

National Online Survey of Children's Well-being  
During the COVID-19 Pandemic in Japan



**CORONA-CODOMO** Survey

Part 3

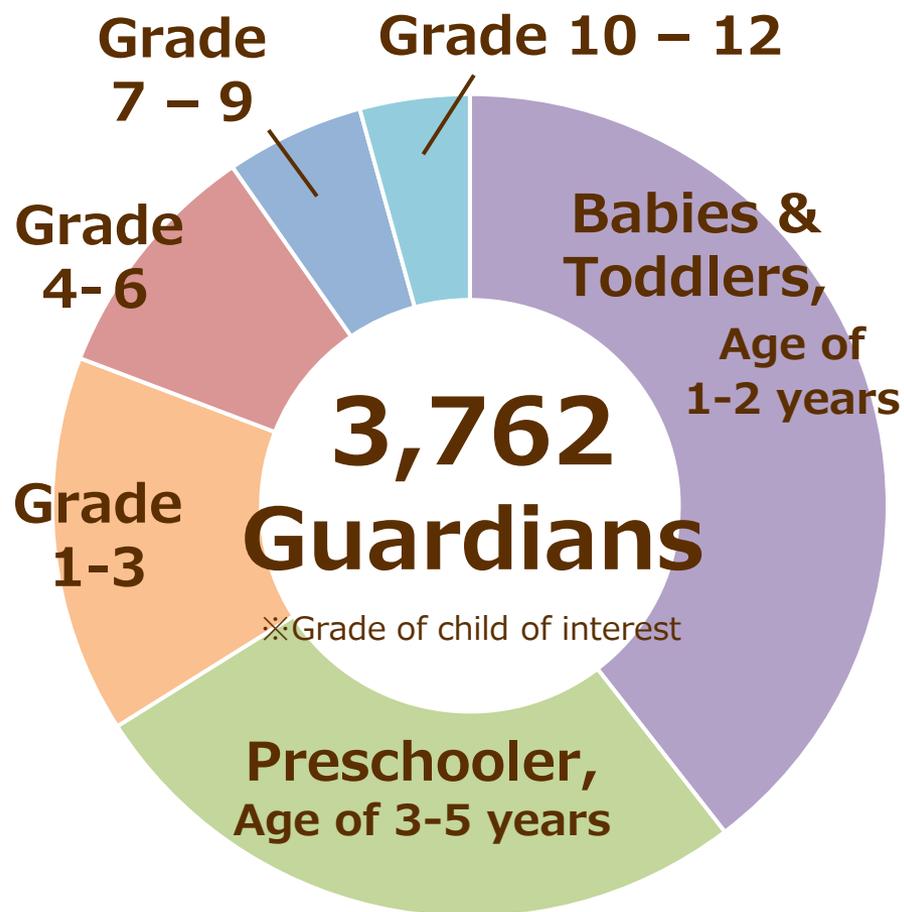
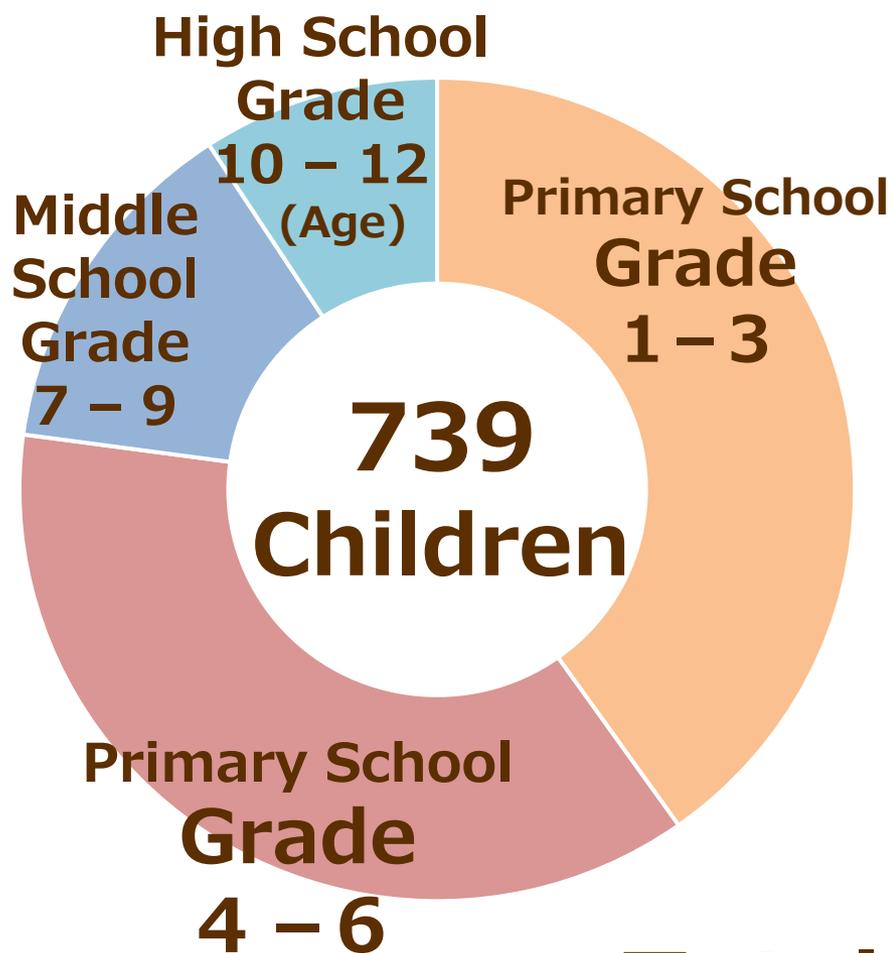


# - Interim Report -

Based on survey responses from September 1 to 22

Report Date : Oct 8, 2020

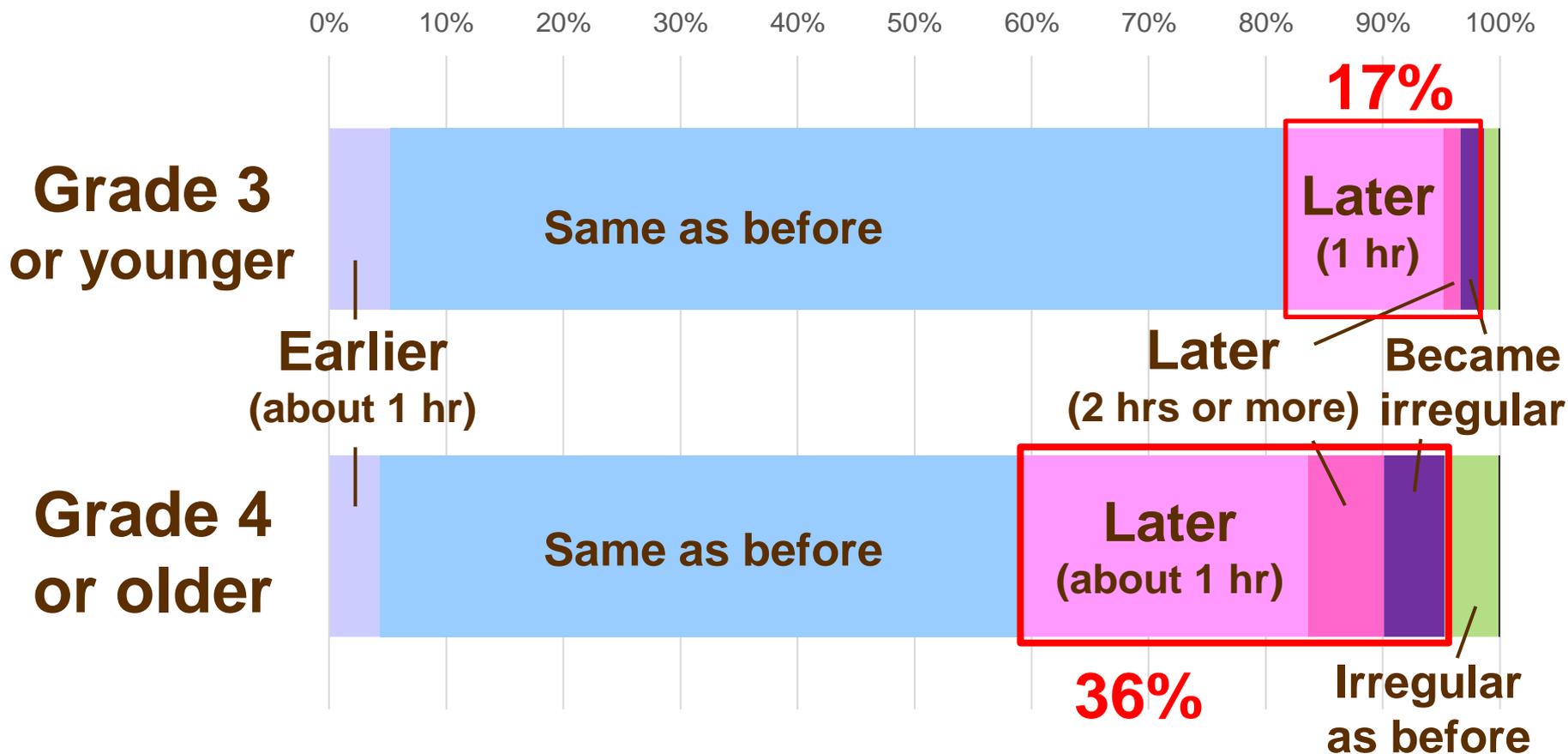
# THANK YOU for your participation !



Total 4,501



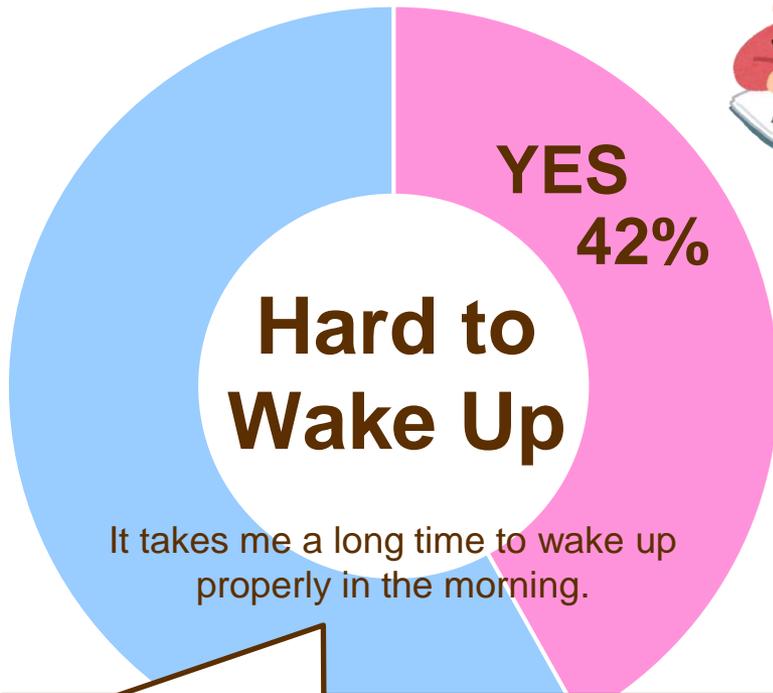
# Bedtime compared to Pre-Corona



Many children go to bed later or more irregularly.



# Quality of Sleep



Let's go to bed early at night, and get some sunshine in the morning!

You cannot make up for your usual lack of sleep by the sleep on weekends.

**“Early to bed and early to rise” is important for the healthy growth and development of children.**



# Screen Time per day : TV, Phones, Games, ..., excluding use for study



**11%** of primary school students

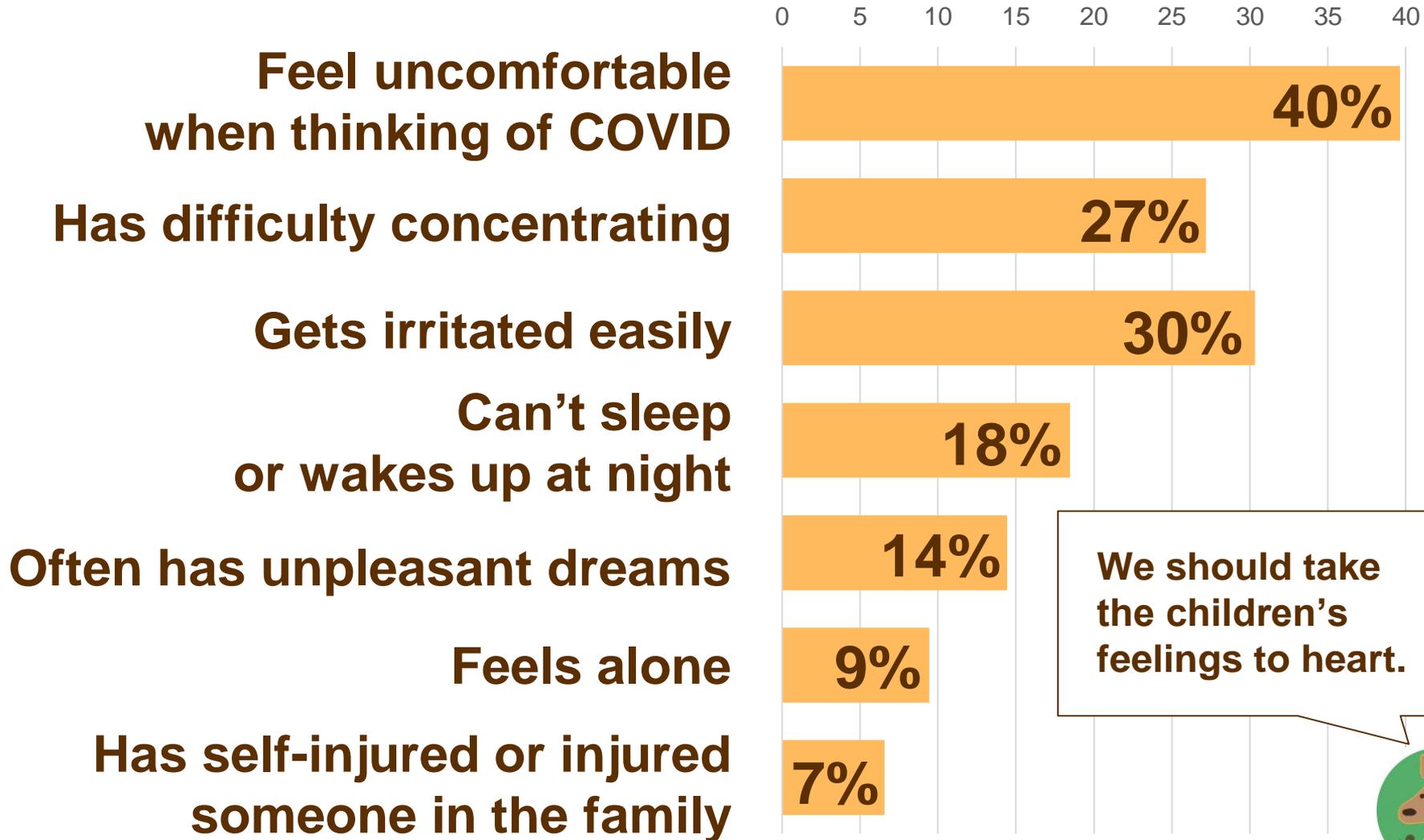
**29%** of middle and high school students

**Increased**  **43%**  
from last year

**Families are encouraged to discuss rules with their children about what and when they use the devices.**



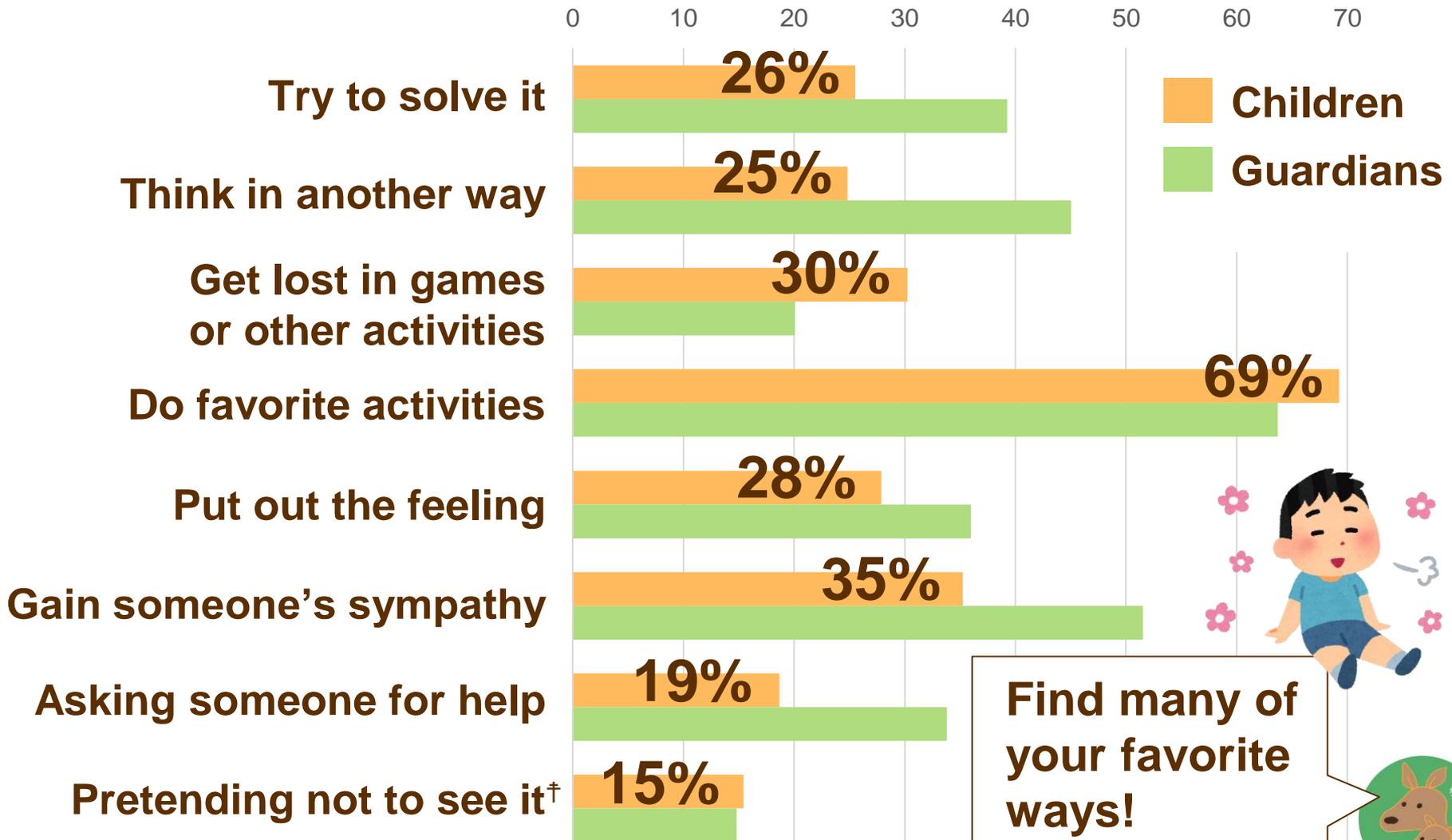
# Children's Mental Health



We should take the children's feelings to heart.



# Stress Coping Methods

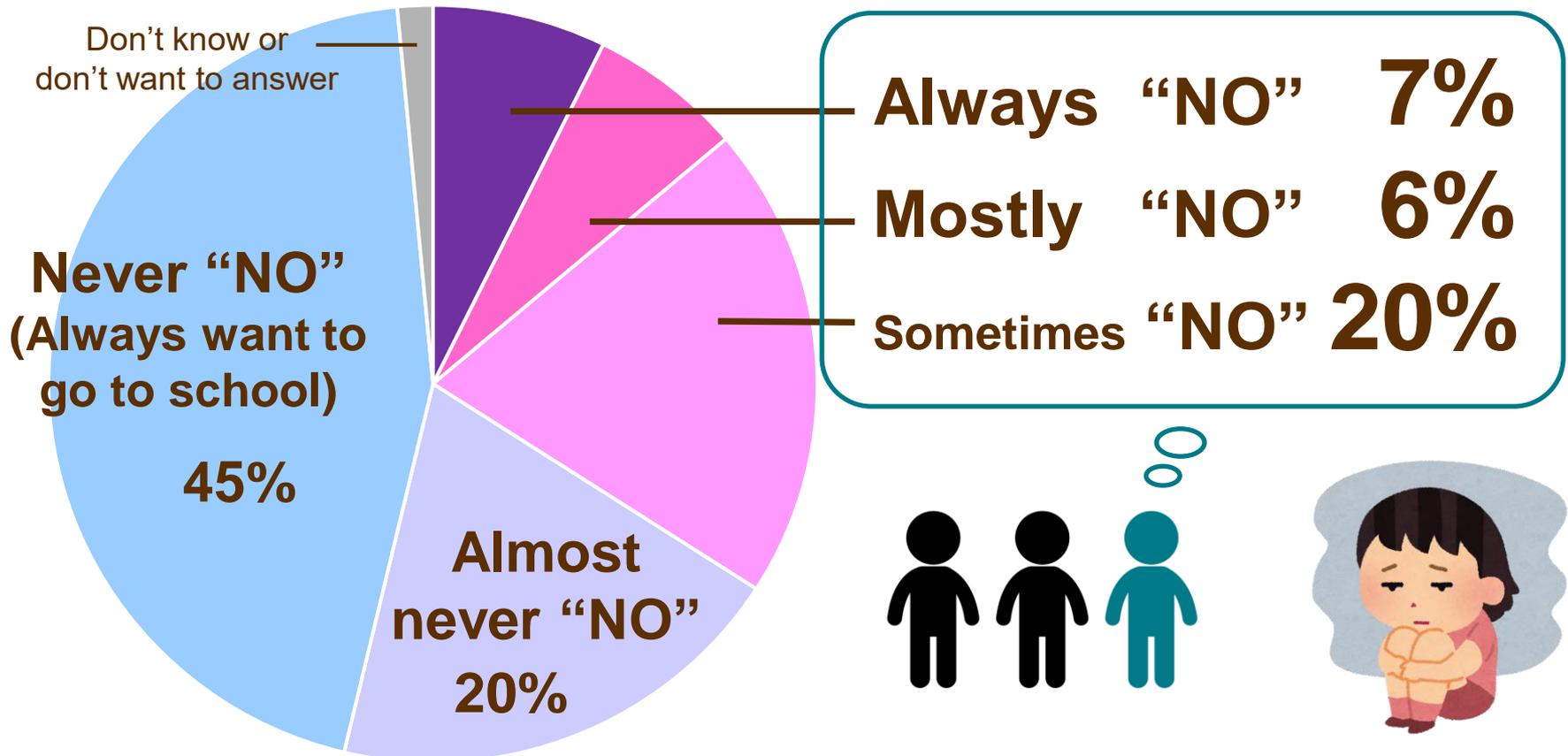


<sup>†</sup>Asked only of middle and high school students

Find many of  
your favorite  
ways!



# Do you want to go to school?



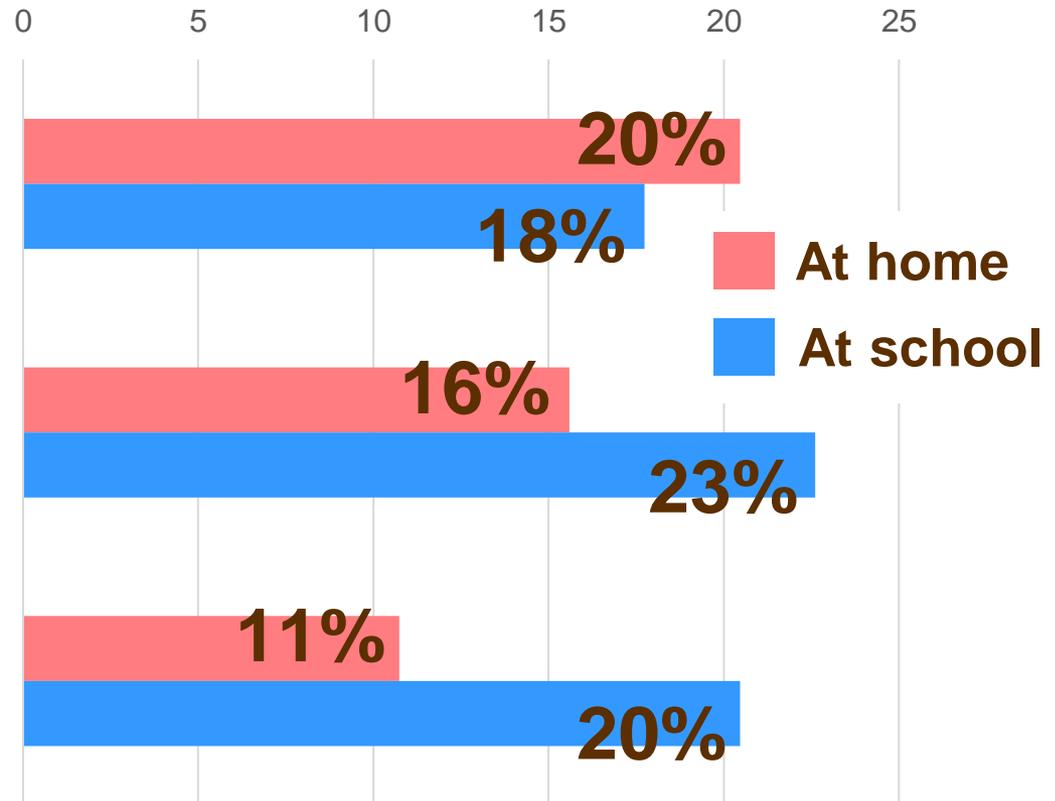
One in three students do not want to go to school.  
We should be in touch with each student's feelings.



# Regarding **Any Changes of Life** due to COVID ...

Adults around me have

**Not** explained it to me  
with simple words



Children should be properly explained on what is relevant to them, and their opinions should be tried to taken in.



# To Get Children's Opinion Heard ...

I wish my mom will listen to me more.

From a 5<sup>th</sup> grade boy  
in Kanagawa

I want my teachers to listen to me in a room where I feel safe to talk to them and not be heard by other students.

From a 7<sup>th</sup> grade boy  
in Osaka

It's not easy to ask for advice. I need someone to help me do that.

From a 4<sup>th</sup> grade girl  
in Kanagawa

Parents should spend less time on their phones.

From a 7<sup>th</sup> grade girl  
in Hyogo

I like to write letters.

From a 1<sup>st</sup> grade boy  
in Fukuoka

I want adults to listen to us properly. If they can't take in our opinions, I want them to explain why.

From a 10<sup>th</sup> grade boy  
in Kyoto

I wish everyone would stop wearing masks at school. I cannot speak my mind because I cannot hear their voice well or see their faces when they're wearing a mask.

From a 6<sup>th</sup> grade boy  
in Tokyo

Children reminds us of many things!

