home and friends' homes) Places where children can eat dinner free of charge or at a low price (e.g., children's cafeterias)	1	2	3	4
c) Places where children can receive free study support	1	2	3	4
d) (Excluding own home and school) Places where children can seek advice or consultation on any matter (including telephone and Internet consultations)	1	2	3	4



**Q20** For those who answered "1 Used before" to any of the previous questions (a-d), have you experienced any of the following changes as a result?"

(For 1 to 8, circle all that apply)

- |   |  |
|---|--|
| 1 | Increased number of friends                        |
| 2 | Increased number of approachable adults to talk to |
| 3 | Increased enjoyment in daily life                  |
| 4 | Increased moments of relief                        |
| 5 | Increased access to nutritious meals               |
| 6 | Improved understanding of studies                  |
| 7 | Increased study time                               |
| 8 | Other  |
| 9 | No significant changes                             |

**Q21** Have you heard of the term "Young Carer"? (Circle one)

\*The term "Young Carer" refers to a child under the age of 18 who is believed to have their rights not safeguarded due to regularly performing tasks such as household chores and taking care of family members, preventing them from doing things they want to do.

- 1 Yes, I have heard of it and know its meaning
- 2 Yes, I have heard of it, but I'm not familiar with its meaning
- 3 No, I have not heard of it

**Q22** Do you think you fit the description of a "Young Carer"? (Circle one)

- 1 Yes, I do
- 2 No, I don't
- 3 I'm not sure

**Q23** Do you provide care\* for someone in your family? If so, who are you taking care of?

(For 2 to 7, circle all that apply)

\*In this question, "care" refers to household chores and family care that is usually done by an adult.

- 1 I don't provide care for anyone
- 2 I provide care for my mother
- 3 I provide care for my father
- 4 I provide care for my grandmother
- 5 I provide care for my grandfather
- 6 I provide care for my sibling(s)
- 7 I provide care for other family member(s)

**Q24** What are the specific policies concerning children in Hiroshima Prefecture that you believe Hiroshima Prefecture should prioritize and make a special effort to implement? (Please circle the top 3 choices from 1 to 10. If you choose 11, circle only 11.)

<p>1 Improvement of the education and care of children from age 0 to pre-primary school age (e.g.) High quality education in kindergartens, nursery schools, certified child day care center, etc.</p> <p>2 Providing students with the knowledge they need to be active in society for the future when they are students in elementary, junior high school, and high school (e.g.) • Consolidation of fundamental academic abilities • Outside of simply studying, fostering critical thinking, expressive abilities, and communication skills, etc.</p> <p>3 Improvement of support for families raising children from pregnancy (e.g.) • Providing accessible consultation services for pregnancy and child-rearing matters • Improving medical facilities such as maternity and pediatric care, etc.</p> <p>4 Enhancing the availability of safe places outside of home and school for children to spend their time (e.g.) Expanding childcare facilities, after-school clubs, etc.</p> <p>5 Creating a work environment that facilitates balancing parenting and work responsibilities (e.g.) • Promoting parental leave and childcare holidays • Work from home using a computer or other ways of working that make the best use of time and place</p> <p>6 Ensuring a child- and child-rearing-friendly living environment and maintaining a safe and secure environment (e.g.) • Increasing the number of stores and facilities that are easily accessible for families with children, providing services such as nursing rooms and free services for children • Barrier-free facilities in parks and public transportation (smooth movement for children and ease of use for all types of people) • Education for children on disaster prevention, crime prevention, and traffic safety, etc.</p> <p>7 Prevention of child abuse (physical punishment, verbal abuse, neglect, etc.)</p> <p>8 Support for children who cannot live with their families (e.g.) • Acceptance at facilities and support for independence after discharge • Increasing the number of foster parents (<i>sato-oya</i>) / Increasing the number of family homes *The family home is defined by the Japanese welfare system as a foster home where 5-6 children are raised by foster parents (<i>sato-oya</i>)</p> <p>9 Support for children of single-parent families and single-parent families (e.g.) Support for parental employment (finding jobs), child-rearing, arrangements regarding child-support payments/<i>yoiku-hi</i> and visitation</p> <p>10 Support for children with disabilities and their families (e.g.) • providing medical and welfare services tailored to the type and severity of disabilities • Learning support and improvement of the learning environment for independence and social participation after graduation</p> <p>11 I do not know</p>
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**Q25** If you selected 1-10 in the previous question, please write the corresponding reasons. If you don't have a specific reason, there is no need to mention it.

Selected number	Reasons (please specify freely)

**This is the end of the questions. Thank you for your cooperation.**