

Let us hear your voice

We are listening

How can we stop bullying?

It would be nice to have someone nearby to talk to...

I wish I could do something like this at school...

「I like what I heard at the Yokohama Children's Conference...

My class is doing this kind of initiative...

What's the difference between "bullying" and "teasing"?

What can we do to end 「bullying」?

What can we do when 「bullying」 happens?

<How to submit>

QR code or postal mail

is Ok

<Submission period>
Feb 25 to March 24, 2025

【QR code】



【Postal Address】

To: Human Rights Education and Students Affairs Division
Yokohama City Board of Education
6-50-10 Honmachi, Naka-ku,
Yokohama City 〒231-0005

URL

<https://shinsei.city.yokohama.lg.jp/cu/141003/ea/residents/procedures/apply/d9b9114d-9e42-4a7a-abb0-5ff1e2d889fe/start>

If you are currently suffering from bullying, consult with adults around you, your school teachers, or friends. You can also use the counseling services listed below.

School life safety dial
045-624-9081 / Tuesday-Friday,
9:00-17:00

24 Hour Child SOS Dial
0120-078310 / 24 hours a
day, 365 days a year

General consultation (education)
045-624-9414/Mon-Fri, 9:00-17:00

Yokohama City Board of Education, Human Rights Education and Students Affairs Division,
045 (671) 3296

Bullying is...

~definition of bullying~

<Act on the Promotion of Anti-Bullying Measures, Chapter 1 / Article 2 (Definitions)>

The term bullying as used in this Act refers to any action (including those that are conducted via the internet) done by someone towards a child that results to mental (psychological) and/or physical harm. This someone has a certain personal connection with the child (ex. A schoolmate subjecting another schoolmate to suffer and feel mental (psychological) and/or physical harm)

(This translation while deemed exhaustive and preserve the original intent, it should not be taken as a legal translation. Kindly refer to the original Japanese act for this purpose

Ref: 「いじめ防止対策推進法第1章/第2条(定義)」.

in simple words

When someone you know say or do things to you that you find unpleasant and/or painful.
(This includes things that happens on the internet).

What is the Yokohama City Basic Bullying Prevention Policy?

Bullying is an act that harms the mind and body. It also robs a person of his or her rights. The program was created to encourage both children and adults to think and act together to make a society where bullying does not happen, not allowed to happen. and not overlooked. Schools in Yokohama base their anti-bullying efforts on this policy.

Why do we need your opinions?

Children have the basic right to express their opinions

◎To make policies based on the children's point of view

We listen to the children's ideas on anti-bullying and use them to create policies and measures to prevent bullying from happening.

What kind of answers are we looking for?

- ① Opinions about [Basic Ideas] and [Role of Children] as stated in the "Main Contents of Yokohama City Basic Bullying Prevention Policy" (p. 3)
- ② Opinions gathered from previous questionnaires about bullying and from the "Voices from the Anti-bullying Citizens' Forum" (p4)
- ③ Ideas on how to prevent bullying and measures to take if bullying occurs.
- ④ Actions students would like their schools and other adults around them to take to prevent bullying

How do you proceed with the answers?

- All opinions we received are shown on the Yokohama City website.
- There is no "one size fits all" solution to the problem so all answers are accepted.
- Display of personal information are prohibited (name, school, etc.)

Let us hear your voice

Main content of Yokohama City Basic Bullying Prevention Policy

○The full text of the Revised Draft of Yokohama City Bullying Prevention Policy” can be found on the Yokohama City website. Please access the site for details.

<https://www.city.yokohama.lg.jp/kosodate-kyoiku/kyoiku/sesaku/ijime/20170608131757.html>

【Fundamental ideas】

- ① Bullying is an incident that generally occurs within the child close proximity and immediate surroundings and it is a serious violation of human rights that can happen in any group, in any school, and in any child.
(Violation of human rights occurs if the right to live a healthy and happy life is violated!)
- ② In order to prevent bullying, it is important that the whole society takes the issue seriously and not to treat it as something that it is limited only to specific children or people in specific positions.
- ③ It is important that schools, school board of education, relevant organizations, city hall, police, parents, and community members all play their respective roles while working together in order to create a society that “doesn’t allow”, “will not allow, and “doesn’t overlook” bullying,
- ④ It is important for children themselves to try to create a safe society where it ‘doesn’t allow”, “will not allow” and “does not overlook” bullying.

The Yokohama City Basic Bullying Prevention Policy mainly describes the roles and efforts of adults around children. It also describes the role of children towards this effort.

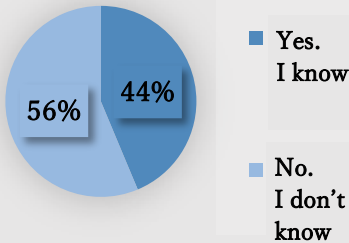
【Role of children】

- Children should discover their merits and potentials, value themselves, and make use of their strengths. Also, they should recognize everyone’s differences and understand each other.
- Everyone needs to realize that anybody can become a bully or become a victim of bullying so everyone ‘must not allow”, “will not allow” and “must not overlook “bullying.
- If someone suspects bullying, that person on his/her own must talk to the child being bullied (if possible) or to the person doing the bullying (if possible), or s/he consults with the school staff, students’ guardians or other adults.

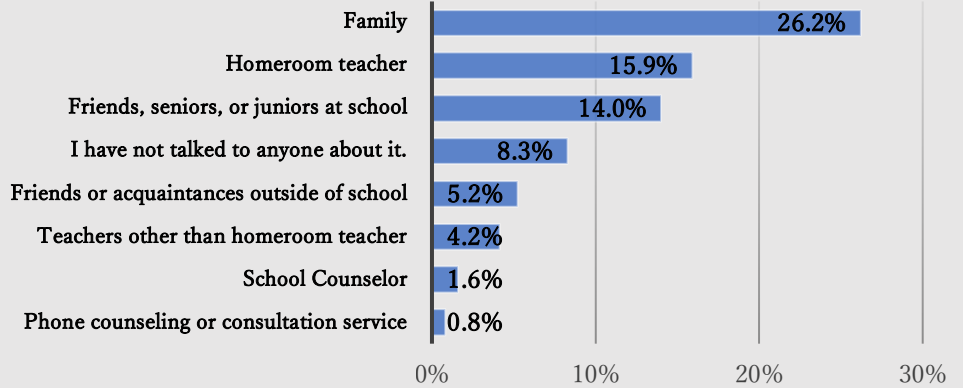
Opinions received so far on bullying

「from survey」

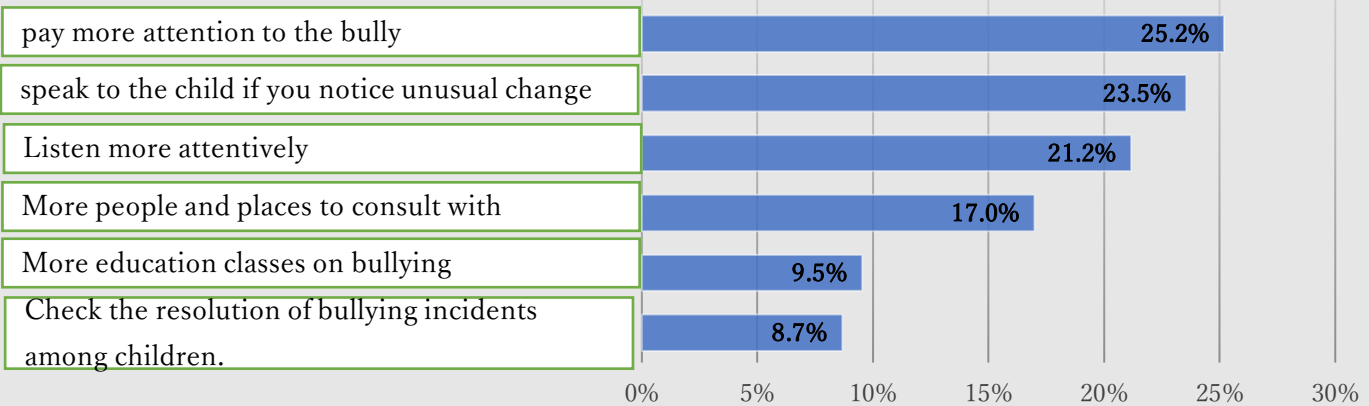
● Do you know the definition of bullying?



● Who did you talk to when you were bullied (multiple answers ok)?



Do you want to consult with, speak to, or want an adult to do about bullying (multiple answers ok)?



Citizens Forum on Bullying Prevention

At the “Citizens’ Forum on Bullying Prevention” held in December, the following comments were raised in discussions among groups of participating children (elementary, junior high, high, and special needs schools) and in exchanges of opinions with adults involved with children in schools and communities.

It's good to have an environment where you can express your true feelings

It's hard to fill out bullying questionnaires. I wish there was an easier way to talk about it.

Bullies also need a place where they can also seek advice

It is good to have opportunity to think about bullying and develop strategies to deal with it.

It was very nice and reassuring to hear directly from an adult
「You can always rely on me
There are many other ways I can help other than talking to me directly」.

I realized that each person has different values and different ways of perceiving things, all of which are difficult. Every person is different so I want to value their individuality.

I realize that the only person who can make changes as [not to become a bully] is myself.

