

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



CORONA-CODOMO Survey

Part 3

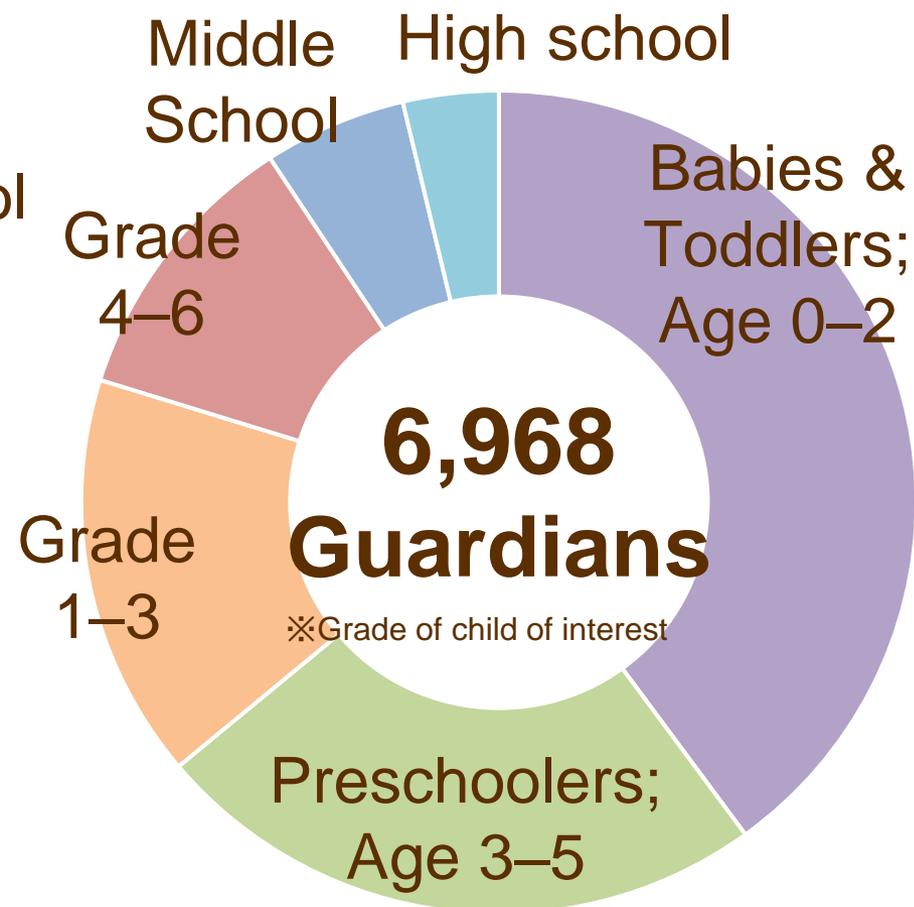
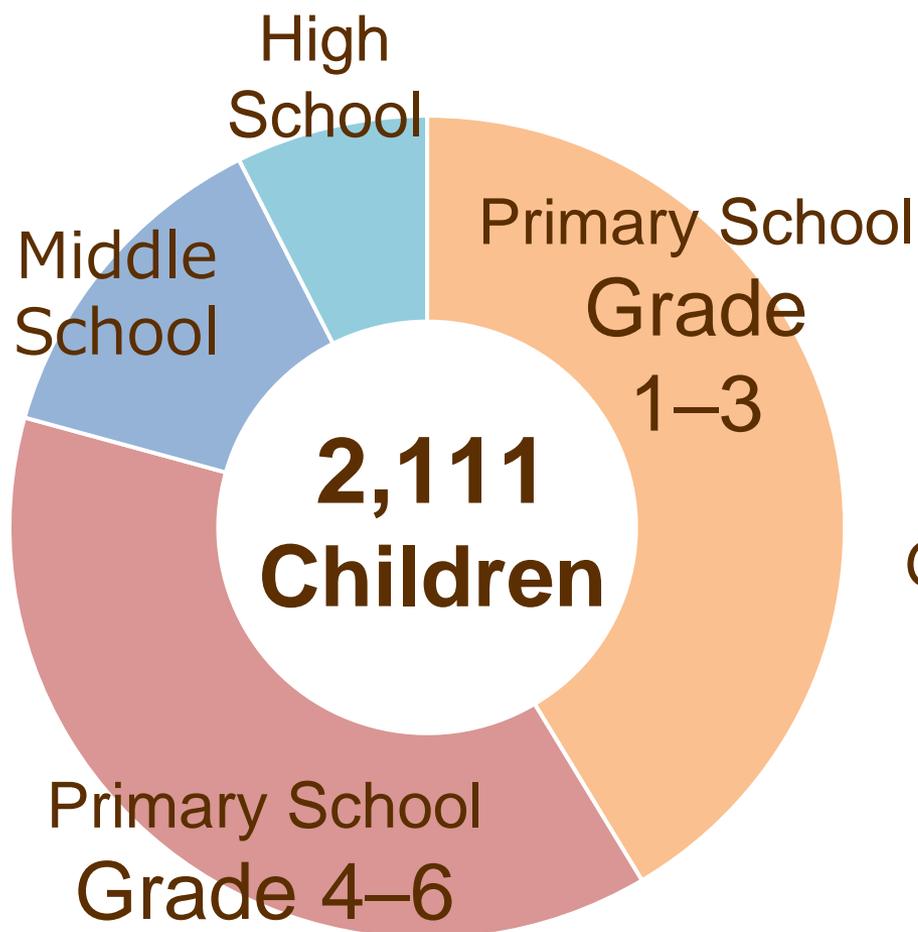


Digest Report of the 3rd Wave

Based on survey responses from September 1 to October 31, 2020

English Version Report Date : April 8, 2021

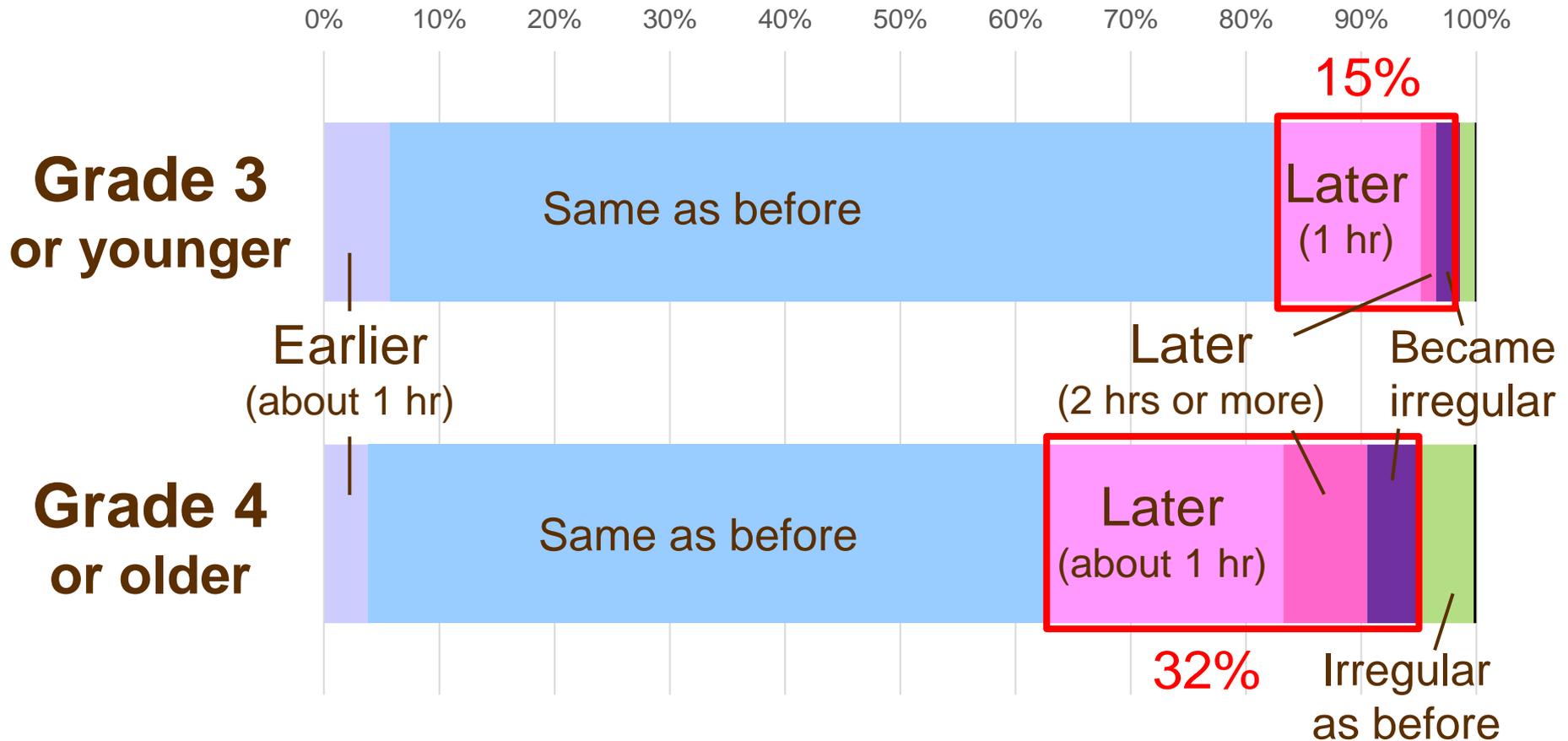
THANK YOU for your participation !



Total 10,676



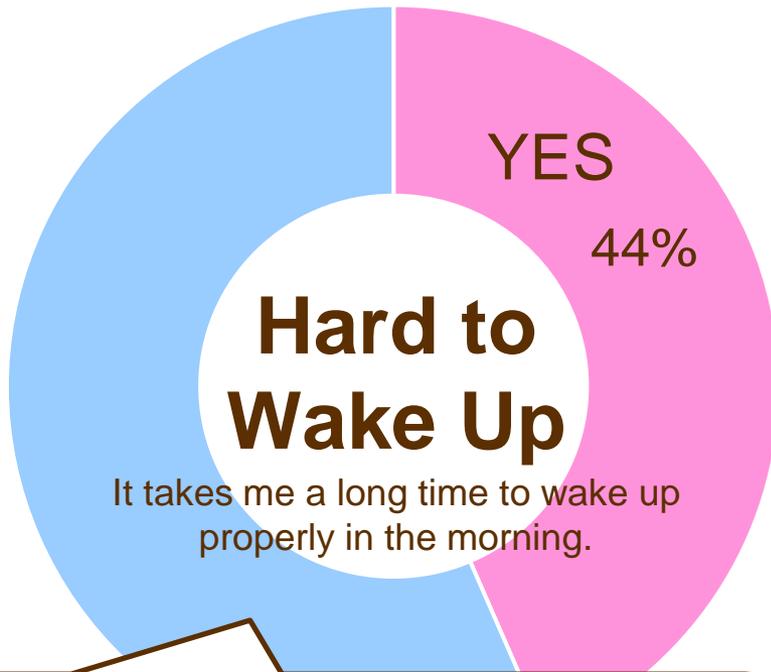
Bedtime compared to Pre-Corona



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!

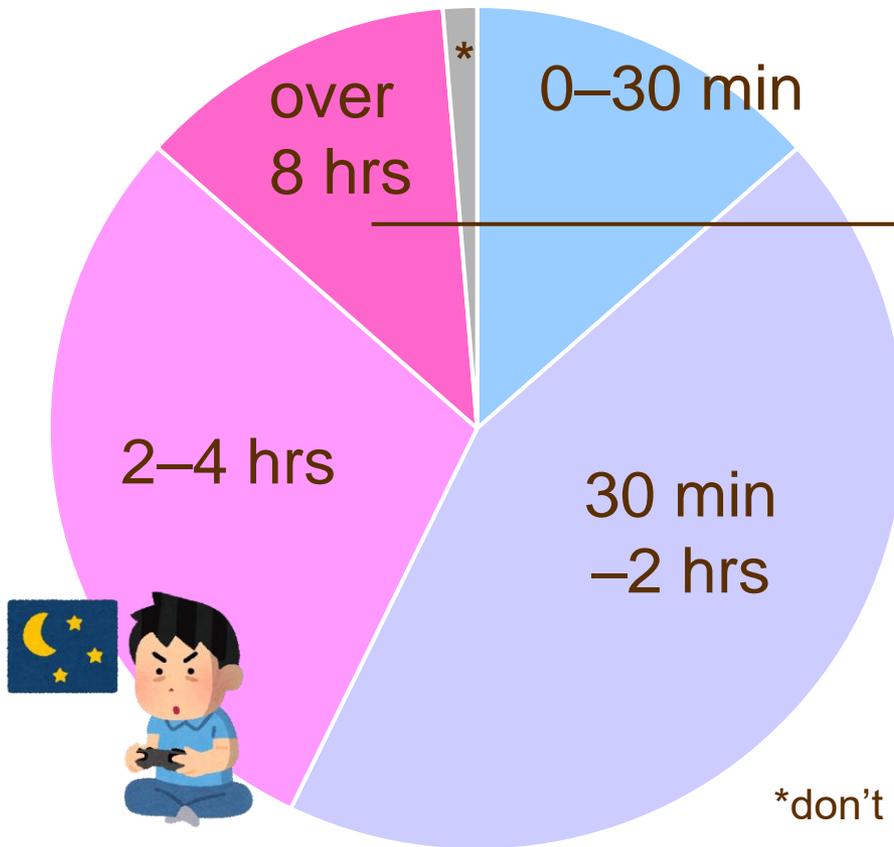


You cannot make up for your usual lack of sleep by the sleep on weekends.

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



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



12% of primary school students

25% of middle and high school students

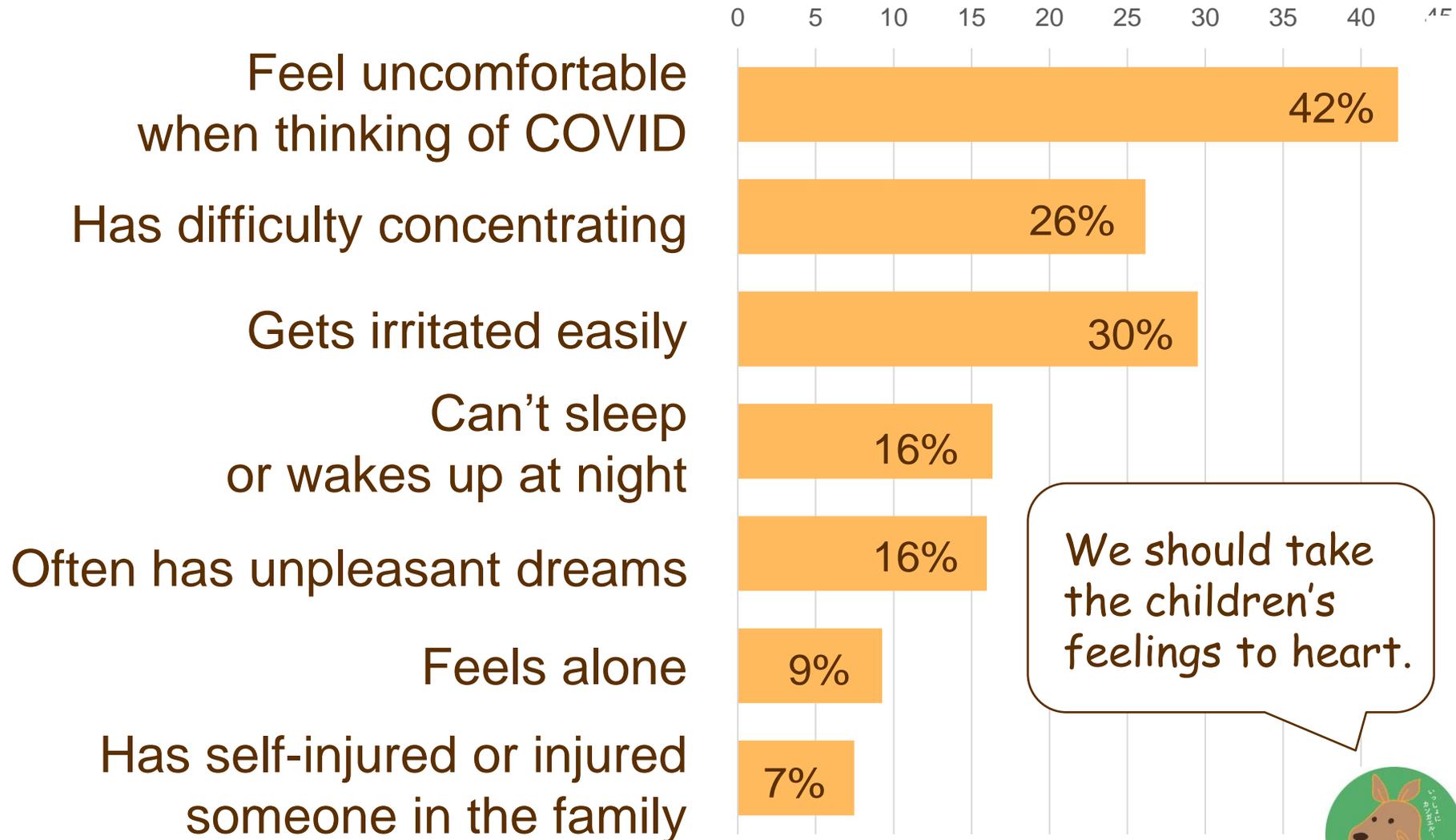
Increased  from last year **41%**

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

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



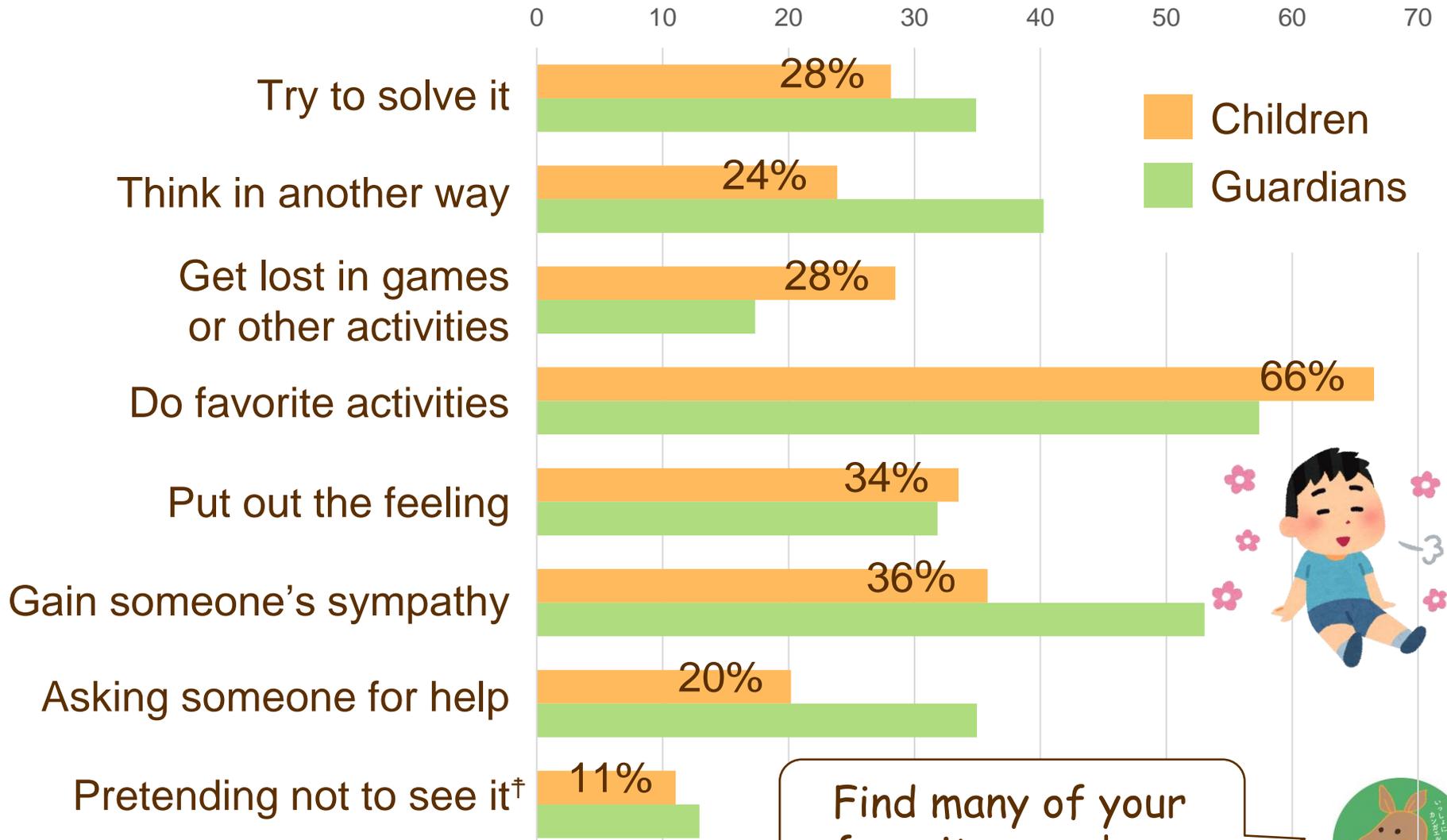
Children's Mental Health



We should take the children's feelings to heart.



Stress Coping Methods

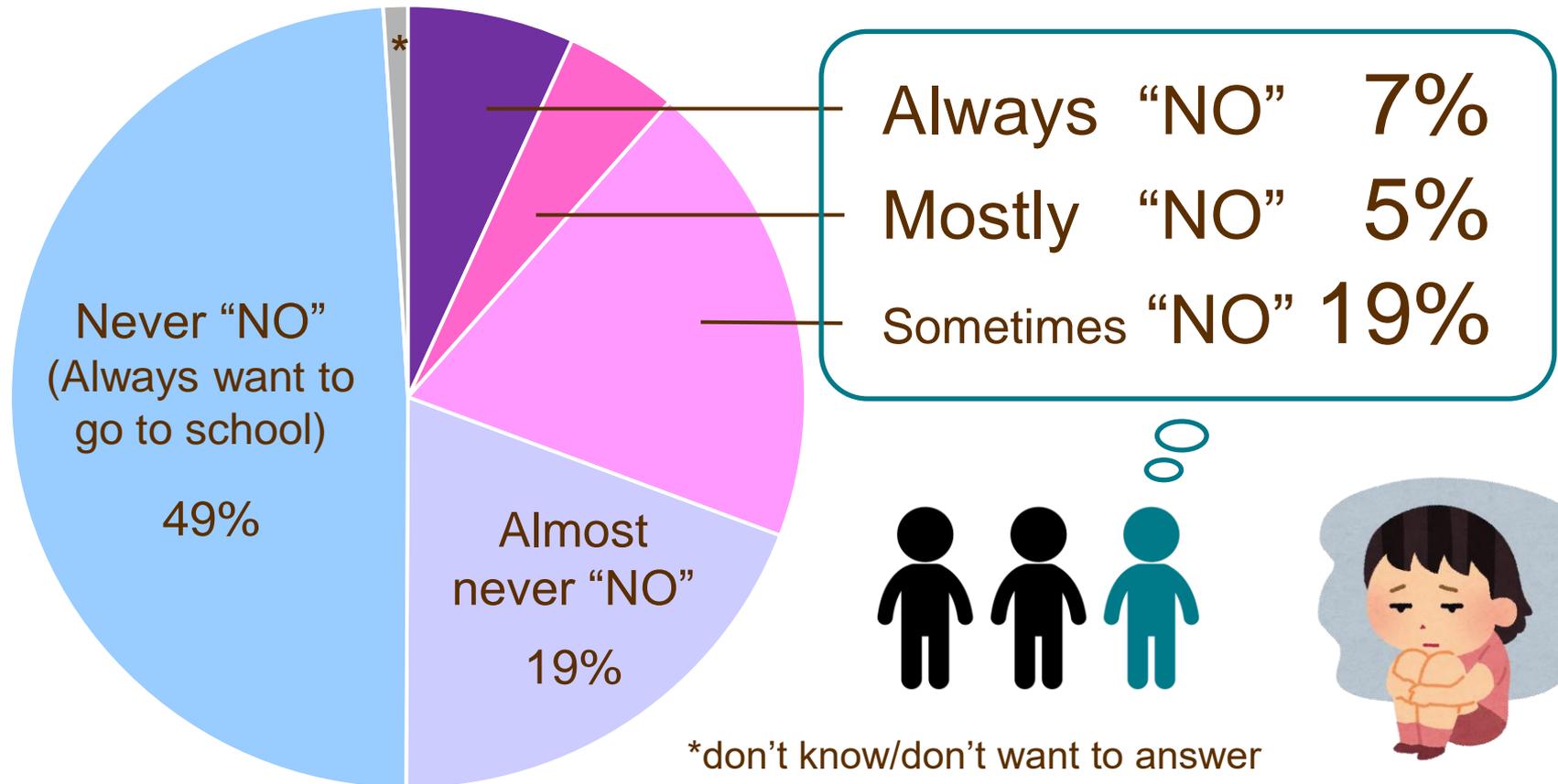


Find many of your favorite ways!



[†]Asked only of middle and high school students

Don't 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.



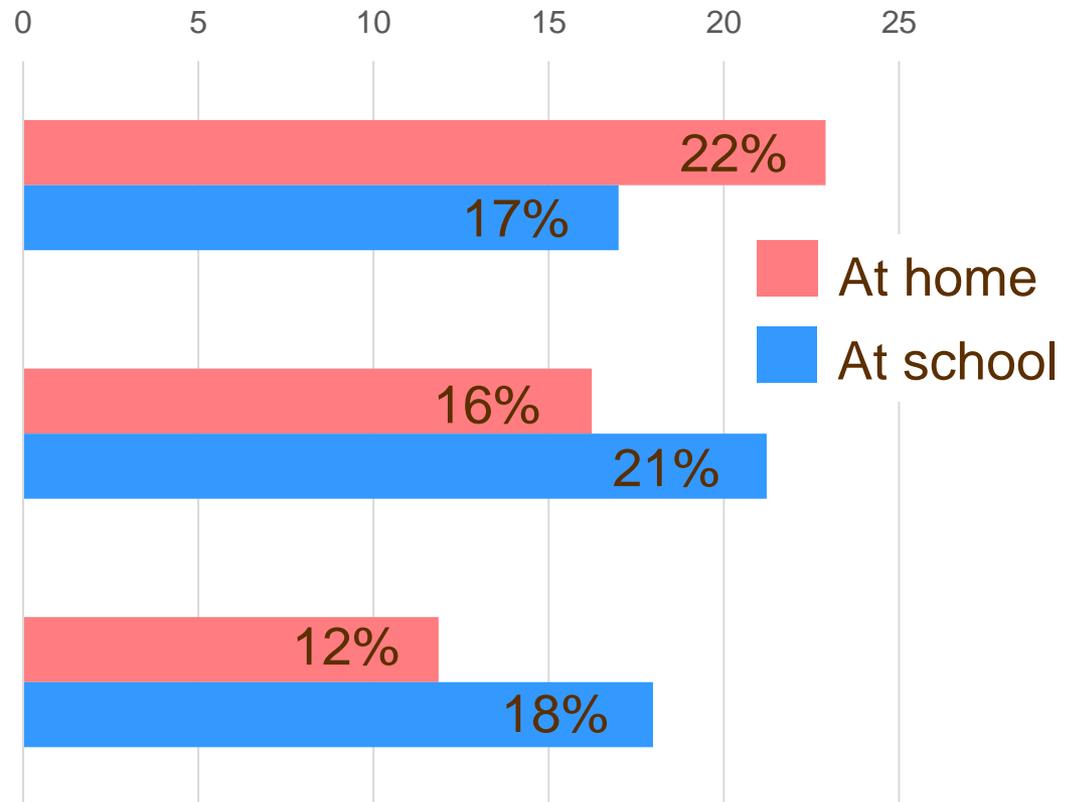
Regarding **Any Changes of Life** due to Corona...

My parents or teachers ...

don't tell me the reasons
so that I can understand

don't try to devise ways
so I can speak my mind

don't take in my opinions
even if I tell them



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



To Get Children's Opinions Heard...

I wish my mom will listen to me more.

(by a 5th grade boy)

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.

(by a 7th grade boy)

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

(by a 4th grade girl)

Parents should spend less time on their phones.

(by a 7th grade girl)

I like to write letters.

(by a 1st grade boy)

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

(by a 10th grade boy)

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 are wearing a mask.

(by a 6th grade boy)

Children reminds us of many things!

