

## Himeji City Child Plan

**Easy-to-read version**

# Himeji Future Plan for Children and Youth



## March 2025

# Himeji City



住むほどに  
好きが深まる  
姫のまち

## Why This Plan Has Been Created

The very existence of every one of you, children and youth, is vitally important. You all have the right to receive education, play, and share your own views and thoughts with the adults around you so that you can grow up happily and healthily.

In Japan, to ensure that this right is protected and that you can grow up and live happily as you wish, the Basic Act on Children's Policy has been established in line with the Convention on the Rights of the Child.

Himeji City has also drawn a new child plan titled “Himeji Future Plan for Children and Youth” to create a city where children, youth, and those who are raising children can lead happy lives with dreams, based on the Convention on the Rights of the Child and the Basic Act on Children’s Policy.



This easy-to-read version of the Himeji Future Plan for Children and Youth summarizes the plan plainly. For the full version of the plan (in Japanese only), please access the Himeji City website.

◆ **Himeji City website:**

<https://www.city.himeji.lg.jp/kurashi/0000029638.html>





## Period Covered

This plan covers the five-year period from April 1, 2025 to March 31, 2030.

## People Covered

This plan is aimed at supporting children, youth, and those who are raising children.

- Children: Those below 18 years of age
- Youth: Those roughly between junior high school age and 29 years of age, sometimes also including those at more advanced age, up to around 39

## Terms



### ○ **Convention on the Rights of the Child**

This is an international convention that defines the rights that all children around the world have to grow up happily and healthily.

Currently, 196 countries and regions, including Japan, have promised to observe this convention.

### ○ **Basic Act on Children's Policy**

This is a basic law on the measures that the Japanese government will adopt for children and youth in the aim of building a “children-centered society,” where children and youth can grow up and live happily as they wish.

## Basic Philosophy and Goals of the Plan

Pages 64–65 of the full version plan

The basic philosophy of this plan (what Himeji City wants to be) is as follows:

**Himeji as a city with a bright future where children and youth can grow up healthily with dreams**

Aiming to build a society where no one will be left behind



To realize this basic philosophy, five basic goals have been set.

### Basic goal 1

Protect the rights of children and youth and support their healthy growth

### Basic goal 2

Create an environment where people can have and raise children with a feeling of security

### Basic goal 3

Support the lives of youth and help them achieve their future dreams

### Basic goal 4

Assist children, youth, and families in need of assistance

### Basic goal 5

Listen carefully to the voices of children, youth, and child-raising families and work together with them and others

## Actions over the Next Five Years

To achieve these five basic goals, Himeji City will take various actions.

Pages 74–79 of the full version plan

### Actions for the rights of children and youth and their healthy growth

- We will share the importance of the rights of children and youth with them and the adults around them.
- We will support children who are suffering from bullying or nonattendance at school, as well as teachers, so that all children and youth can enjoy spending their time and learning at a nursery school, children's center, kindergarten, or more advanced school.
- We will provide children and youth with various opportunities for playing and experiences to support their healthy growth. We will also create places where they can spend their time with a feeling of security.



Pages 80–85 of the full version plan

### Actions for expectant and child-raising families

- We will provide seamless support from the period before a child is born to the child-raising period.
- We will support those who are raising children so that they can work with a feeling of security.
- We will build a city where children, youth, and those raising children can lead safe lives with a feeling of security.
- We will support single-parent families so that they can lead stable lives.



## Actions for youth

- We will work so that youth can advance to higher education or find employment according to their dreams and aspirations.
- We will provide youth with the opportunity to think and learn about their future.
- We support youth who want to get married so that they can do so.
- We will work to make Himeji a city where youth wish to live.
- We will support youth who are facing concerns or worries, as well as their families.



## Actions for children, youth, and families in need of assistance

- We will work to prevent child abuse.
- We will support young carers.
- We will support children and youth to prevent them from facing difficulty in their studies or daily lives due to financial problems.
- We will support children and youth with mental or physical disabilities, with unique developmental characteristics, or in need of medical care or other forms of assistance.
- We will support children and youth with non-Japanese nationality living in Himeji, as well as children living in Himeji after returning from abroad.
- We will work to prevent the suicide of children and youth.



## Listening carefully to the voices of children, youth, and those who are raising children

- We will listen carefully to the voices of children, youth, and those who are raising children and utilize their ideas in various actions.
- We will support children and youth so that they can feel free to express their views.
- We will communicate to all people that it is important that children and youth can express their views and that the adults around them treat those views seriously.



## Terms



- **Young carers**  
This term means children and youth facing concerns, such as a lack of time to be used for themselves, because they have to look after their family members or do housework.
- **Children and youth with unique developmental characteristics**  
This term means children and youth born with characteristics or tendencies such as facing difficulty in communicating with others, in reading and/or writing, or in staying seated calmly.
- **Children in need of medical care**  
This term means children who need constant medical care (such as breath management with a respirator or sputum suction) in their daily lives.



We will listen to your concerns no matter how small they are!

## Consultation Contacts for Children and Youth



If you face any problems or concerns, feel free to consult with us.

### ◆ Consultation Service for Himeji Children (Himeji City General Education Center)

☎ 0120-7830-28 (toll-free number)

If you want to make a call by mobile phone, please call 079-224-5362. You can consult about nonattendance at school, developmental problems, and other concerns.

### ◆ Support Center for Children's Future and Health "Miraie"

☎ 079-263-7863

You can consult with maternity nurses, public health nurses, mental health and welfare counselors, and other experts about mental and physical health issues during adolescence and concerns and problems related to pregnancy and childbirth.

### ◆ Welfare Liaison Counter (Himeji City General Welfare Hall)

☎ 079-221-2303

You can consult about various concerns and problems in your daily life.

### ◆ Family and Child Consultation (Himeji City Childcare Support Office)

☎ 079-221-2066

You can consult with nursery teachers, public health nurses, and other experts about various issues faced by children below the age of 18 and by their families.

### ◆ Social Media Consultation Service for Hyogo Children

This chat-based service allows you to feel free to consult about concerns that you might find difficult to talk about to anyone close to you in person or by phone.



### ◆ 24-hour Child SOS Hotline

☎ 0120-0-78310 (toll-free number)

You can easily make an SOS call about bullying or other problems from anywhere in Japan anytime, even at night or on holidays.

### ◆ Children's Rights Hotline

☎ 0120-007-110 (toll-free number)

If you have any concerns but do not know whom you should consult with, call this hotline. You can consult with staff of the Regional Legal Affairs Bureau or human rights volunteers. You can also consult on LINE via the QR code shown here.



### ◆ ChildLine

☎ 0120-99-7777 (toll-free number)

This telephone consultation service is dedicated to children up to 18 years of age. You can also consult using the chat function of the service's website.



## Easy-to-read Version of the Himeji Future Plan for Children and Youth (Himeji City Child Plan)

March 2025

Issued by the Children's General Affairs Section,  
Child Development Department, Child and Future Bureau, Himeji City  
4-1 Yasuda, Himeji City, 670-8501, Japan  
Tel: 079-221-2386 Fax: 079-221-2953



住むほどに  
好きが深まる  
姫のまち