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

– Interim Report –

Based on survey responses from April 30 to May 5

Report Date : May 12, 2020
THANK YOU for your participation!

1,292 Children
- Primary School Grade 1-3
- Middle School
- Primary School Grade 4-6

3,597 Parents/Carers
- Primary School Grade 4-6
- Middle School
- High School
- Other
- Under School age

Total 4,889
- All responses

※Grade of child of interest
Children’s concerns

1st Can’t meet friends (76%)

2nd Can’t go to school (64%)

3rd Can’t play outside (51%)

4th Worried about study (50%)

5th Can’t do exercises (44%)

Haven’t kept contact 41%

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

Summary of children’s responses
Multiple choices allowed
Screen time (TV, phones, games)

- Under 30 min
- ~2 hrs
- ~4 hrs
- ~6 hrs
- ~8 hrs
- Over 8 hrs
- Other

Increased from last year 74%

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

Summary of children’s responses
Influence on children’s mental health

- Feels uncomfortable when thinking of COVID: 39%
- Has difficulty concentrating: 35%
- Gets irritated easily: 32%
- Can’t sleep or wakes up at night: 22%
- Often has unpleasant dreams: 16%
- Feels alone: 13%
- Has self-injured or injured someone in the family: 11%

Summary of children’s responses

Recognizing your emotional changes is very important.
What children want to know / talk about

How not to catch COVID (46%)

About school and study (44%)

About friends (27%)

About one’s mind and body (23%)

About one’s family (19%)

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

Summary of children’s responses
Delay in receiving medical care
medical care for the last month

Scheduled Visits and Checkups

- Received care: 31%
  Among those with a scheduled appointment or check-up last month

- Some utilized telemedicine

Visits for Symptoms

- Received care: 46%
  Among those who had symptoms last month for which regularly they would have sought care

- Don’t refrain from seeking medical care!

Summary of parents/carers responses
Interacting with your child

Explain in plain language

Always • Mostly - 46%

Try explaining about COVID like this, too!

Empathize with your child

Always • Mostly - 63%

Children will be relieved♡

Summary of parents/carers responses
Carer’s mental health is important too

Carer’s mental health influences children’s mental health

Relieve your stress

- Always
- Mostly

Not much 62%

Find your favorite stress-reliever strategy!

Summary of parents/carers responses
What carers want to know

<table>
<thead>
<tr>
<th>Age Group</th>
<th>In door activities and exercises</th>
<th>About restrictions to go out</th>
<th>How to interact with one’s kids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under school age</td>
<td>(72%)</td>
<td>(59%)</td>
<td>(50%)</td>
</tr>
<tr>
<td>Lower school</td>
<td>Academic support</td>
<td>Children’s mental health</td>
<td></td>
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<tr>
<td></td>
<td>(75%)</td>
<td>(50%)</td>
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<tr>
<td>Middle / High School</td>
<td>Academic support</td>
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<td></td>
<td>(64%)</td>
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Summary of parents/carers responses