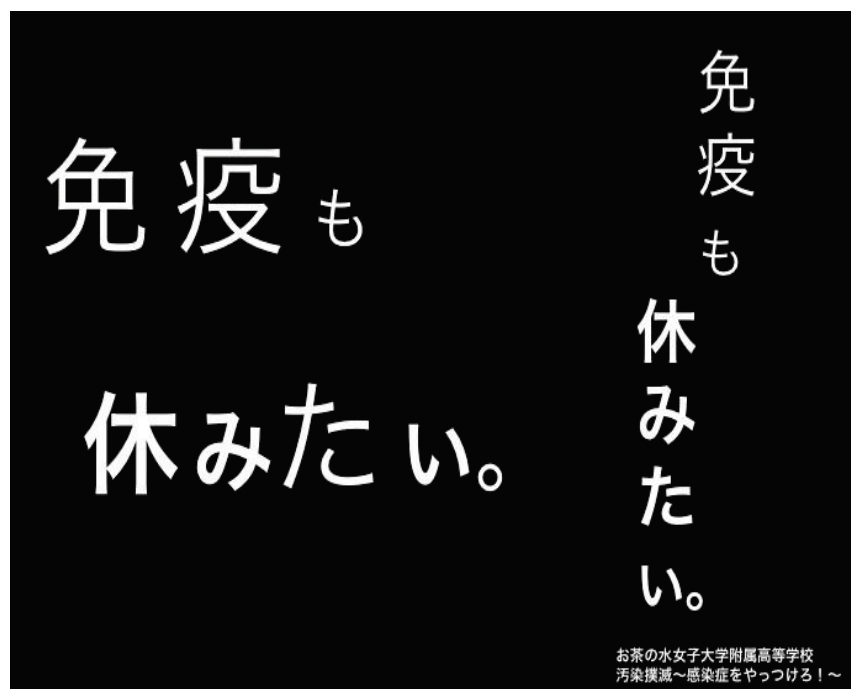




# KICK PUNCH

STUDENT EDITION, NOVEMBER 2020

## Prevention is better than care



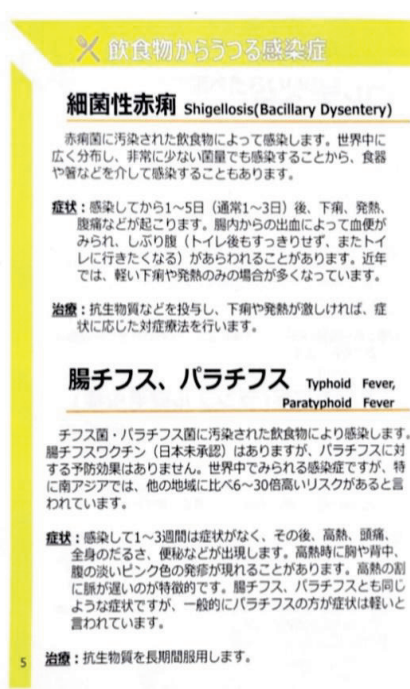
Credit: Osenbokumetsu group

Today, Covid-19 is spread all over the world and its influence is the biggest concern for us. The government measures at ports and airports are paid attention. But what is conducted as usual measure at airports? We investigated infection diseases measures at Haneda airport.

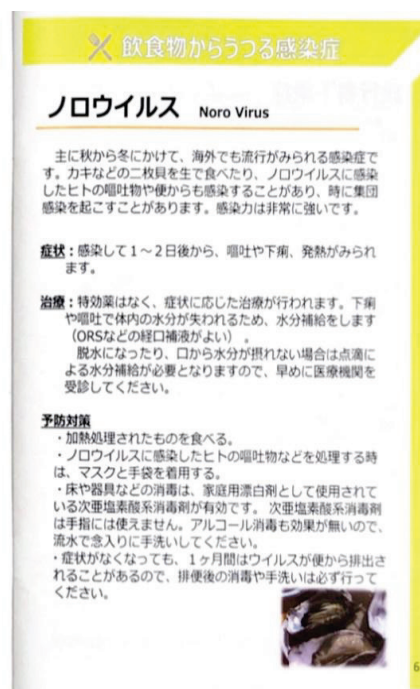
There are two quarantine services at Haneda airport. First of all, the staff check whether people get a fever by using thermography. Second, they provide information about infection disease, for instance, consulting for departures and distributing leaflets.

However, there are some problems in the existing methods.

It is impossible to prevent infection diseases completely because thermography is just screening, and when passengers wait for this quarantine, they don't ensure "social distance". In addition, the posters or leaflets are not preferred by passengers because they tend to think them unnecessary and unrelated to their enjoyable trip. Few people notice where the posters and leaflets are posted. Various diseases spread in foreign countries and the situations change constantly, that means most people have difficulties to gain latest enough information in order to prevent infection. Due to the lack of information, people could not



Leaflet by Ministry of Health, Labor and Welfare



avoid getting infected. Eventually, the disease is imported into Japan.

As a result of our research, we suggest to improve these services by focusing the leaflets. In Haneda airport, though we can get the leaflets at health consultation room and departure counter, we should place them to other places like cafeteria, too. It is also beneficial to put them not only in the airports but also medical institutions. In addition, we invented new leaflets above. The design and the amount of document were changed to be attractive for more people. We hope infection disease are kept away from Japan by people's concern of the measures.



Current state at quarantine station (Ministry of Health, Labor and welfare)

By Akiha Ikegami  
Risako Otsuki  
Kano Onishi  
Mai Kinoshita  
Nana Sakai  
Miyu Takashina  
Ayaka Hanai

## NOTICE TO READERS

We are from class Kiku in the third grade at Ochanomizu University senior high school.

In 2014, the Ministry of Education, culture, sports, sentence and technology designated our school as a super global high school (SGH), which aims to foster global leaders.

In our class, we have many members who concern about social matters and each of them sees social issues which they are interested in with penetrating

insights.

As part of SGH program, we divided into 7 courses in 3 fields, Life Health and Medical Care, Economic Development and the Environment, International Cooperation and Gender issues, International Relations and Resolution, Information Technology and Creativity, The Globalization of Music, and Art and Expression (non-verbal communication),

and we worked on some projects of various issues individually.

In the process of studies, we conducted field works and interviewed some experts in the field, or discussed with friends across the fence of courses.

As our outcome, we created leaflets, posters, essays, websites, a picture book, and so on. Through this activity we explored the depth of social matters and also we acquired having a wide perspective.

This newspaper is the compilation of the result of our activities. Please read our paper and learn more about current social issues.

By Kanako Arakawa  
Kotomi Ono  
Ayaka Tashiro  
Kaho Miyamoto  
Azuki Yoshida



# What is stranded people?

## Institutions for stranded people

There are “return home support stations” and “institutions for a temporary sojourner.”

First, return home support stations provide water, restroom and information about support for going home for those who walk back. ex) convenience store, family restaurants and filling station.

Second, institutions for a temporary sojourner provide relief supplies and information for stranded people, who take a rest or stay temporarily.

According to a survey conducted in Tokyo, stranded people are about 5,170,000, especially the number of those who cannot go anywhere is about 920,000.

As of 2018, Tokyo Metropolitan Government prepare about 38% of the waiting space for stranded people, but about 62% of it is lacking now.



Prior Preparation Photo by Yuri Sato

### Prior Preparation

Everyone should take precautions against disaster.

First, you decide on a way to contact family, such as a disaster emergency message dial, and fix furniture. It helps you can stay outside without having to worry about your family and home.

Second, you make the necessary preparations assuming that you walk a long dangerous street with your stamina when you have to go home on foot. You should prepare a rucksack and sneakers at your place of work, so that you can get home. Then you check your way home, where return home support stations

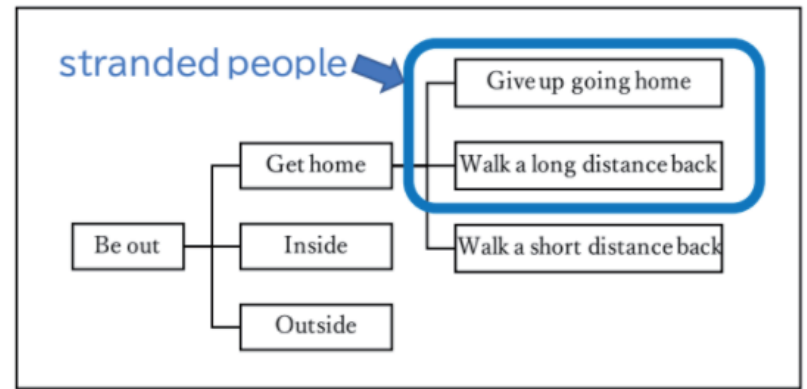


Figure by Yuri Sato

and a place which you can take a break are on your way to home.

### At times of disasters

Basic principle for stranded people is “Don't start moving unnecessarily,” which will keep you from encountering the two dangers. One is injury by a fire, falling objects and secondary disaster. Another possible danger is “crowd avalanche,” a group falling down. It is assumed that at most 8 million people become stranded people at the time of a Tokyo inland earthquake. Therefore if everyone tries to go home all at once, streets will be like a rush hour train. In the past, a crowd avalanche occurred in Japan and 11 were killed

and more than 250 were injured in the accident.

If you move after the disaster, you will be an obstruction of rescue and transportation of relief supplies because streets and around stations are congested, so you should obey this principle at times of disaster.

By Natsumi Ogawa  
Minami Kanematsu  
Toko Kameoka  
Yuri Sato

# Effective Evacuation Place

It is said that a Tokyo inland earthquake will happen. However, in Ikebukuro, where we always go through to commute, there are not enough places to run into when a fire breaks out after the earthquake. What can we do to reduce the damage in a metropolis? To solve this problem, we did research into a past instance.

To begin with, we studied about the Great Kanto Earthquake, one of the worst disasters accompanied by terrible conflagrations. In that calamity, whether they could survive depended where people ran into. For example, people stayed at Kyu-Iwasaki-Tei Gardens(②in the map) all escaped death, but on the other hand, about 40,000 people died in the ruin of the garment factory(①in the map). We compared the two sites and found two important things for an evacuation place: ponds and trees. You can easily imagine that ponds are useful for fleeing the fires. There was a large pond in Kyu-Iwasaki-Tei Gardens and people jumped in it were mostly saved.

When it comes to trees, you might

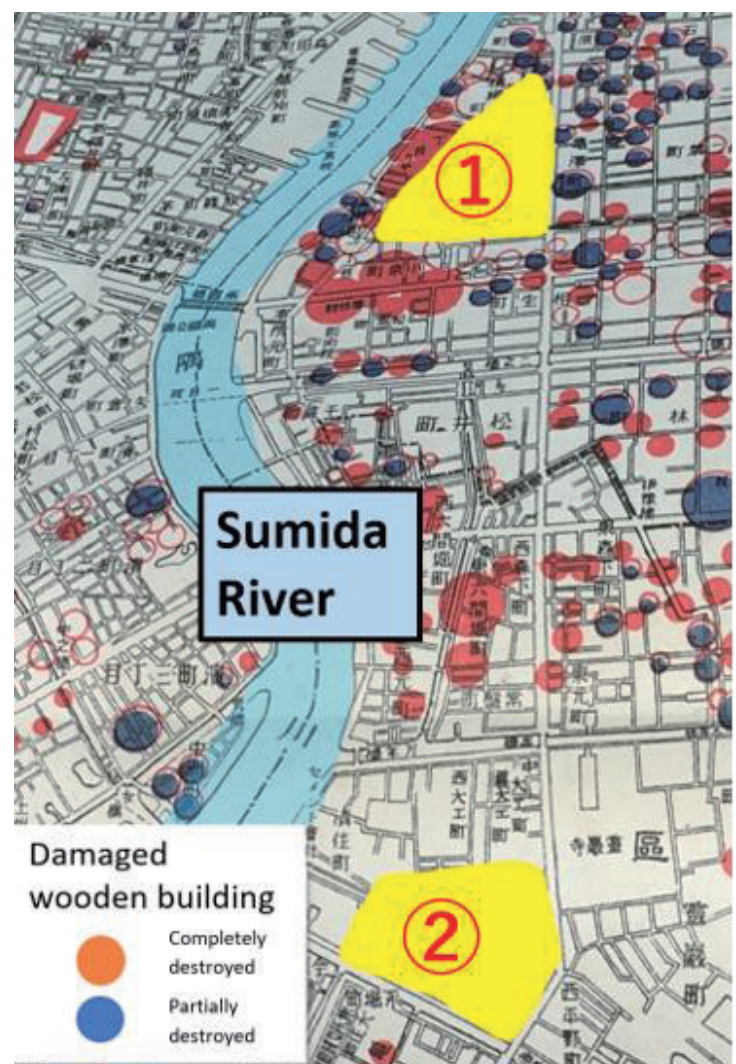
think the fire grows more with trees. However, in fact, when a fire breaks out, a tree generates water vapor. Even if a tree burns, the surface of the tree would carbonize and stop the spread of fires. Trees can protect people from heat and sparks.

According to another data, the extent is seemingly effectual. The place which saved people from fire were over 40,000 square kilometers in extent.

In summary, we argue that we need trees, ponds, and enough large sites to make a safe evacuation place. The problem is, securing large place in cities is too difficult. Also, tall trees make blind spots that may give rise to security issues.

Therefore, we need to consider a lot of things and find solutions to the problems in order to make safe evacuation place.

By Yurina Tanaka  
Wakana Ichimura  
Saki Sugawara  
Chisato Shimizu



The map of the two evacuation places

Created by Wakana Ichimura

# How Can We Improve Shelter for Women?

In Japan today, we have had flooding and landslides caused by heavy rain and major earthquakes. Because of that, shelters as temporary housing for disaster-stricken people have become more familiar than before. However, it is a problem that women are more likely to be placed in a weak position in shelters. What is the cause of the problem and how can we improve status of women in shelters? First, there are few women who are involved in disaster prevention.

Local governments have set up Regional Disaster Prevention Council to promote the preparation and implementation of regional disaster prevention plans. The council is established in prefectures and municipalities and is responsible for the comprehensive coordination of disaster prevention activities conducted by local disaster prevention organizations. About 30% of municipalities in Japan do not have any women as a member of the Regional Disaster Prevention Council (as of 2016).

The graph shows that there were few women staff involved in disaster prevention when the 2016 Kumamoto Earthquake happened. Women's participation is not progressing in this field. That's why it could make it difficult to reflect women's opinions in the local disaster prevention plans of many local governments. Therefore, the rate of women staff in the Regional Disaster Prevention Council should be increased.

Second, in the term of mental health, there is also a burden that only women have in shelter life. The role in the shelter is often determined by gender. For example, the cleaning of rubble is role of men and women are assigned to cook. Women's work lasts endlessly during shelter life, and they are less likely to be thanked. In addition, they have no incomes in most cases. Those cause excessive mental burdens on women.

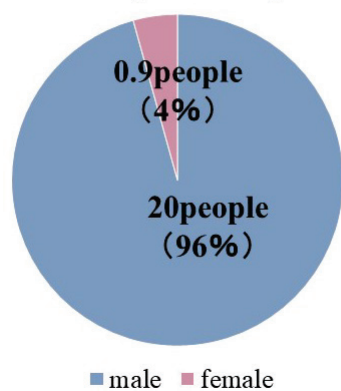
In order to lighten these burdens, jobs should be distributed so that each person can do what he/she is good at, rather than the tasks

which are decided by gender. This work distribution method encourages evacuees to find their work worthwhile. It can also be expected to lead to improvement of overall work efficiency and relief of stress.

As above, local governments should support women who participate in disaster prevention, disaster response, and shelter management so that women's opinions can be reflected in shelter administration. In addition to this, it is also important for women to recognize that they themselves tend to be the weak in shelters, pay attention to their life in shelters and engage in shelter management actively. Moreover, it is necessary for men to make efforts to change the situations of shelters, cooperating with women.

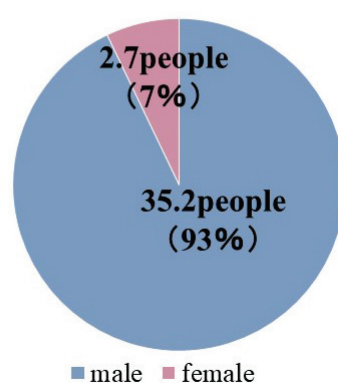
By Haruka Koide  
Kanatsu Shibata  
Tomoyo Yokoyama

Disaster Response Headquarters



Created by Haruka Koide

Regional Disaster Prevention Council



Created by Haruka Koide

## Gender Equality of Household Assignment

In 2019 the gender gap index of Japan ranked 129th out of 153 countries. Though gender equality is being loudly proclaimed, the ranking is sluggish. We regarded this as a serious problem.

Therefore, we asked some junior high school students whose sense

of values are almost established to take a questionnaire. We are going to introduce the most impressive consequence of all questions. The question is, "As of 2018, in Japan, wives do the housework for 263 minutes and husbands do it for 37 minutes on weekdays on average. And wives do it for 284 minutes,

husbands do it for 66 minutes on weekend on average. What do you think about the current situation in Japan?" According to the survey, 57 percent of the students thought "The gender gap should be narrowed" about this situation. However, we found that 28 percent of the students thought "No problem" (Figure 1) They said wives and husbands have many differences of workloads and many wives should devote herself to do the housework. In contrast, many husbands should devote themselves to do work.

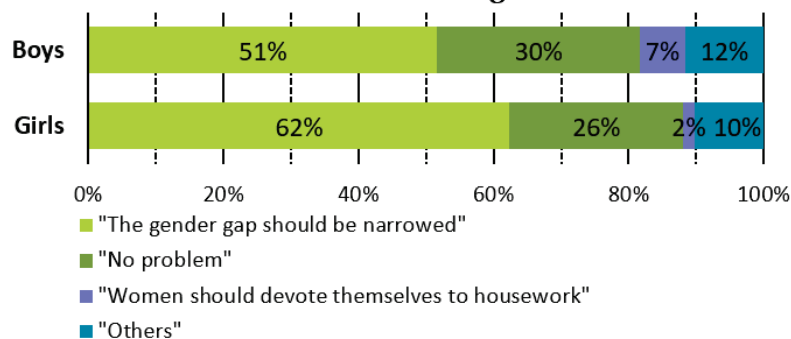
But now, the number of two-income families are increasing because of an aging society. According to Gender Equality Bureau Cabinet Office, we found the number of homemaker decreased. Specialists expect the number of double-income family will increase in the future. It is

unfair that housework is regarded as women's work against an increase of the number of two-income families. There seems to exist gender bias. Therefore, gender bias has already rooted since we were junior high school students. This idea lead to a barrier of women's advancement in society, the pressure of working on men, and so on.

For getting rid of these issues, we should begin to think about gender bias when we were junior high school students.

By Yuka Azuma  
Moe Emoto  
Ayaka Owada  
An Sekiguchi  
Karin Yamaki

What do you think of the unequal share of housework? (Figure1)



Based on the answers from 237 students (120 boys and 117 girls)

Research conclusions

created by Yuka Azuma



# What Is Stress

Perhaps everyone has felt stressed. However, few people know how they come to feel stressed?

We feel stressed by stressors, which are the part of the stimuli from outside. Stress has both good and bad effects.

Good stress is what applies good stimuli. For example, it inspires our feelings, encourages us, and makes us feel refreshed. Thereby, we can have dreams or aims and make good relationships. On the other hand, bad stress is what applies bad stimuli. It provides us with fatigue, anxiety, displeasure, disease, or bad relationships.

Lack of sleep causes stress. Sleep deprivation is due to overworking, using smartphones too much and so on.

Stress causes various physical disorders such as oversleeping,

eyestrain, irritating, and we can not get rid of the accumulated fatigue.

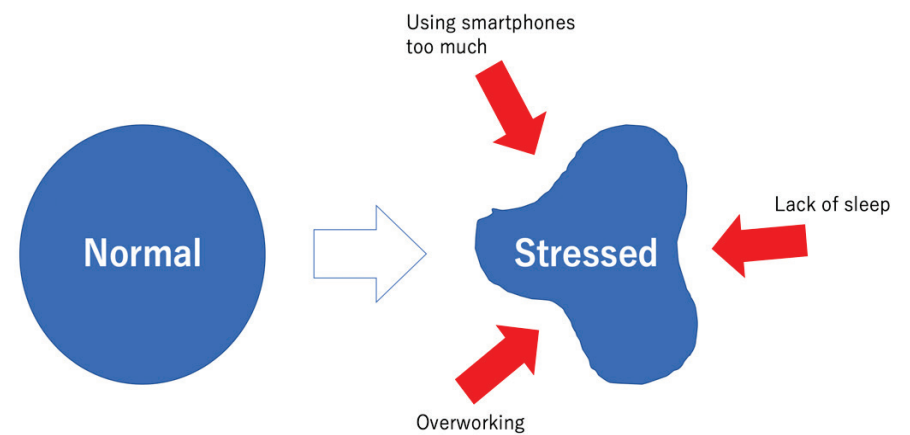
According to some research for many years, Stress become many kinds of factors such as eating disorders, obsessive-compulsives, and depression. These days the number of patients with depression from covid-19 is increasing. We have some ideas to relieve stress.

We will show you 5 points what we can do by ourselves. First, keeping ourselves in good health. For example, getting up at an appropriate time or taking three meals a day. Second, talking with our family and friends about our trouble. Third, consulting medical institutions. Fourth, changing pace or doing our hobbies. Fifth, holding life goals.

Also, we will show you what we can do for others. First, watching

whether sign of depression have continued for more than 2 weeks. If so, let's urge them to go to a hospital. Second, listening to their stories.

Keep these things in mind, and let's relieve stress together!!



Credit: Ikuno Ishizaka

By *Ikuno Ishizaka*  
*Rin Tetsuya*  
*Hinaka Noguchi*  
*Kie Hataishi*  
*Haruka Mouri*  
*Chisato Yasuzawa*

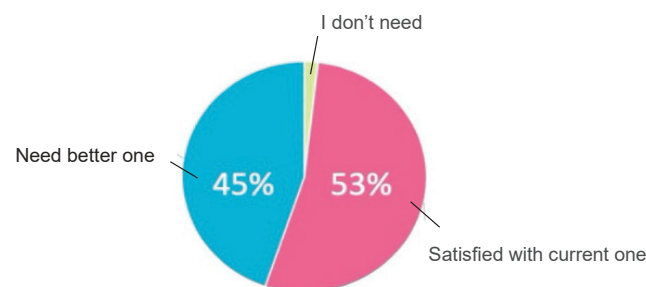
# Higher Education on Social Media for Our Lives Safety

Today, social media relates to our lives deeply.

It is certainly a convenient communication tool. However, it reveals some serious problems. According to data from Metropolitan Police Department in 2018, many troubles happened on social media among teenagers. For instance, our personal information is abused illegally or we are involved in crimes unconsciously. What should we do to solve these problems?

One of the possible causes is that students lack a sense of crisis. We took a poll and it showed almost half of the students feel necessity of reconsidering current education on social media. In addition, more than 70% students answered that their parents didn't impose any restriction on them. We think that those indicate both students and their parents need to learn the danger of social media and proper way to use it.

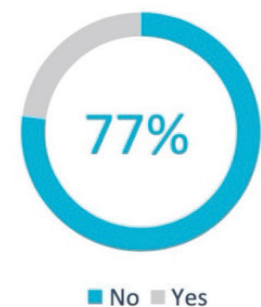
Then, we suggest a new type of website which enables ideal education on social media. On the website, students can experience the troubles that perhaps happen on social media realistically.



What do you think about education on social media?

Graph of the result of poll taken at Ochanomizu University High School

Do you have domestic rules about social media?



created by Chii Sugihara

Students can communicate with Artificial Intelligence as if they communicated on the real social media. For example, when students post thoughtless and unsuitable remarks, AI posts slanderous comments as well to teach them how receivers feel about their remarks. If they post personal information carelessly, students are led to worst situation such as getting involved in crimes. As the saying goes, "Seeing is believing", this system will be effective.

We assume that we can make education better by utilizing this website. It is available not only at school but at home and parents will also learn about social media

with their children.

This is just one of the suggestions for information ethics education. By reconsidering current education, the number of troubles on social media caused by teenagers will decrease. No one can be irresponsible in this highly informed society. We have to understand the danger of social media and use it properly.

By *Ann Ichiki*  
*Chii Sugihara*  
*Yukino Suzuki*  
*Haruka Nakajima*  
*Asuka Mori*

**Kick Punch**  
 Published by a group of 39 students of Ochanomizu University Senior High School, public high school, Otsuka, Bunkyo, Tokyo, Japan,  
**Publisher:** Ochanomizu University high school  
**Project Supervisor:** Takashi Hatakeyama  
**Editor:** Kotomi Ono, Kanako Arakawa, Ayaka Tashiro, Kaho Miyamoto, Azuki Yoshida  
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