

# What are the **eight** important **rights** for children?

- 1 The right to live in safety and security
- 2 The right to grow up true to oneself
- 3 The right to play
- 4 The right to rest and leisure
- 5 The right to learn according to one's own interests and choices
- 6 The right to have one's feelings respected
- 7 The right to express one's opinions and take part in decisions
- 8 The right to live free from discrimination



## What is the (CAC) Children's Advocacy Center?

It is a consultation and support agency for children, established under the Musashino City Ordinance on the Rights of the Child to protect and promote children's rights. We respect children's feelings and work with them to find the best solutions. We provide support with empathy, focusing on helping children feel secure and confident in their ability to solve their own problems. If necessary, we make inquiries and coordinate with relevant organizations and agencies, and provide our opinions to the city. Through promoting and raising awareness of children's rights, we aim to create a community where all children can live safely and comfortably, true to themselves, and where their rights are fully respected.

## How to contact us?



### By phone or in person

— Toll-free number for children —

 **0120-634-331**

You can call this number for **free** from mobile phones and public phones.

For adults: **0422-60-1951**

Days & times  
for  
consultation

Monday, Tuesday, Wednesday,  
and Friday, 1:00 p.m. to 5:00 p.m.  
(Closed on Thursdays, Saturdays, Sundays, public  
holidays, and during the New Year's holiday period)

### By email

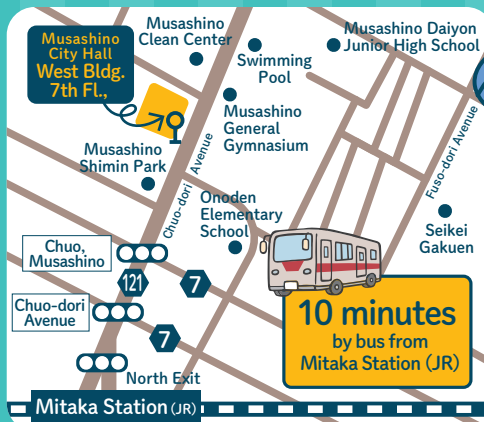
You can consult us via Online  
Consultation Form.



### By letter

〒180-8777

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武蔵野市緑町 2-2-28      武蔵野市役所西棟 7 階  
こ      けんり      ようご  
子どもの権利擁護センターあて



Children and Child-Rearing Support Section,  
Children and Family Affairs Department, Musashino City

Issued in  
October, 2025



Musashino City  
Ordinance on the  
Rights of the Child  
Mascot character:  
**Mimiwan**

Protection of Children's Rights

Musashino  
City

## Children's Advocacy Center (CAC)

# まもルーム

Tell us your story  
Let's think of it together



✿✿✿ Toll-free number for children ✿✿✿

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## When can I talk to the Center?

I just need someone to listen to me

I feel worried or upset

I don't know what to do

Something bad happened and I feel hurt

### For example....

Someone said something mean to me, left me out

I was hit

People don't listen to me just because I'm a child

I have no time to play

Is it wrong to be different from others?

I've gotten into trouble on social media

I have too many chores and no time for myself



You can talk to us about anything, no matter how small. We'll think things through together with you until your problem becomes "I'm okay now."

## Consultation

By phone

In person

By email

By letter

- ✓ We keep your information confidential
- ✓ Free of charge



What can we do?

What would you like us to do?

## Let's think about it together

We work with you to find the best possible solutions



## Investigate and coordinate

The Children's Rights Advocates talk to the people involved and ask for their cooperation. We can also convey your feelings on your behalf.



## Express opinions

We can also share our views with the city to help improve the situation.

I'm okay now!

I know what to do!

I feel better!

## Peace of mind and resolution

