

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

 **CORONA-CODOMO** Survey

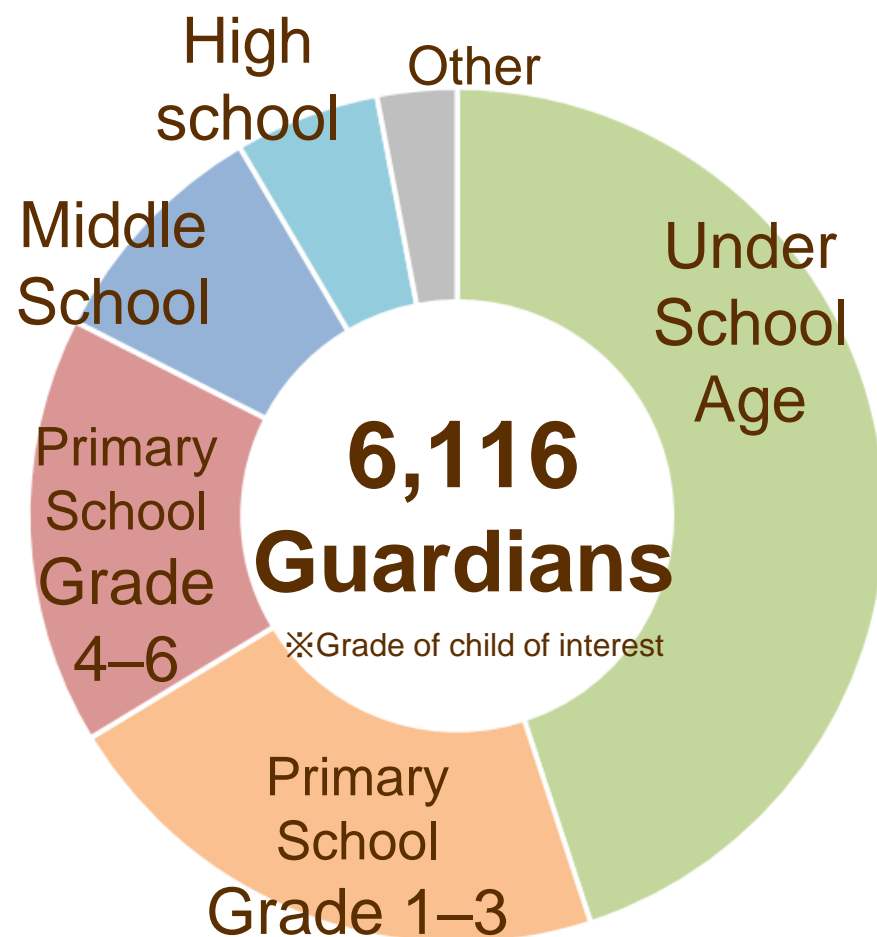
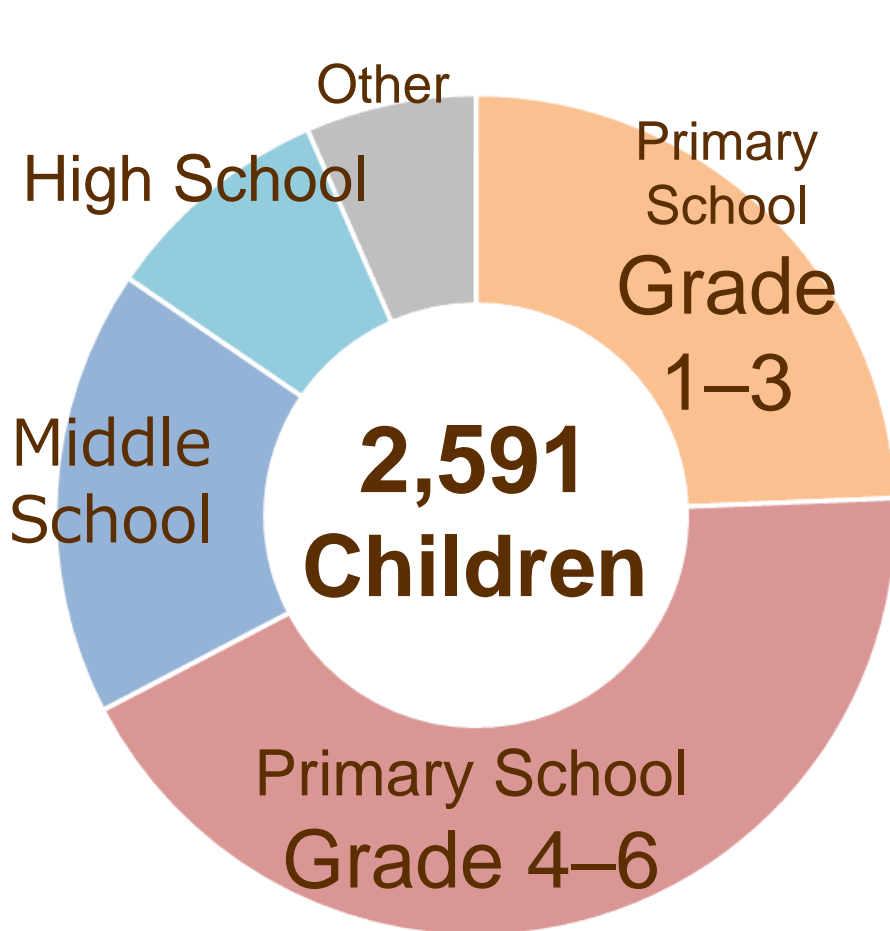


# Digest Report of the 1<sup>st</sup> Wave

Based on survey responses from April 30 to May 31, 2020

English Version Report Date : April 8, 2021

# THANK YOU for your participation !



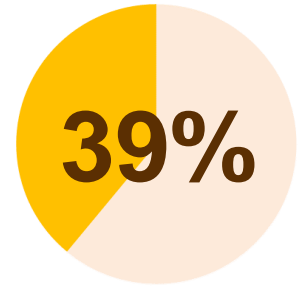
## Total 8,707



# Children's Concerns

Haven't kept  
contact  
with friends

39%



1. **Can't meet friends** (76%)

2. **Can't go to school** (63%)

3. **Can't play outside** (54%)

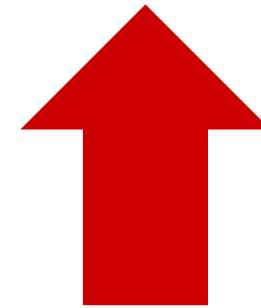
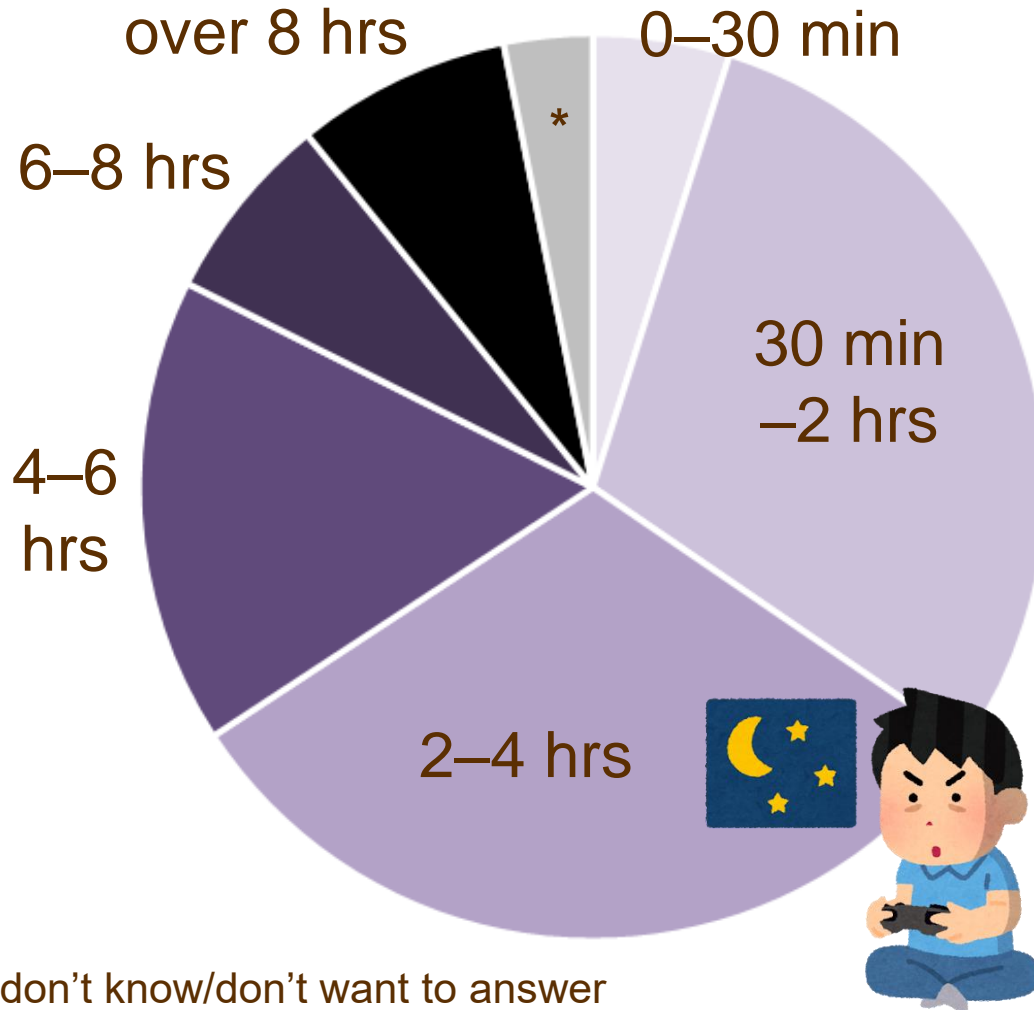
4. **Worried about study** (52%)

5. **Can't do exercises** (45%)

So true!  
We would like  
you to be able to  
meet your dear  
friends soon.



# Screen Time (for TV, phone, games, etc; excluding study time)



Increased from last year

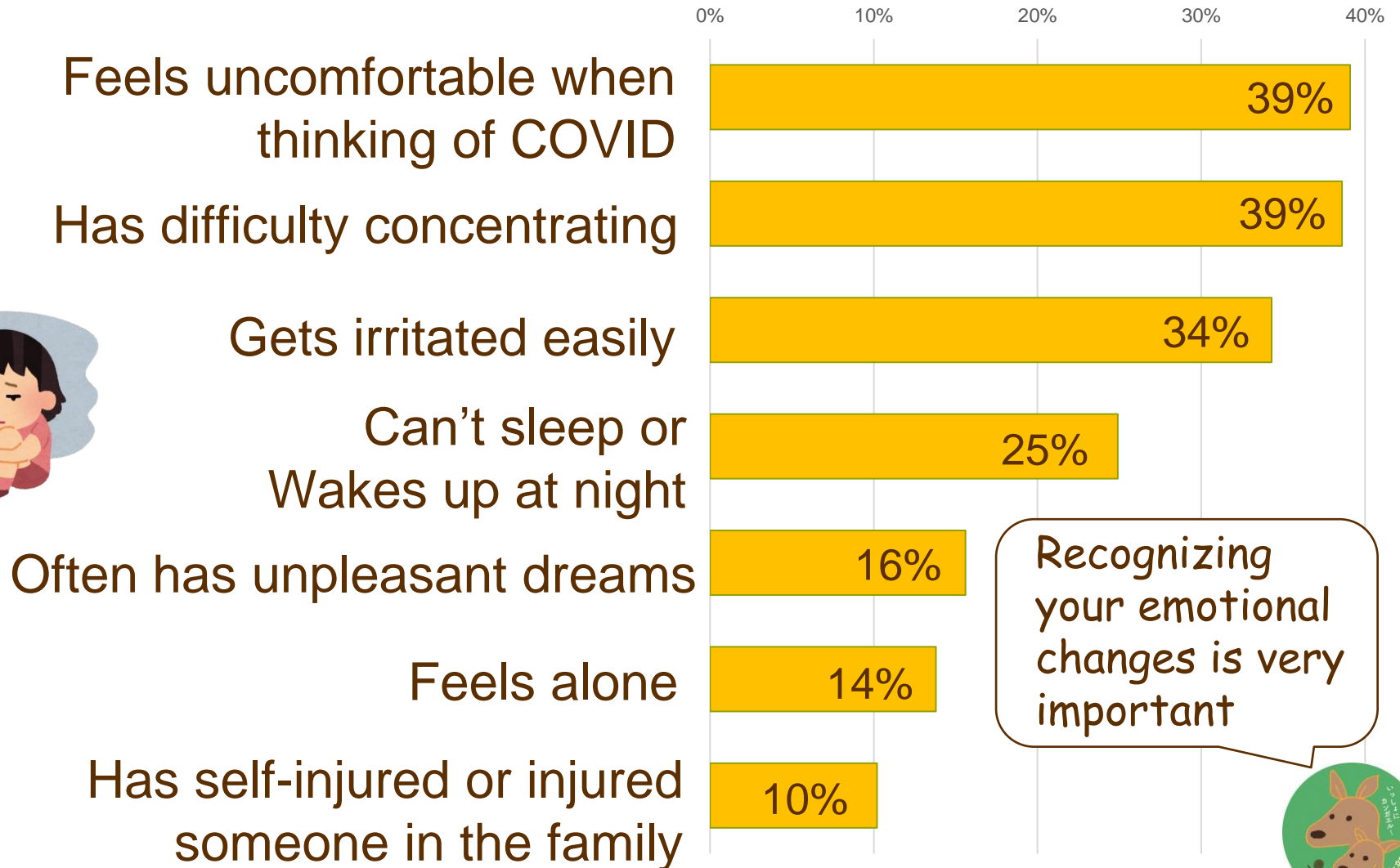
**72%**

Setting rules on screen time & content, and enjoying together would be nice!

\*don't know/don't want to answer



# Influence on Children's Mental Health



# Children Want to Know/Talk about...



1. **School and Study** (47%)

2. How not to catch COVID (46%)

3. My Friends (30%)

4. My Mind and Body (27%)

5. My Family (21%)

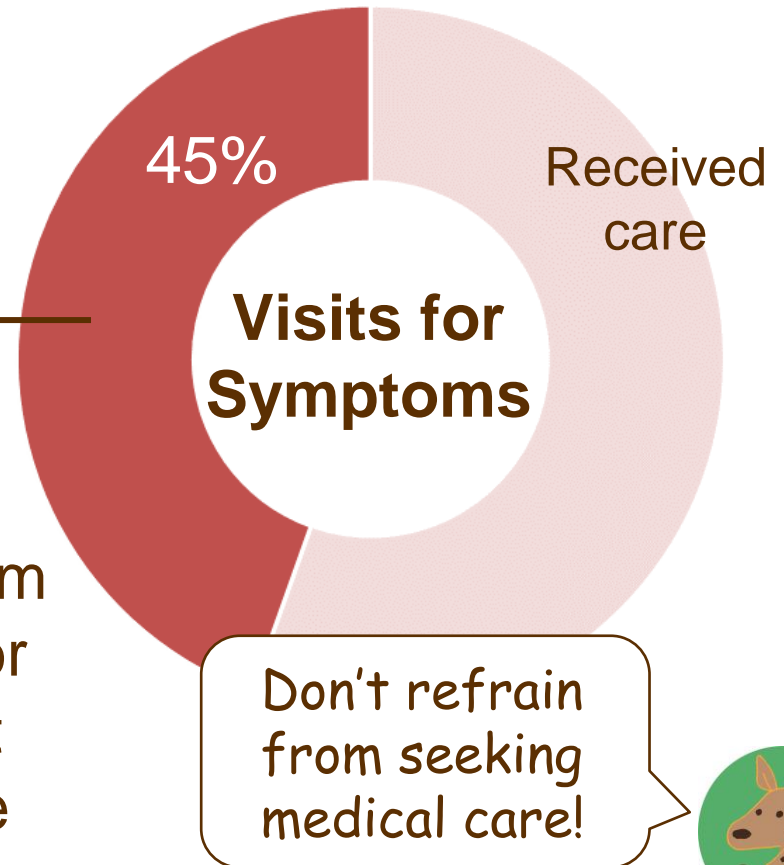
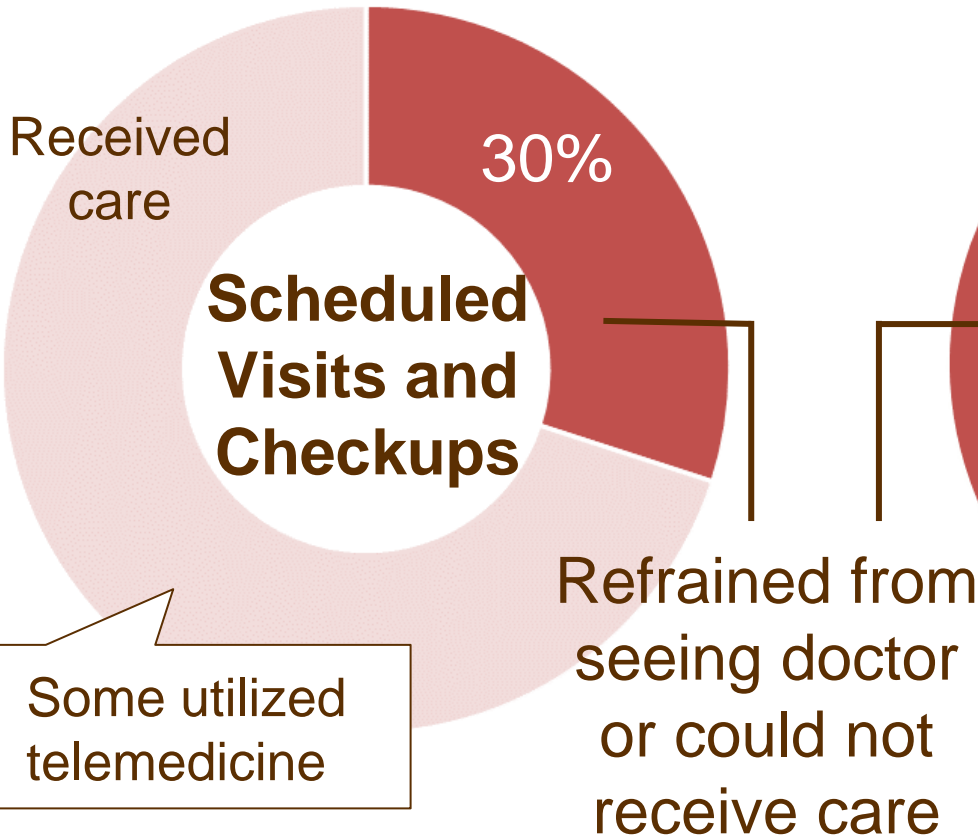
Have you been expressing your thoughts to someone? Don't take it all on yourself.



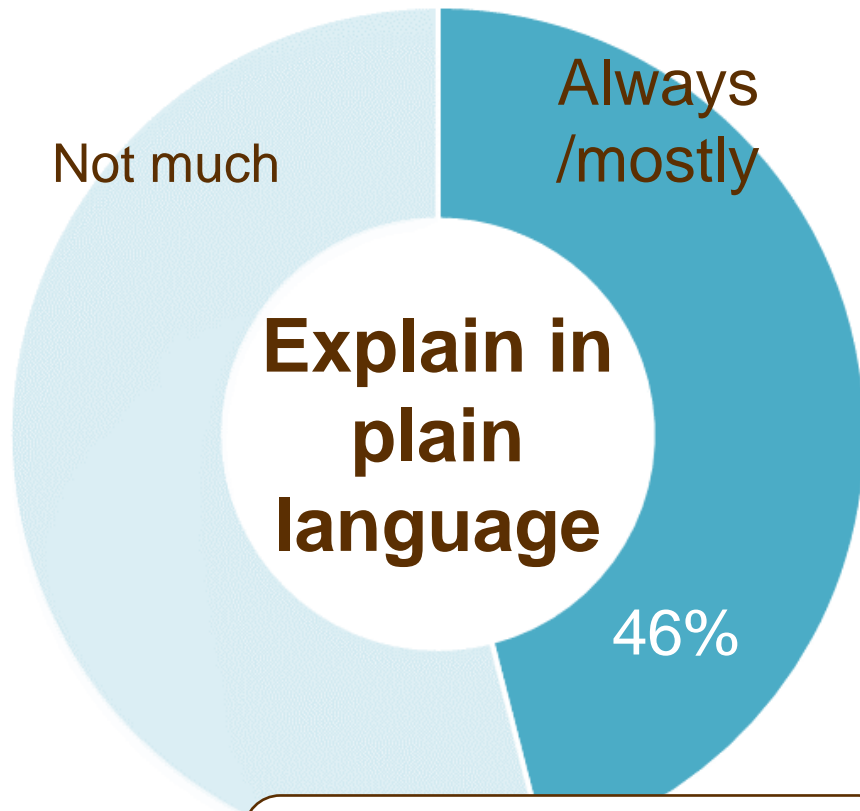
# Visits for Medical Care

Among those had a scheduled appointment or check-up in the last month...

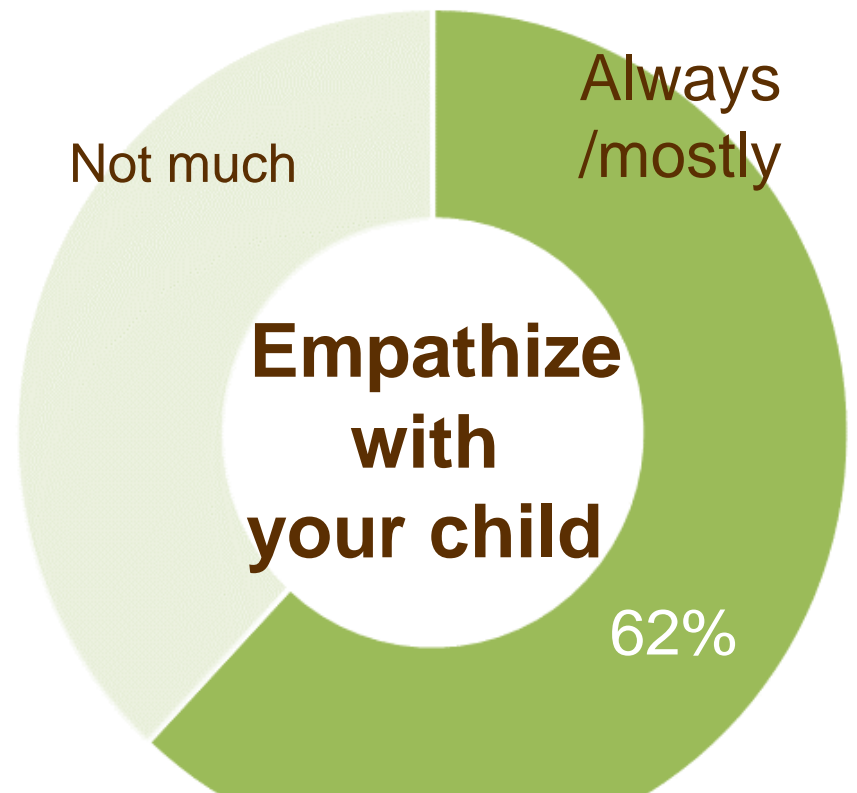
Among those who had symptoms in the last month for which they would have sought medical care in normal circumstances...



# Parenting



Try explaining COVID in the same way!



Children will be relieved ♡





# Stress Coping among Guardians



It is well known that guardians' mental health affects children's mental health. Protecting guardian's mind is important as well as protecting children's mind.

Find your favorite stress coping strategies!



# Guardians Want to Know about...

**Under  
school  
age**



Indoor activities and exercises (69%)

Restrictions to go out (54%)

How to interact with one's kids (50%)

**Primary  
school**



Academic support (72%)

Children's mental health (49%)

**Middle /  
High  
School**



Academic support (65%)

