

Regarding Children's Mental Health

As parents and guardians, I imagine that COVID-19 and its effects will have you more concerned and aware of your child's mental well-being.

At the Hokkaido Board of Education, we believe that bullying or prejudice related to COVID-19 are absolutely unacceptable, and have launched early initiatives to prevent and respond to such incidents.

In order to ensure the continued safety and security of children at school after the end of the temporary school closure, we will continue to work with the municipal boards of education and schools, and we ask for your understanding and cooperation on the following initiatives.

1 Trouble with Bullying or Prejudice

- If you or your child encounter issues with bullying or prejudice because of COVID-19, please inform the homeroom teacher, or an official at the school in charge of such matters.
- If you or your child encounter issues with bullying or feelings of unease, the **Children Support Center** hotline is open 24 hours. (Japanese) **(0120-3882-56)**

2 Consultations with Specialists

- Specialists in children's mental health and welfare such as school counselors and social workers can be dispatched to schools. If necessary, please put in a request at the school.

3 Other Initiatives

- Upon the reopening of schools, the Hokkaido Board of Education has requested that children be re-informed that bullying and prejudice are absolutely unacceptable.
- The Hokkaido Board of Education will continue internet patrols, checking that there are no online incidents of bullying or prejudice.