

# Kokoro-no-Hibiki

## SUSTAINABLE DEVELOPMENT GOALS



### What are SDGs?

## Sustainable Development Goals

SDGs (Sustainable Development Goals) are global goals for 2016-2030, adopted at the United Nations General Assembly in September 2015. SDGs consist of 17 goals and 169 targets to realize a sustainable society, and declare that no one in the world should be left behind.

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The Sakai City Human Rights Education Promotion Council (HREPC) has been making dedicated efforts to raise public awareness of human rights by organizing various events, including those highlighted in this issue, mainly in Sakai City. The HREPC will implement various programs also in FY 2020, and so we look forward to your active participation.

HREPC official website    
<http://www.jinkenkyo.jp>



Editor and Publisher (Published in February 2020)

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Education Promotion Council**

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## What Is the Sakai City Human Rights Education Promotion Council (HREPC)?

The Sakai City Human Rights Education Promotion Council is a civic organization established in July 1979, with the aim of creating a bright, comfortable society, free from all forms of discrimination, including buraku discrimination. With an extensive membership comprised of civil groups, businesses and religious corporations, HREPC carries out various activities to educate the public on human rights and contribute to a peaceful and prosperous society where the human rights of all people are respected.



**KANAMARU Naohiro**  
Chair



The HREPC's symbol represents people holding hands, praying for promotion of human rights and world peace.

## Organization Chart / Directors of the Council

**Chair:** **KANAMARU Naohiro**  
(Business Members Committee of the Council)

**Vice Chair:** **KUBO Teruo**  
(Federation of Sakai City Residents' Associations)

**Vice Chair:** **YAMAGUCHI Noriko**  
(Sakai City Women's Association)

**Vice Chair:** **KOBAYASHI Rieko**  
(Sakai City PTA Federation)

**Vice Chair:** **SHIRAMOTO Tadashi**  
(Sakai City Association of Childcare Organizations)

**Vice Chair:** **KASAI Yutaka**  
(Sakai City Association of Principals of Municipal Schools)

**Vice Chair:** **TAKEDA Shin'ichi**  
(Sakai Branch, Osaka Prefectural Federation of the Buraku Liberation League)

**Vice Chair:** **YOSHIMURA Seiji**  
(Religious Groups Committee of the Council)

**Treasurer:** **KOYAMA Toshimi**  
(Sakai City Women's Group for Social Rehabilitation)

**Treasurer:** **OGURA Mitsuko**  
(District Committee of the Sakai City Human Rights Commissioners' Association)

Osaka Prefectural Human Rights Education Promotion Council

**Sakai City Human Rights Education Promotion Council**

Sakai City  
Sakai City Board of Education

Steering Committee

Board of Directors

Representatives Council  
Special Committees

Standing Executive Committee

Osaka Corporate Human Rights Council

Sakai Public Employment Security Office

Sakai Labor Standards Inspection Office

Sakai City Employment Support Association

Member Organizations

Business Members Committee

International Youth Sakai

Community Human Rights Promotion Committee

Religious Groups Committee

Sakai Liaison Committee for the Universal Declaration of Human Rights

Osaka Council of Religious Leaders Engaged in Dowa Issues

## Member Organizations

The HREPC has a membership of 29 organizations.

- Sakai City Education Association
- Sakai City Support Group for Foreign Residents' Education
- Sakai City Women's Association
- Sakai City Liaison Council of Instructors for Youth
- Sakai City PTA Federation
- NPO Sakai Federation of Private Educational and Childcare Institutions
- Sakai City Association of Principals of Municipal Schools
- Sakai District Committee of Administrative Counselors
- Osaka Prefectural Association of Vocational Schools
- Semboku Sumai Center, West Japan Branch, UR Community Inc.
- Sakai City Women's Group for Social Rehabilitation
- Federation of Sakai City Residents' Associations
- Sakai City Federation of Private Kindergartens
- Sakai City Human Rights Education and Research Society
- Sakai City Association of Childcare Organizations
- Sakai City Federation of Child Welfare Commissioners
- Sakai City Federation of Senior Residents' Clubs
- Sakai City Liaison Council of Probation Officers
- Sakai Branch, Osaka Prefectural Headquarters of Liberal Dowa Association
- Sakai Branch, Osaka Prefectural Federation of the Buraku Liberation League
- Sakai City Association for Sound Growth of Children
- Sakai City Social Education Committee
- NPO Sakai Federation of Disabled People's Organizations
- Sakai City Agricultural Cooperative
- Sakai City Welfare Association for Single-Mother Families and Widows
- Sakai Chamber of Commerce and Industry
- District Committee of the Sakai City Human Rights Commissioners' Association
- Sakai City Council of Social Welfare
- Principals' Association of Osaka Prefectural Schools in the 8th District

## Federation of Sakai City Residents' Associations

The Federation of Sakai City Residents' Associations (FSCRA) traces its origin to a municipal organization named the Sakai City New Life Movement Association that was founded in 1956 following the report of the Social Education Council submitted in March 1955. The organization steadily conducted its activities, and was later renamed the Federation of Sakai City Residents' Associations on September 1, 1976. The current structure of the FSCRA was established with the joining of the Federation of Mihara Ward Residents' Associations in May 2007 after Sakai City became an ordinance-designated city.

The FSCRA has launched various community activities, which are led by respective community residents' associations and aim to: prevent crime; enhance security; raise awareness of human rights; support families with children; ensure healthy development of the youth; care for the elderly; and promote intergenerational exchanges. Through these activities, the FSCRA hopes to foster close personal relationships among local residents and contribute to creating communities where residents of all ages can live safe and comfortable lives with a sense of belonging.

In recent years, natural disasters such as typhoons, heavy rains and earthquakes have caused serious damage in various parts of Japan, and the Nankai Trough megathrust earthquake is predicted to occur in the near future. We therefore believe it is essential to reinforce the community bonds and enhance the disaster response capability locally so that residents can collaborate in an emergency.

To do so, it is necessary to foster relationships of trust among local residents through various community activities. The constituents of a community – residents, child associations, PTAs and schools – should be united under the motto “We protect our community on our own.”

At the FSCRA, we remain committed to creating a safe and comfortable living environment to ensure the sound growth of children, who will be leaders in the future, and to enable all residents to continue to live healthy and happy lives in their respective communities.

We believe the positive participation of residents in the FSCRA's activities is essential to expand community networks and increase local prosperity.

We look forward to your support and cooperation.

## Sakai City PTA Federation

The Sakai City PTA Federation is a voluntary organization consisting of parent-teacher associations (PTAs) of Sakai municipal schools and their equivalent entities. It is also a social education organization of a public nature established to ensure the sound development of PTAs in Sakai City.

Although the PTA movement was started in the United States, there were groups of parents, guardians and supporters in Japan even before the war, which worked mainly to alleviate the financial and labor burden on school management. In 1947, when Japan was still suffering the aftermath of war, the Basic Act on Education was enacted, and organizations which we know today as PTAs were established in schools all over Japan to assist in the healthy growth of children. Schools in Sakai City also introduced PTAs, and the Sakai City PTA Federation was founded in 1949 as their umbrella organization.

The Sakai City PTA Federation has since been assisting the healthy development of each and every child under the motto, “Let us communicate and watch over children, help solve their problems, and foster personal bonds through partnership among family, school and community.”

Today, children face more complex and serious problems than ever before, such as troubles in cyberspace, some of which can have irreversible consequences. Therefore, families, schools and communities are required to work closer together to protect children from such problems. As PTAs, we should help children recognize the importance of personal bonds and foster

self-esteem so that they can develop the ability to overcome difficulties in society when grown up.

Well-intended intervention is better than turning a blind eye.

Through PTA activities, we will join efforts to talk to and watch over children to assist in their healthy development. In doing so, we hope to create an environment that allows every child to live a happy and positive life.

Amid the rapid changes of the modern world, the roles of PTAs are also changing, and we must flexibly adapt to such changes.

We therefore shifted the focus of our activities to the Sustainable Development Goals (SDGs) following the designation of Sakai City as a SDGs Future City in 2018, and started new activities to contribute to a sustainable society in compliance with the 17 SDGs. To publicize our commitment to the SDGs, we redesigned the flag of the Sakai City PTA Federation. The new flag has the slogan “Sakai City P × SDGs” printed in large letters on it. We conducted cleaning activities with local volunteer organizations and also produced towels to increase public awareness of the SDGs and emphasize the importance of working in cooperation. In doing so, we aim to contribute to the SDGs while enjoying such activities ourselves.

The Sakai City PTA Federation will continue efforts for the well-being of children while responding adequately to the changing needs of the times, under our inherited principle of healthy child development.







## Sustainable Development Goals



# What Are SDGs ?



The Sustainable Development Goals (SDGs) are a set of 17 global goals that are central to the 2030 Agenda for Sustainable Development adopted by the United Nations General Assembly in 2015. The SDGs are intended to achieve a better future for the world by finding solutions to various global challenges, such as poverty, inequality, disparity, climate change, depletion of resources and destruction of nature in a 15-year period from 2016 to 2030.



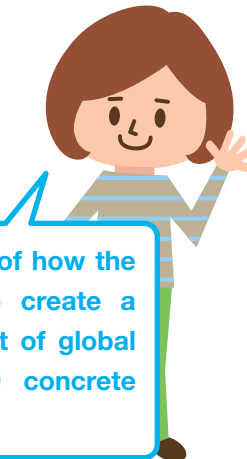
## The motto of the SDGs is

**“Leaving no one behind.”**



Sakai City was designated as an SDGs Future City in June 2018 by the Japanese government and has since been working hard toward the SDGs.

The 17 SDGs aim to achieve the vision of how the world should be in 2030, namely, to create a sustainable society free from the threat of global challenges. The SDGs comprise 169 concrete targets and 232 indicators.



The Sakai City Human Rights Education Promotion Council (HREPC) has been working to increase public awareness of the SDGs by implementing various programs and producing SDGs panels and stickers.

The SDGs aim to solve various global issues that face society today. Each of us is required to consider what we can do to help achieve the SDGs.

HREPC is committed to working toward the SDGs in partnership with Sakai City and other organizations by expanding human rights education and conducting awareness-raising activities.



Exhibition of SDGs panels



SDGs sticker

# Escaping from the Abyss of Child Abuse

– Creating a society where we can live free from the threat of abuse and no one is left behind –



**SHIMADA Taeko**

Director

Child Abuse Prevention Organization Orange CAPO

Although Japan is considered to be an advanced country, the number of children who have died through abuse is increasing. Whenever a case of child abuse is reported, you hear people say “What a horrible parent!” or “This is a difficult problem.”

I myself suffered terrible abuse from my father and stepmother for six years until my second year of junior high school. During those years, I came close to death several times but I just managed to survive thanks to my older brothers. We supported each other through the hard times and I still feel that it is a miracle I’m alive today.

When I was little, I screamed within my mind, “Someone, please help my dad!” Of course, I also needed help, but I felt the saddest to see my father’s distorted face as he beat and shouted at me. He turned into someone completely different from the person I remembered as a loving father.

When I was in the second-grade of junior high school, a 27-year-old female teacher saved my life. She was the first adult I could trust so I told her everything.

She said to my father, “Wrong is wrong even if you are a parent.”

She continued, “You can forget about what you have done up till yesterday, because we can’t go back and change what happened anyway.” Those words saved him.

I was taken to a foster home where I lived until graduating from junior high school. There, I learned how wonderful it is to sleep without worry, eat hot food without hesitation, and say what I feel openly.

When irritated, some people tend to vent their frustration on objects or someone vulnerable. Such behavior can become habitual and even when it is

directed at children, these people often justify it by saying it’s “discipline” instead of apologizing. But their conduct can escalate and eventually lead to abuse.

Anger causes certain changes in our body. When we feel angry, the sympathetic nerves are activated and a hormone called adrenaline is released. Known as the fight-or-flight hormone, adrenaline is secreted into the blood in times of stress, for example, when animals try to escape from predators or hunt their prey. It increases the heart-beat and blood pressure, dilates the pupils, and raises the blood sugar level.

In other words, adrenaline causes us to feel excited. Acting impulsively while adrenaline is high may have unexpected consequences.

It takes no more than six seconds for adrenaline to flood into every cell and then leave the body. This means we should do nothing and say nothing for those six seconds.

Instead of acting impulsively, we should wait for six seconds and then decide calmly whether to get angry or not, after the adrenaline is gone from the body. We adults should especially remember this, as we often get angry at someone for no good reason just because we are in a bad mood.

By learning to control our emotions and regulate our mood, we can eliminate child abuse. Serotonin is a hormone that helps us feel calm. You can cause serotonin to be released by inhaling deeply through the nose and exhaling through the mouth. So when you feel your anger rising, breathe deeply to expel adrenaline from the body and allow serotonin to be secreted.

“Peace and equality for all people”

I believe that by preventing child abuse, we can contribute to achieving the SDGs.

## Introduction of the Committees

The Sakai City Human Rights Education Promotion Council has four committees: Business Members Committee, Religious Groups Committee, International Youth Sakai, and Sakai Liaison Committee for the Universal Declaration of Human Rights. This issue introduces the activities of the Business Members Committee and the International Youth Sakai.

### Business Members Committee

Chairperson: **KANAMARU Naohiro** (Eikou Co., Ltd.)

Number of corporate members: **429** (as of December 2019)

The Business Members Committee was established in 1982 with the aims of eliminating discrimination in employment and addressing Dowa and other human rights issues from the corporate standpoint, under the slogan, “We will never be involved in or allow discrimination in employment.”

Consisting of business entities located in Sakai City, our committee has been carrying out various activities to guarantee equality in hiring and increase human rights awareness in the workplace, such as offering training on human rights, conducting awareness-raising events at railway stations during the month designated for preventing discrimination in employment, and publishing newsletters about the committee’s activities.

During fiscal 2019, we held a public lecture on the employment of foreign nationals and human rights, organized a tour to a company with a history of hiring people with disabilities, and offered training at a facility designed to promote peace. Through these activities, we aim to foster a basic understanding of human rights and increase awareness of the importance of having empathy for others.

While ensuring equality in hiring practices, we will continue efforts to increase awareness of and respect for the human rights of each worker to contribute to a society where everyone can thrive.



### International Youth Sakai

Chairperson: **SHIRAMOTO Tadashi**



The International Youth Sakai carries out various social programs for young people for three major purposes: to increase human rights awareness; to network with a wide range of people; and to contribute to the wellbeing of society. We aim to help them understand the importance of their own initiative in making decisions and taking action, and encourage them to interact and cooperate with people with diverse backgrounds. We thus aim to develop human resources with a strong awareness of human rights, an international mindset and the ability to contribute to a society where peace and human rights are respected.

The International Youth Sakai, since its establishment as the International Youth Year Sakai Liaison Committee, has been implementing a wide range of projects for 35 years in which more than 400 young people have participated so far. Experiences in these projects have helped participants choose their career paths: some are now engaged in international activities under the Japan Overseas Cooperation Volunteers (JOCV) program of the Japan International Cooperation Agency (JICA) or other projects, some are studying abroad, and others are working in the field of public welfare as Sakai City government employees, nurses, or teachers.

In fiscal 2019, we held workshops focusing on human rights trends in the world and on issues concerning gender, Dowa and Ainu as the first part of our annual workshop program. In the summer, we conducted a study tour to Taiwan where participants met with Taiwanese people of various ages, including indigenous people, and discovered a lot of important things that can be learned only through directly meeting local people.

We also organized a public meeting to share the experiences gained in the study tour and various other workshops widely with citizens.

We will continue our activities for the healthy development of the youth and would greatly appreciate your support.







### Special Committee on Dowa Issues

The Special Committee on Dowa Issues aims to address Dowa issues and other social problems in contemporary society. All committee members are expected to first correctly understand the history of Dowa issues and other current social problems and then communicate what they have learned to the public.

The sectional meeting in the second part of the HREPC Comprehensive Workshop was convened in August 2019, chaired by Mr. SHIBAHARA Koji, Executive Director and Secretary-General of the Foundation for Osaka Prefectural Human Rights Association. At the meeting, which was held in the World Café format, there was a frank and open discussion on Dowa issues, focusing on discrimination in marriage and discriminatory comments posted on social media. Participants in the meeting voiced the importance of spreading correct knowledge and the necessity of recognizing how social media can exacerbate discrimination.

**Representative: SHIRAMOTO Tadashi**  
(Sakai City Association of Childcare Organizations)

#### What is the World Café?

The World Café method requires participants to form small groups consisting of about four people to exchange their thoughts and ideas in a café-like relaxed atmosphere.

Groups of participants discuss a topic at several tables. Participants switch tables periodically and discuss the topic with new group members. The World Café is an effective method to facilitate open and intimate discussions and ensure active participation of all participants.

### Special Committee on Human Rights of Women and Children

The Special Committee on Human Rights of Women and Children is engaged in various activities, while considering what to do to protect the human rights of women and children.

In the sectional meeting in the second part of the HREPC Comprehensive Workshop held in August 2019, a discussion on types, causes and similarities of violence took place in the World Café format in a friendly atmosphere under the theme: “SDGs and society free from violence – physical punishment, abuse, bullying, domestic violence, and sexual assault.” Comments expressed by participants included, “We should care about how others feel when we act” and “I know it’s my responsibility to talk to my grandchildren about violence.” The meeting ended with the conclusion that “by uniting efforts to build a violence-free world, we can contribute to creating a society where no one is left behind.”

We will continue to address human rights issues with citizens.

**Representative: YAMAGUCHI Noriko** (Sakai City Women’s Association)



### Special Committee on Human Rights of Persons with Disabilities and Elderly Persons

The Special Committee on Human Rights of Persons with Disabilities and Elderly Persons invites persons with problems to talk about their experiences in order to increase public understanding and awareness of what we should do to protect the human rights of these persons.

The theme of the sectional meeting held in the second part of the HREPC Comprehensive Workshop was the present state and prevention of what is known as the “8050 problem,” and a person who had isolated himself from any social contact and lived as a shut-in or *hikikomori* was invited to speak about how he felt in those days and how he returned to active life in the outside world.

We believe it is important to correctly understand various social problems and consider how we can help solve the problems.

We will continue conducting human rights awareness activities to build a society where everyone enjoys life.

**Representative: MATSUKAWA Ryotoku**  
(Religious Groups Committee of HREPC)



#### The 8050 problem

In Japan, there is the serious social problem of children isolating themselves from society as shut-ins or *hikikomori*. Such social isolation can last for years, and as the children and their parents grow old, the household finances and caring for the elderly parents become a problem. These are collectively called the “8050 problem,” meaning that parents in their 80s are looking after children in their 50s.

Ms. SHIMADA Taeko giving a speech



### Comprehensive Workshop

August 21, 2019 Place: Sakai City Education and Culture Center (Sophia Sakai)

In the first part of the comprehensive workshop, Ms. SHIMADA Taeko (Director of the Child Abuse Prevention Organization Orange CAPO and Hyogo Prefecture Special Advisor on Child Abuse) gave a speech titled “Escaping from the Abyss of Child Abuse – Creating a society where we can live free from the threat of abuse and no one is left behind.”

In the second part, the Special Committee on Dowa Issues and the Special Committee on Human Rights of Women and Children held meetings in the World Café format, while the Special Committee on Human Rights of Persons with Disabilities and Elderly Persons held a lecture-style meeting by inviting a speaker. More detailed information is available on page 6 in “Introduction to Activities of the Special Committees.”

Visitors intently reading the panels

### Ward Residents’ Festivals

HREPC participates in annual festivals held by respective ward offices by displaying panels on human rights issues in its booth to educate the public on human rights.

As in past years, the HREPC booth was visited this year by many people, who took great interest in the panels.

Starting from this year, HREPC held a new workshop at some of the festivals where children were invited to draw pictures on eco bags. Children visiting the HREPC booth enjoyed creating their original eco bags.

HREPC welcomes the participation of many people in its programs at ward residents’ festivals and on other occasions.



Children concentrating on drawing



### Citizens’ Forum for Human Rights Protection

December 15, 2019 Place: Hotel Agora Regency Osaka Sakai

The 41st Citizens’ Forum for Human Rights Protection was held from December 4 to 10, 2019 in conjunction with Human Rights Week to increase public interest in and awareness of human rights issues.

In the first part of the forum, a ceremony to commend the winners in the “My Human Rights Message,” an essay contest for citizens, was held and award-winning essays were read out. Then the International Youth Sakai, an organization working to train young people with a strong awareness of human rights and an international mindset, made a presentation on the overseas study tour they conducted.

In the second part, Professor KAMBARA Fumiko (Ph.D. in Social Sciences, Dean of the Faculty of Contemporary Social Studies, Kobe Gakuin University) gave a lecture titled “Poverty of Women and Children.”

Professor KAMBARA Fumiko giving a lecture





## Community Human Rights Promotion Committee Workshops

Workshops on human rights are held every October and November for members of the Community Human Rights Promotion Committees in the seven wards of Sakai City.

The following table shows the workshops held in fiscal 2019. The workshops were attended by many participants. Thank you very much.

Ward	Date	Theme	Lecturer
Kita	Oct. 2 (Wed.)	<b>Dowa issue</b> “Community development focusing on human rights”	Mr. IKETANI Keisuke (NPO Kurashizukuri Network Kitashiba)
Higashi	Oct. 28 (Mon.)		
Sakai	Oct. 3 (Thu.)	<b>Women’s rights</b> “Domestic violence (DV)”	Ms. YUKITA Juri (Lawyer, Josei Kyodo Law Office)
Mihara	Oct. 10 (Thu.)		
Minami	Oct. 24 (Thu.)	<b>Internet and human rights</b> “Internet and human rights”	Ms. ISHIKAWA Chiaki (Director, NPO Nara’s Organization for Promoting Regional Learning)
Naka	Nov. 18 (Mon.)		
Nishi	Oct. 25 (Fri.)	<b>Human rights of the elderly</b> “Elderly abuse”	Dr. MIZUGAMI Tsuzuru (Associate Professor, Kobe Gakuin University)



### Community Development Focusing on Human Rights

In this workshop, we learned that it is our responsibility as committee members to listen to the voices of local residents, even the quietest ones, and let other people know about our community to make it a place where everyone is valued.

In so doing, we can launch services desired by local residents, such as a catering service, and hold popular events, such as a morning market, through community-wide cooperation. We can also eliminate discrimination arising from ignorance about the community. We were taught many important things by the lecturer who spoke about the community activities focusing on human rights that are enjoyable for residents.



#### Who are the members of the Community Human Rights Promotion Committee?

Members of the Community Human Rights Promotion Committee engage in grassroots human rights activities in their respective school districts. Members are recommended by community representatives of the Federation of Sakai City Residents’ Associations from among officials of community resident’s joint associations, president of unit residents’ associations, members of various organizations in school districts, and people who are enthusiastic about human rights education activities in individual school districts.



Twenty award-winning essays selected from 3,231 entries are posted on the following site. (in Japanese)

Collection of award-winning "My Human Rights Message" essays:

<http://www.jinkenkyo.jp/past-message/>



## Parent-child Relationships (Third-year elementary school student)

My mum was neglected as a child.

Ignoring children is really bad.

Soon after my mum was born, she was taken to my great grandma's home and raised there until she began living with her mum after entering elementary school.

But she was often not at school.

Instead, she did the washing and cooking alone at home. Even when she was ill, she made her own bed and lay there with no one taking care of her.

After growing up, my mum left home, worked a lot, and met my dad.

She got married, had children and plays with me a lot.

She cooks delicious food every day and keeps our home clean and tidy.

She loves my elder brother, me and my younger sister very much.

But my mum doesn't like being left alone. She doesn't go out alone, even for shopping, and always

asks me to go with her.

Sometimes I don't want to, but in the end, I go with her.

Maybe I also feel uneasy about being left alone.

Not all children live with their parents.

Some live with just their dad, some with just mum, and others don't live with either.

That's why I feel sad and scared whenever I hear news about child abuse.

TV news stories about children being killed or separated from their parents due to abuse make me feel ill.

When I grow up and have a child, I think I will be very happy.

But can I make my child as happy as I am now?

Even now, there are many children who are lonely or suffering somewhere.

But I hope each of us can live a good life by always remembering that we can control our own happiness ourselves, just like my mum did.

## People with Disabilities and Human Rights (First-year junior high school student)

Disability is relevant to me because I have been diagnosed with mild Attention Deficit Disorder (ADD). As the name indicates, ADD is a disorder that causes various behavioral problems such as struggling to focus on instructions and, though not in my case, being overly sensitive to sounds.

I have several friends who also have disabilities, but I don't know if they've suffered bullying or discrimination.

One day, my disabled friend told me, "Take it easy." I didn't know what he meant, but after thinking for a while, I understood what he wanted to say. I was so worried that he might be bullied that whenever someone even mentioned his name, it made me too nervous. My friend was probably aware of this so he told me.

I was so obsessed with the idea of protecting him from any trouble that I failed to understand what he really felt. He didn't like being treated differently because of his disability. He just wanted to be friends with me regardless of it.

And then I remembered one thing. When I was in the first-grade of elementary school, I became aware of my developmental disorder and cried to my mother that I hated it. It used to take me an hour to complete just one page of homework. At school, I could never work

as a group and caused trouble to my classmates, so they disliked me. Such experiences made my life so stressful that I finally exploded.

My mother told me, "Disabilities are not that special. They are not something to be blamed for, and they are not uncommon; they are part of who you are." From that moment on, I stopped feeling ashamed of my disorder. My friends don't actually care about it so much. This realization has made my life more pleasant and enjoyable.

Even though my mother taught me this, my friend's words made me realize that I was making the same mistake of treating them differently because of their disability.

Sometimes, people with disabilities need help, but sometimes they do not want to be treated differently from others, like me and my friend.

Help each other without offering too much help. This seems difficult, but it means to simply enjoy being with other people on an equal footing. Just being protected does not make us happy. The important thing is not to offer help to people simply because they are disabled or elderly, but to listen sincerely to them, understand their feelings, and respect their human rights regardless of what they are.



## I Want to Fully Enjoy Amusement Rides

(Third-year student in the upper secondary department of a special needs education school)

My parents, some of my siblings and I are hearing-impaired. We have something in common – we love amusement park rides. The excitement and thrill of the rides releases our daily stress.

However, when ride operators give safety instructions and realize we are hearing-impaired, they always ask if we have someone to accompany us. When we say “no,” they usually don’t allow us to get on the ride, saying politely that they cannot take responsibility if an accident happens. But my father objects to such treatment, and tells the operator through gestures or notes on his phone that it is discrimination. Then we are usually allowed on the ride on condition that we take full responsibility if anything happens. I don’t like it whenever we are told by a stranger, even if it is their duty as a ride operator, that we cannot board the ride because of our disability. Even if the words are polite, the refusal ruins our fun family outing and we spend the rest of the

time in the amusement park with mixed feelings of pleasure and disappointment.

And yet the ride operators’ attitude is fully understandable; if an accident or earthquake occurs, they cannot immediately warn us of the danger and quickly help us.

If this is the reason for refusing us, I strongly believe it should be indicated at the entrance or on their website that visitors with impaired hearing cannot board the rides without an accompanying person. You might think such an indication would hurt our feelings, but we would understand. Rather, it hurts more to be told we cannot board a ride after waiting in line for our turn, simply because we don’t have an accompanying person.

If evacuation instructions are provided in a visual manner, both hearing and hearing-impaired people could understand and have more fun at amusement parks.

## Now Is the Prime of My Life (Adult)

I was born in 1941 in Kohama in Sumiyoshi Ward, Osaka City. When I was four, there was an air-raid on Osaka. I faintly remember fleeing the fire, holding on to my mother’s hand. Our house was destroyed in the air-raid and so my family moved to Sakai City. Though I don’t remember much about the disaster, I was scared of the sound of airplanes long after the war ended, and feared another war might be coming.

Some years after the war, my mother died of illness. I was nine at the time. After her death, I did household chores and looked after my younger sister because my father was seldom home due to his work. In those days, all housekeeping tasks were done manually. To cook rice, I had to begin by making a fire. Of course, I did the washing by hand too. I took the laundry to an outdoor communal washing place and it was really tough on cold winter days.

After graduating from elementary school, I began working at a textile company near my house. While I managed to cope with the work, I didn’t like to hear my colleagues and neighbors talking happily of memories from their junior high school days. It always made me feel sad. After growing up, I often wondered why I could not attend junior high school like others. I also always wanted to study at school again but I never said so openly. Years passed and one day, I saw a poster for a night junior high school at an elementary school in my

neighborhood. I didn’t know such a school existed and felt excited at the thought of studying there. But I couldn’t tell my husband because I had always told him not to go out alone at night and, what’s more, he was often unwell and often lay in bed.

My husband died nine years ago. Some time after his death, I decided to join that night junior high school. I was already seventy years old, and at first, I was afraid I might not be able to keep up with the studying. But I found the teachers are kind to me and teach their subjects in an easy-to-understand manner.

In particular, I like Japanese and social studies. I have always enjoyed reading books, especially biographies and autobiographies, but before, there were some Chinese characters I couldn’t read. I used to look them up in a dictionary or skip them but I no longer struggle like that now as I have mastered many difficult Chinese characters through Japanese studies. In social studies, I learned about the history of Sakai and found it is the birthplace of a high Buddhist priest named Gyoki.

I am really happy to be able to study. I feel much more confident and light-hearted than before. As a member of the student council, I have even got used to speaking in front of many people. I hope to live a positive life by continuing to study hard. For me, now is the prime of my life.





## The Human Rights Promotion Division of the Sakai City Government lends out DVDs on human rights for free.

\* Books are not lent out. \* The DVDs are in Japanese only, without foreign-language subtitles or dubbing.

Inquiries: Human Rights Promotion Division,  
Sakai City Government

TEL: 072-228-7420 FAX: 072-228-8070

### DVD



Dowa issue

#### *Tomoni Ikiru Watashitachi no Mirai Burakusabetsu Kaisho Suishin ga Mezasumono*

(Our Common Future: Aim of the Act on the  
Promotion of the Elimination of Buraku  
Discrimination) (38 min.)

This video sheds light on buraku discrimination prevailing in society that led to the enactment of the Act on the Promotion of the Elimination of Buraku Discrimination, as well as new forms of discrimination arising in cyberspace, while introducing young people who take pride in their roots in buraku and play an active role in society with confidence. This video will help you understand the new buraku issue emerging in today's Internet-connected society and encourage you to think how you can contribute to an inclusive society.

### DVD



Peace

#### *Senso Taiken Shogen-shu*

(Experiences of War Survivors:  
Vols. 1, 2, 3 and 4)  
(39 min., 26 min., 28 min. and 28 min.)

Sakai was air-raided five times in 1945 during World War II. This video contains records and photographs of the Sakai air raids that claimed the lives of many citizens, and the recollections of war survivors about their wartime lives and damage caused by the air raids.



### DVD



Human rights  
of children

#### *Homuresu to Deau Kodomotachi (Children Meet the Homeless)* (30 min.)

What drives some young people to assault the homeless? This video deals with the night-watch program conducted by The Home for Children, an NPO based in the Kamagasaki area in Osaka City, in which children visit homeless people on the street during the night to give them meals and talk with them, and shows how the children have changed through the experience. The video also introduces a homeless person named Suzuki – what he does to earn a living, what his everyday life is like, and what he thinks about. By focusing on repeated assaults by young people on the homeless, this video encourages viewers to think how children with no place (home) where they feel safe may be driven to bully the vulnerable.

### BOOK



\* Please note  
that books are  
not lent out.

- *Gyakutai no Fuchi wo Ikinuite* (Escaping from the Abyss of Child Abuse), authored by SHIMADA Taeko (Mainichi Shimbun Publishing)
- *Shokuba no LGBT Dokuhon* (LGBT in the Workplace), authored by YANAGISAWA Masakazu and others (Jitsumukyoiku-Shuppan)
- *Jinken-tte Nandaro?* (What Are Human Rights About?), edited by Asia-Pacific Human Rights Information Center (Buraku Liberation Publishing House)
- *Yokuwaku Supotsu to Jenda* (Learning About Sports and Gender in an Easy-to-Understand Manner), authored by IIDA Takako and others (Minerva Shobo)
- *Shitteimasuka? SDGs Yunisefu to Mezasu 2030-nen no Goru* (Do You Know the SDGs? Goals to Be Achieved in 2030 With UNICEF), published with cooperation of the Japan Committee for UNICEF (Saeta Shobo)

Under the Sakai Safe City Program, Sakai City has been endeavoring to create a safe and comfortable living environment for women, children, and all other people.

For example, the city has been helping victims of sexual crimes to heal their physical and mental wounds by providing well-organized consultation and support services, while conducting educational activities to reduce society's prejudice and stigma towards such victims.

The city remains committed to helping eradicate violence against women and children.

