



MUM'S TIMES



PROFESSIONAL EDITION, NOVEMBER 2019

Gender-free uniform a 'happi' choice

Ochanomizu Girl's University announced in 2018 that it will accept transgender applicants. More and more education organizations are expected to follow this trend. However, there are concerns about a possible contradiction between the recognition of gender diversity and the distinction of school uniforms based on gender difference. Considering this discrepancy, students of Ochanomizu Girl's University Senior High School designed a gender-free school uniform.

The project members had a number of interviews with a variety of people such as professors, fashion designers and sexual minorities. A fashion designer of clothing brand Blurorange, Tomoyo Matsumura, gave them some tips for coming up with ideas.

Blurorange manufactures feminine clothes for those with male bodies. People with any figure can wear them without sexual stigma. The project members realized that observing wearers and trying to comprehend their minds were necessary before working out ideas based on Ms. Matsumura's lecture.

On February 23, 2019, the members at last created "happi school uniform." "Happi" has two meanings: the English word



Photo by Sakurako Tsujimoto

The happi school uniform

"happy" and 'happi', which are traditional coats worn at festivals in Japan.

The uniform has two points which are mindful of both cisgender, a gender type whose gender identity and sex matches, and sexual minorities. First, the project members incorporated Japanese clothes into the "happi uniform." As a professor at Ochanomizu University, Niimi Iho, demonstrated to them, Japanese clothes manifest little gender difference compared to Western counterparts.

With reference to these lectures, the students focused on and utilized this unique

characteristic of Japanese clothes. Second, its sleeves and hem are designed to be longer than the wearer's arms and hip. This distinctive structure enables concealment of parts of the body that reveal their sex.

However, the project members say that "happi uniform" is not complete yet. In designing a uniform for sexual minorities, the students adopted the idea of hiding gender difference. In order to realize a world accepting diversity, is it really the best way to conceal differences? Isn't a uniform designed to reveal gender differences openly more

successful in achieving a society in which everyone respects each other's sex?

The answer is not clear yet. There is no panacea at this time, as there is no single place in the world that is totally tolerant of gender diversity. Nevertheless, the project members regarded their action as a significant step. That is, they believe that the cycle of improving and adding new concepts to one proposal would lead to proceeding toward a more open-minded world.

At the 91st Academy Awards in Los Angeles, California, actor and singer Billy Porter turned up on the red carpet in a hybrid tuxedo ball gown, which attracted considerable attention from all over the world. During a magazine interview, he said, "I want people to understand that you do not have to understand or even agree with other people's authenticity or truths, but we must all respect each other."

Today, our life is restricted by gender more than necessary. Hopefully, a society in which one's freedom is not restrained by gender will arrive in the near future.

By Yui Aoki, Miyo Saito, Yuna Sato, Sakurako Tsujimoto and Kako Yoshihara

NOTICE TO READERS

Ochanomizu University Senior High School is in Bunkyo Ward, which literally means "center of education" in Japanese. As the name suggests, there are many educational institutions, cultural heritages and historical sites telling Japanese history, especially from the Edo period to the present.

Our school is one of them. Its

predecessor is Tokyo girls' Shihan School, the oldest government girls' school aimed at training female teachers. Now it is aiming to train female global leaders. In addition, the school was designated as a Super Global High School (SGH) by MEXT from April 2015 to 2019. The mission of SGH was to cultivate human resources

who can succeed in a globalized world. Students in the school have worked on various projects in order to learn how to contribute to global peace and welfare as global citizens.

They gained various points of view and developed abilities to think about social problems critically. Though our school is no

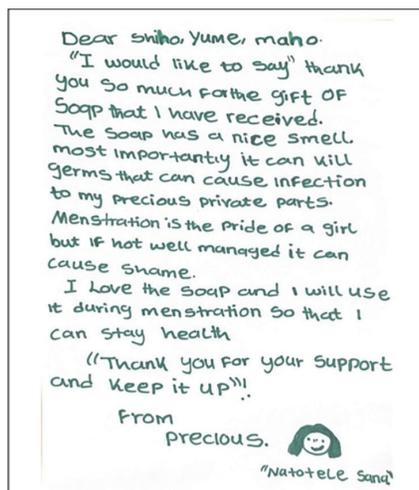
longer registered as a SGH as of the end March 2019, it has been registered as a Super Science High School (SSH) since April 2019. The students started to gain a new understanding of the world based not only on a global point of view, but on a scientific one.

(By Natsumi Yanagisawa)

A letter and smiles from dear girls in Zambia

Many women are feeling anxious or in the worst case dying from not having enough information about pregnancy and childbirth. The second-largest cause of death of girls aged 15 to 19 is from pregnancy and childbirth.

JOICFP made an effort to confront this situation by taking various actions. JOICFP is an international cooperation NGO established in Japan to protect the health of pregnant women around the world. To solve the problems mentioned in the previous paragraph, JOICFP has taken actions such as contributing to maternal and child health by having peer educators teach their own generation, such as educating one's friends and acquaintances. Learning from a friend of the same age seems to have a positive effect. The peer educator teaches sex education and promotes discussions and thinking about gender problems



in society with young people. This method of teaching is called CSE (Comprehensive Sex Education).

Three students (Yume Abe, Shino Ito, Maho Yatsugi) in the 12th grade at Ochanomizu University high school were among those who took action as peer educators. They sent handmade scent soap with a flyer including information on menstruation to a village called Copperbelt in Zambia. They also included info on the importance of keeping undergarments



Photo by NGO for International Cooperation JOICFP

Left: The letter that students received from girls in Zambia. Above: Girls holding the soap.

hygienic. They wanted to address concerns of girls of the same generation in developing countries using the concept of peer educator.

At first, they thought that it would not be enough, but it would raise their awareness just from the fact that the girls got soap from girls in developed countries and from the information in the flyer. They learned that it is significant to go from a negative situation to a zero situation and decided to put it into action. They conducted a

survey with the girls to find out how their awareness changed.

As a result, the number of people who thought that it is appropriate to wash their undergarments increased. Before the students' action, some girls said the reason they wash their undergarments is that they smell or itch, while others did not even understand why they should wash them. After the action, more and more girls understood the health reason for washing them and the reason for keeping them clean. The three students got a letter of gratitude written by girls from Copperbelt.

Ito Shino, one of the Japanese students, said "We feel that we were able to make a slight improvement to the current situation at the site. When we saw a picture of the girls smiling with soap in their hands, we were satisfied with our work."

By Shino Ito, Rio Shiozuka, Suzuho Tauchi, Kokoro Higo and Risa Yamashita

How tolerant are Japanese of transgender?

Ochanomizu University, a girls' school, announced it would formally accept transgender female students from April 2020. To begin with, a transgender is a person who has a gender identity or gender expression that differs from their assigned sex.

Transgender acceptance here all started from a mother asking the Junior High School Affiliated with Japan's Woman's University if her son (as stated only on the family register) could take the entrance exam or not, as a female.

This gave an opportunity for separate educational schools to think and discuss how to handle gender issues seriously. In addition, Nara Women's University also announced it would accept transgender female applicants after Ochanomizu University.

A total of 0.47% of people in Japan is said to be LGBT

(=lesbian, gay, bisexual, transgender) currently. In most developed countries such as the United States, France and Finland there is a curriculum that includes the topic of LGBT as part of compulsory education. Among all those countries, Finland is especially prepared to accept LGBT people. Actually, Finland is said to have less sexual discrimination than any other country, according to research done in 2018.

On the contrary, there are still countries like Korea that prohibit identifying as a LGBT person. There was also the Orlando nightclub shooting incident in Florida in 2016. It was a mass shooting at a gay nightclub and 50 people including the suspect were found dead, with 53 people injured. The nightclub was a place especially for homosexual people and the suspect was known for having a discriminatory attitude.

There seems to still be gender discrimination in such countries, including Japan. It shows that to be tolerant of LGBT also means to have surroundings that allow people to feel more comfortable with regard to sexual boundaries.

In Japan, LGBT is not fully recognized in general yet. Also, there are still many people who don't try to understand LGBT as one of the identities a person can have. In 2015, there was a suicide case at Hitotsubashi University because of the lack of understanding of an LGBT person and his feelings. In the case, GuyA revealed the fact that he was asked if he would flirt or not with GuyB in group chat without permission. GuyA also mentioned it was annoying and stressful. GuyB was heartbroken and committed suicide. The judgement on what kind of punishment is suitable for GuyA remains still unclear.

Surprisingly, even after this

case, the LGBT community is not fully recognized among Japanese people. According to the study "Survey of attitudes toward LGBT in the workplace" by the Japanese Trade Union Confederation in 2016, about 8 percent of eligible respondents were LGBT. Furthermore, the rate of those who think discrimination against LGBT should be abolished was over 80 percent. However, 20 percent or more of the people answered "no" when asked whether they could accept it or not if their boss, coworker or subordinate was a transgender.

We can say that the way people understand LGBT in Japan is still lacking from this survey. To overcome this problem, it is necessary to know that there are people with complications about their sex.

By Mirei Inaoka, Chisa Kajiura, Kokoma Shigenobu, Sumire Fujimaru and Akane Miyashita

ENVIRONMENT

Relation between lifestyle and heatstroke risk

A group of Ochanomizu University Senior High School students analyzed segmentalized situations of getting heatstroke and it turned out that there is an increased risk during labor work for adults and during exercise for children in Japan.

The group calculated the correlation coefficient, which indicates the relationship of two variables, between the number of heatstroke patients by EMS and each of four data used for computing WBGT (Wet Bulb Globe Temperature); average temperature, highest temperature, humidity and declination of the sun from 2010 to 2017. The group's study is based on a dataset of the Japan Meteorological Agency, the Fire and Disaster Management Agency, and the National Astronomical Observatory of Japan.

Heatstroke is a collective term for a variety of health hazards that develop when our bodies cannot adapt to a hot and humid environment. Heatstroke has various symptoms. Any of the following symptoms could be a sign of heatstroke.

The degree of severity is mild for Level 1 and severe for Level 5. The major symptoms at each

	Juveniles	Adults	Elders
Type	More Exertional	More Exertional	More Non-exertional
Situation 1st	During Exercise	At Home	At Home
Situation 2nd	In Public Places	During Working	In Streets and Parking
Situation 3rd	In Schools	In Public Places	In Public Places
The month when the number of heatstroke patients by EMS is many	July / August	July / August	July / August
The month when the rate of heatstroke patients by EMS is high	May / June / September	August	July / August
When the rate of heatstroke patients by EMS is high	During practice for the Sports Day	The rainy season	When the difference of temperature is big
Day-level feature	A change of season	The day with high temperature	After the hot days continue

Characteristics of Heatstroke by Age Groups

By Moeka Ueda

level are as follows: Level 1, dizziness and faintness; Level 2, muscle pain and muscle cramps; Level 3, abnormal perspiration; Level 4, listlessness and nausea; Level 5, not responding when someone talks to you or high body temperature.

There are many cases among adults of exertional heat stroke due to heavy sweating during work. The team found that even when the awareness of heatstroke is low, if the humidity exceeds 70 percent, a large amount of sweating occurs and

the risk increases.

The physical characteristics of children are the main reason for heatstroke among them. Compared with adults, they are affected by radiant heat more and the function that controls body temperature adequately is undeveloped.

As can be seen from the research, there is a low correlation between the number of people transported by EMS because of heatstroke and WBGT. It is necessary to pay sufficient attention to the risk of

heatstroke.

The coefficient between the average temperature and the number of heatstroke patients is the highest, at 0.71. The coefficient between WBGT and the number of heatstroke patients is the second highest, at 0.69. On the other hand, when the day temperature difference is more than 8.5 degrees Celsius, for example when the temperature is not high, such as in April and May, and where the temperature is low, such as in Hokkaido, the coefficient between WBGT and the number of heatstroke patients is the highest.

Based on the analysis results, it was found that WBGT is effective as an index of the risk of heatstroke when there is low awareness of heatstroke.

It is necessary that not only organizers, but also each individual take appropriate measures. The group recommends that "Comprehension of the risk lurking in the surrounding environment properly and concretely beforehand is a first step toward heatstroke measures."

By Hitomi Suzuki, Moeka Ueda, Ayana Kobayashi, Natsuki Chiba and Chihiro Hasegawa

Aiming for gold in reducing trash at Olympics

In 2020, the Tokyo Olympic and Paralympic Games are going to take place in Japan. The Games give people unforgettable impressions and provide a great deal of excitement. However, trash is likely to be a considerable problem, as there will be a huge number of spectators.

The Tokyo organizing committee for the Games suggests a goal of "Zero waste," which means reducing the amount of waste as much as possible. They are trying to use resources effectively and to prevent harmful effects on the environment.

To think about what people can do, examples from previous Olympics and what has been done in daily life can be useful.

In the London 2012 Olympics, the London Olympic Committee succeeded in preventing more than 90% of garbage from being generated and put in landfills that are already nearly full. For instance, London Bio Packaging, Ltd. supplied over 120 million pieces of compostable packaging. As a result, they could compost over 1700 tons of garbage.

One way to reduce garbage would be bringing washable chopsticks carried in a case or portable cutlery. Today, about 25 billion pairs of chopsticks that are mainly imported are used every year. Under the circumstances, using portable chopsticks would help reduce garbage and give people an

opportunity to think about the daily trash generated.

To conclude the suggestion, the government should make the best use of past examples or efforts and realize an environmentally friendly Olympics which reflect the Japanese traditional spirit of "mottainai," or "no waste."

On the other hand, the nation and visitors must realize their own responsibilities for saving the Earth's environment and it is important for each of them to act independently.

If the government and individuals cooperate with each other, the Tokyo Games will be much more wonderful and impressive. Everyone in this



Photo by Fumika Terada

Disposable chopsticks seen at left and ecological chopsticks at right

country should make efforts to hold a sustainable Olympic Games.

By Mana Nishitani, Kana Suzuki, Miyu Hanada, Fumika Terada and Yumika Nagatome

OKINAWA

Seeing Okinawa battle sites with our own eyes

In April 2019, Ochanomizu high school students went to Okinawa on a school trip. In addition to the abundance of nature that we could feel easily, we learned about the Battle of Okinawa looking at documents in the memorial museum and visited “gama” caves, which played an important role to protect Okinawan residents during the conflict.

The first extensive damage in Okinawa occurred in October 1944, and 688 people died. The battles continued and in 1945, Japan started suicide attacks and 2,500 people died within just few months.

The United States Armed Forces started taking Okinawa using air raids on Kerama Island in March 1945. Okinawa was completely occupied by the U.S. Army within two weeks.

The leader of the Japanese military in Okinawa committed



Source: Official website of Okinawa Kanko Channel

Monument of "gama"

suicide on June 23, 1945, and the battle ended. The American military officially ended the battle on July 2 and finally the Japanese military signed a full-scale surrender on September 7.

They then went to a natural cave called Nunumachigama in a rural area in Yaesecho. It

was used as a hospital to treat sick and wounded soldiers. The full length is about 500 meters. More than 1,000 soldiers were interned there, where army surgeons, nurses and young people worked. Without anesthetic and medicine, they were unable to care for them

very well. Many of girl students, known as “shiraume gakutotai,” had to endure difficult conditions, including being pushed around.

Soon, they were forced to leave because of the American invasion. Many soldiers were given cyanide and died. Finally, many were left to live by themselves. Inside it was too dark to see properly.

The students learned a lot about Okinawa. What they would like to convey is that it is important to see with your own eyes. They studied the Battle of Okinawa in social studies class, but that is only one part of the picture. Through their experiences in Okinawa, they not only learned, but also felt the reality.

By Shannah Jenkins, Reina Saito, Ruri Sekiguchi, Natsumi Taguchi and Ayuna Maeda

Tasty question: Is taco rice a traditional food?

Students at Ochanomizu University Senior High School took a trip to Okinawa from April 12 to April 16, 2019, and finding that people in Okinawa use cheese and minced meat produced in America as ingredients in “taco rice,” they wondered whether it could be recognized as a traditional Okinawan food.

The definition of traditional food is as follows.

1: Food local people make adjustments to with ingredients that the area specializes in.

2: Food made with ingredients that are only available in the area.

3: Food that local people create in their own way with some ingredients from other areas.

(From *Shoku no miraiwo kangaeru* by Ando Momofuku, the promoter of Nissin food)

To name a few, senbei soup, fukagawamesi, kuwai and houtou are accepted as official local food by the Ministry of Agriculture,

Forestry and Fisheries.

In 1984, Parlor Senri, a Mexican food specialty restaurant, invented taco rice.

Since U.S. armies from nearby U.S. military bases often visit Parlor Senri, they had to design food filling and reduce the cost.

Matsuzo Gibo, the chef of Parlor Senri, then came up with taco rice.

They could cook it with inexpensive beef and use rice to make it cost friendly.

From the 1990s, schools in Okinawa adopted taco rice as a school meal. Taco rice rapidly spread beyond Okinawa to become a meal enjoyed across Japan.

Considering these ingenious contrivances for taco rice, you can say that the dish meets the first condition of being a traditional food.

Taco rice derives from Mexican tacos. People in Okinawa combine ingredients such as minced meat, onion,



Photos by Nagisa Omori (left) and Toko Ikegami (right)

Taco rice (left) and goya chanpuru (right)

spice, cheese, lettuce and tomato and put it on rice to create the dish. This style of cooking by jumbling various food together is similar to Okinawa “chanpuru.”

For example, when people make goya chanpuru, which is one of the local dishes of Okinawa, they fry goya, meat and tofu. Taco rice contains all mixed ingredients. In this way, the method for making taco rice is a traditional cooking style of Okinawa, fulfilling condition three.

In conclusion, Taco rice already meets two conditions, enough to be a traditional food. Though taco rice is quite different from food on the Japanese mainland, the dish is popular among people in Okinawa.

By Toko Ikegami, Nagisa Omori, Takiko Goda and Rio Shinohara

Mum's Times

Published by a group of 38 students of Ochanomizu University Senior High School, a public high school in Bunkyo Ward, Tokyo, in cooperation with the not-for-profit Global Education Information Center (GEIC).

Publisher: Ochanomizu University Senior High School

Project Supervisors: Takashi Hatakeyama

Editor: Yuka Naruse

Contributing Editors: Ayano Usukura

Staff Writers: Yuka Naruse, Matoi Takagi, Natsumi Yanagisawa, Reina Son

Contact: 2-1-1 Otsuka, Bunkyo Ward, Tokyo, Japan

URL: <http://www.fz.ocha.ac.jp/fk/>