

英語



# Master Guide for Safety and Security



TOKYO METROPOLITAN GOVERNMENT

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# Cast of Characters



Warrior  
TOAN

A novice warrior who has just come to TOKYO. Even if bad guys attack, she does not yet have the skills to defend herself...



Wizard  
SHIN

A novice wizard who has just come to TOKYO. Even if he is enticed to do something bad, he does not have the magic to refuse...



MIMAMORYINU

A safety and security professional who lives in TOKYO. When there's a problem that can't be solved alone, he comes to help.



# Goals

In order to live a safe and enjoyable life in TOKYO, you must learn “self defense” to protect yourself from dangerous bad guys and the “ability to notice danger”, and also find allies who will come to your aid.

## Stage 1

**Learn the skills to defend yourself!**

## Stage 2

**Learn things that you must not do!**

## Stage 3

**Meet allies who will come to your aid!**

## Stage 1



**Learn the skills to  
defend yourself!**

## Danger lurks around every corner!

You may think that you are secure, but there are many dangers in Tokyo. Always go with friends on the way to and from school.

Dark roads and places without many people are dangerous. Be aware of people around you. If you feel you are in danger, ask for help from someone nearby.

## Do not go out late at night!

In autumn and winter, it gets dark very early. When it gets dark, always walk along well-lit streets with lots of people.

Children under 18 years of age are not permitted to leave their homes from 11 PM until 4 AM the next morning.

This is an ordinance [law] passed by the Tokyo Metropolitan Government.

### Quiz



When are children under the age of 17 not allowed to go outside?

①

From 9 PM to 4 AM

②

From 10 PM to 4 AM

③

From 11 PM to 4 AM

## Items for staying safe away from home

### Security Buzzer

This item buzzes loudly when you press the button or pull the strap.

The bad guy might get startled and run away, and the people around you will be alerted to the danger.



### Reflective Accessories

These items reflect light from cars in the dark, so that drivers will know you are there.

Some you can wear on your arm, and others you can put on your bag or bicycle.



#### Quiz



When should you use a security buzzer?

- 1 When you wake up in the morning
- 2 When you sense danger
- 3 When you want help

Now you have  
the skills to go outside  
safely!



## Beware when a stranger talks to you!

When a stranger talks to you, step back far enough that they cannot touch you before you speak to them.

If the stranger keeps talking to you or asks you to get in their car, sound your security buzzer or ask for help from somebody nearby.



Now you have the skill to deal with strangers who talk to you!



## Beware of people trying to take your belongings!

Always make sure to keep your belongings near you! Put valuables such as your wallet in your bag.





## Make sure to walk the streets safely!

If there are sidewalks, you should use the sidewalk on the right side. Use crosswalks to cross the street. Before crossing, look right and left to check that there are no cars coming.

Avoid using a smartphone or listening to loud music while walking, as this can lead to bumping into people, accidents, and injuries.



## Beware of bag snatchers!

Watch out for "bag snatchers" [people who steal items carried by others]. People in cars or on motorcycles may steal the belongings of people who are walking along.

When walking on the street, hold your bag on the opposite side from any traffic passing along the street.



Now you have the skills to keep your belongings from getting stolen!



## Beware of perverts and hidden cameras!

There are bad guys who may grope your body and secretly take pictures up your skirt, etc. These are called "perverts and upskirt photos."

Places where this behavior is hard to see, such as crowded trains or park restrooms, are dangerous.

If you see someone acting strangely, please take care.

If you are in trouble, please dial 110 or call for help.

Police Department Crime Prevention App:  
Digi Police

If you are scared, you can call for help using the on-screen display or your voice.



## If you're scared, call for help!

If you're scared, use an app like "Digi Police" or run away to a place like a Kid's Safety House to get help from an adult.

Kid's Safety House

(These may have another name, such as Peepo-kun's House)

Stores and houses with stickers like this help children who have run away because they are scared. Names and sticker designs may vary from place to place.

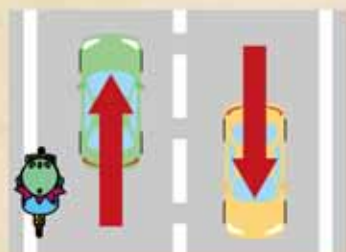


## Make sure to ride your bicycle safely!

Normally, you should ride your bike on the street, not the sidewalk. When riding on the street, ride on the left-hand side.

If you must ride your bike on the sidewalk, ride slowly on the side closest to the street. Everyone must share the road. Show consideration for others.

[If there is only a road]



[If there is both a road and a sidewalk]



\*Children up to 12 years old are allowed to ride on the sidewalk.

When riding a bicycle or kickboard, both adults and children should wear helmets to protect their lives.

[Both adults and children]



[When riding a kickboard too]



Learn the rules, and ride your bicycle safely.  
Tokyo Metropolitan Bicycle Learning App:  
Rin-toré

## Things you must not do when riding a bicycle

The following bicycle riding behavior is dangerous. Don't do this.

[Riding while holding an umbrella]



[Riding a bicycle while looking at a smartphone]



[Sharing a bicycle with another rider]



[Riding alongside other cyclists]



## Beware when you are home alone!

### Quiz



Imagine you are home alone, and the intercom rings. A stranger says, "Your mother has been hurt! Come out right now!" What would you do?

- 1 Go outside to help your mother.
- 2 Call your mother's phone to check on her, without unlocking the front door.

The answer is 2. Always lock the doors and windows of your house. Never unlock the front door, even if a stranger comes to your house. It may be someone who is telling lies, trying to get into your house. Open the door only after you know who it is.

## Call 110 to report a crime or accident

110 is the emergency hotline you should call to talk to the police when you are the victim or the witness of a crime or an accident.

This is 110, the MPD  
(Metropolitan Police Department).  
What's your emergency?  
(The operator will answer in Japanese at first)

\*Tokyo Metropolitan police



- ① First, tell the operator what language you want to use.
- ② Tell the operator when, where, and what happened. (If you saw a suspect, tell details about them too)
- ③ Tell the operator your name and telephone number.

\*If you are not in a hurry, and you want to talk about your concerns or worries, call 9110.

## Go to a koban if something dangerous happens!

There are many koban [police boxes] all around Tokyo. If something dangerous happens to you, or you are worried that something might happen, go to a nearby koban right away!



## If something bad happens, talk to an adult!

Bullying [refusing to play with someone or saying hurtful things about someone] should never be tolerated. If it happens to you, talk to a family member or school teacher about it. It's not bad to tell a family member or school teacher about a problem you are having.

### WAKA-Navi α (Tokyo Youth Comprehensive Consultation Center)

Comprehensive consulting service for various concerns of young people (Phone and LINE services are only available in Japanese, but email and consultation are also available in English, Chinese, and Korean)



## Turn on filtering on your phone

Some websites are bad. Visiting a suspicious website can lead to you getting illegal demands for huge sums of money.

If you're under the age of 18, you should turn on web filtering on your mobile phone so you can't visit these bad websites.

If you don't know how to do this, contact your mobile service provider.

※web filtering:

A function that keeps children from seeing harmful websites.

## Use social media safely!

Social media is a convenient way to post messages and photos. However, you might meet bad guys on social media who may try to use your name or your photos to do bad things, so don't write your name or post your photo on social media.

Absolutely never post your real name, address, or pictures online.

Never go to meet people in real life that you have only talked to online.



\*See also page 25.

## Beware of suspicious information on social media!

Some people post things that are not true on social media sites. For correct information about earthquakes, typhoons, etc., ask at your local government office [a place that works to help people in the town] or visit an official government website.



Now you have  
the skills to use  
the Internet safely!

LEVEL  
UP

## Don't send nude pictures even if someone asks for them!

Never send naked photos of yourself. Not even to a friend or a partner. If you do send a photo, it could be shared with the whole world via social media. Such photos will never disappear, and you can never delete them.



### Quiz



What would you do if you had trouble with someone you met online?

- 1 Meet at the station and make peace with them
- 2 Consult with your parents and teachers and resolve the issue
- 3 Keep fighting until the other person apologizes

Now you have  
the skills to defend  
yourself from sex crimes!

LEVEL  
UP



**You have cleared Stage 1!**



Now you also have the skill to help people who are in trouble! Now you too are a warrior ... who can live safely in TOKYO!

**LEVEL  
UP**

## Stage 2



**Learn things you  
must not do!**

## Do not hurt your friends!

If you get into a fight or a friend does something that you don't like, don't hurt your friend by hitting him or her.

First, try talking to your friend calmly.

If that doesn't solve the problem, ask a nearby adult to sort things out.



## Do not keep items that belong to others!

If you find a lost item [a thing that someone has dropped], turn it in to the police. Keeping it for yourself is a crime [which is something against the law].

It is also a crime to take a bicycle as your own or ride it without asking the owner's permission.



## Stealing from a store is a crime called "shoplifting"!

Taking something from a store without paying for it is a crime [which is something against the law] called "shoplifting" [stealing something from a store].

The price of the product does not matter.

Even if you are not an adult, you will be reported to the police.

It is also a crime to eat food from a store before you pay for it.



## Helping others shoplift is also a crime!

Even if your friends ask you to help them shoplift [steal something from a store], say no! It is a crime [which is something against the law] to be a lookout or otherwise help your friends so that they can shoplift without getting caught. Shoplifting [stealing something from a store] or helping friends shoplift will end with you getting caught.

<Leaflet>

Shoplifting is very bad!



[For upper grades of elementary school]



[For junior high school students]

## Do not draw graffiti!

Do not write pictures or words (graffiti) on the walls of other people's houses. This is a crime [which is something against the law].

Do not write on park benches, walls, or anything else that is used by everyone.



## Do not carry a knife!

Walking around with a knife, even for self-defense, is a crime. This is both a law and an ordinance [of the Tokyo Metropolitan Government],

so you must obey it.

Instead of a knife, carry a security buzzer.



## Alcohol and cigarettes from age 20, driving from age 18

You must not drink alcohol or smoke before turning 20 years old. This is a legal requirement.

To drive a car or ride a motorcycle,

You must have a driver's license.

Don't do it without a license, even if a friend invites you to.

Just say "no," and refuse.



## Always pay your fare on a train or bus

Always pay the fare on trains and buses.

Children of junior high school age or older must pay the adult fare. Junior high school students must not ride a train or bus while paying the child's fare.

This is a crime [which is something against the law].



## Don't do illegal drugs!

Doing drugs hurts your brain, nervous system, heart, and other organs, and cause lasting damage to your body. You may become addicted, or in the worst cases, you could even die.



Stimulants



Marijuana



MDMA



Cocaine



Heroin



Synthetic Drugs

Possessing, using, giving, and getting drugs are all crimes [which is something against the law] in Japan.

Never do drugs, even if someone tells you it will help you lose weight, or study better, or won't make you sleepy.

Don't do illegal drugs, no matter what!



<Leaflet>

STOP!! Don't take drugs



Now you have the skills  
to recognize illegal items!



## Marijuana is not safe!

You will find widespread mistaken information saying that marijuana [cannabis] is safe, but marijuana is both harmful and addictive. It harms your brain, so don't ever use it. In foreign countries, there are sometimes sweets for sale containing marijuana. Don't buy them by mistake.



## There are no part time jobs that make easy money

There are no part-time jobs that make a lot of money fast. Some part-time jobs are advertised on social media as "just receiving documents," but in fact these jobs turn out to be the crime [which is something against the law] of "special fraud," in which criminals swindle money out of strangers.



Now you have the skill to know you cannot make easy money!





## Beware when putting people's information on social media!

Don't post information that can be used to identify people on social media or websites, such as real names, addresses, or facial pictures.

If you want to post anything about your friends, always ask them first.



## Don't make posts on social media that will hurt people!

Don't write bad things or things that may hurt people on social media. It could be a crime [which is something against the law].

Think carefully before writing anything on social media sites.



## Crimes on the Internet

Always follow the rules when using the Internet. Sometimes you could be doing something wrong and not even realize it. Take care.

### [Examples]

- Using illegal websites to download and play free versions of games that you should have paid for.
- Using a friend's ID and password on the Internet without asking them for permission.
- Receiving a nude picture of a classmate on social media, then sending that picture to other classmates.
- Casually writing bad things about a store on social media and causing people to stop going to that store.

Even if you do something illegal anonymously on the Internet, it will be investigated. If you do something bad, you will get caught. If you are worried you might be about to do something bad, talk to an adult about it first, or a service like KOTAYELL.

### KOTAYELL

A consultation service for trouble related to the Internet or smartphones (in Japanese only)



Now you have the skills to use the Internet correctly!



You have cleared Stage 2!



Now you are a great wizard who can live in TOKYO, staying away from any crime that might come near you!

LEVEL  
UP

## Stage 3



**Meet allies who  
will come to your aid**

## If you are in trouble, ask for help

If you are in trouble, seek help from an adult or government institution. There are helplines you can call to get advice on various issues, operated by both local city governments and the TMG (Tokyo Metropolitan Government).

You can also check the website of your local city hall for more.

### [Helpline in Tokyo]

#### < Foreign Residents' Advisory Center >

This hotline offers information and counseling to foreign residents.

Language	Operating Days	Operating Hours	Telephone Number
English	Monday to Friday	9:30 AM – 12:00 PM and 1:00 PM – 5:00 PM	03-5320-7744
Chinese	Tuesday & Friday		03-5320-7766
Korean	Wednesday		03-5320-7700

#### <Counseling about safety>

MPD Community Safety Counseling Center  
(for foreign residents only) \*English, Chinese, Korean, etc.

TEL: 03-3503-8484 (Weekdays 8:30 AM – 5:15 PM)

MPD Helpline for Juvenile Issues \*In Japanese only

TEL: 03-3580-4970 (24 hours/day, 365 days/year)

## Find information on websites and apps

There are useful websites and applications, including some operated by the TMG. Use these resources to avoid getting in trouble.

- Leaflet for a safe, secure life (Tokyo)



- Video for a safe, secure life (Tokyo)



- Portal site with lot of useful information for daily life (Tokyo Intercultural Portal Site)



### VoiceTra Multilingual Speech Translator

Just speak in to your smartphone, and this free app will translate.



VoiceTra support page



## If a friend urges you to do something bad

What should you do if a friend urges you to do something bad? It might be a crime [which is something against the law]. Don't worry about what your "friend" might say if you refuse. Friends who ask you to do crimes are not real friends.

### How to say no

#### ■ Say no repeatedly.

"No way! I'm not going to do that!"

#### ■ Rely on other people and the law.

"My dad says I can't"

"It's against the law!"

#### ■ Walk away from them.

"I'm busy"

"I'm not interested"



## To parents and guardians

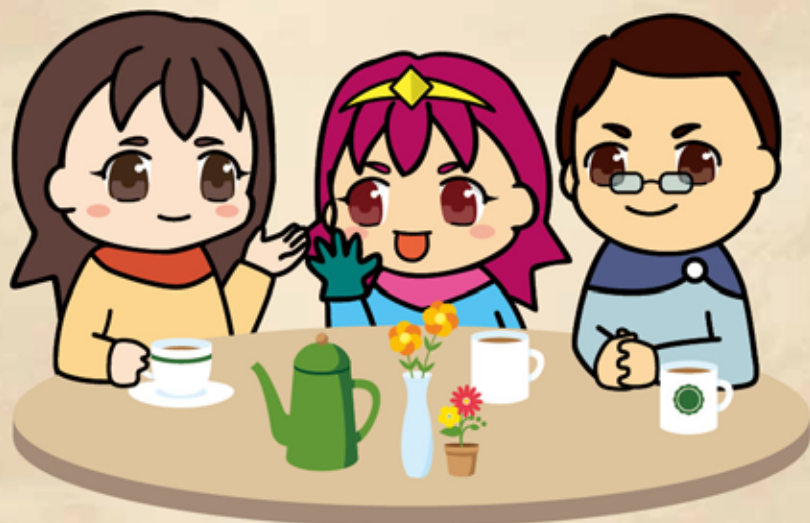
“Japan is safe.”

You might hear that often, but there are cases of children getting caught up in crimes and accidents even in Japan. It is crucial for you to communicate with your family every day, ensure your children know how to stay safe, and create a home environment where your children can talk to you about their problems.

Many children believe that even if something scary happens to them, they will just get in trouble if they tell someone in their family. If you feel that something is out of the ordinary with your child, make sure to talk to them about it.

Now more than ever children are getting caught up in crimes and trouble on social media. Make sure to set up web filtering on your children's smartphones in order to protect them from accessing harmful websites or getting harmed by crimes.

Government institutions provide advice in different languages through interpreters and machine translation. If you have questions, do not hesitate to contact them.





Now you have the skills to live safely in TOKYO!  
However, the bad guys will continue to evolve,  
and may attack you with new methods...  
Learn the last skills to  
protect yourself!



### **Greet your neighbors daily!**

Know your neighbors well; they will help when you are in trouble.



### **Respect people and things!**

Do unto others as you would have others do unto you.



### **Keep promises, follow rules!**

Failing to keep promises or follow rules can put you in danger.

Now you too are a brave warrior  
who can live safely in TOKYO!

**LEVEL  
UP**



This is the final chapter, where you will be able to live happily and safely together with your friends in Tokyo. Try to answer all the questions correctly and become a great hero!

Quiz

1

When riding a bicycle, do you ride on the right side of the road or the left side?

① Right side

② Left side

③ Either side is fine

Quiz

2

What should you do if someone you met online asks you where you live or where you go to school?

① Tell them where you live

② Tell them where you go to school

③ Don't tell them anything

Quiz

3

What should you do if someone you met online asks you to send a naked picture of yourself?

- 1 Send a naked picture to the person
- 2 Talk to your parents or teachers and don't send them anything
- 3 Send only a picture of your face to the other person because you feel sorry for him or her

Quiz

4

What happens if you use drugs, even just once?

- 1 If you use drugs when you study, you won't get sleepy and you'll lose weight, so it's good for your health
- 2 If you use drugs only once, it is not harmful to your body
- 3 Never use drugs, other than those bought at a hospital or drugstore

Quiz

5

What should you do if you are offered a simple part-time job that pays a lot of money?

- 1 I'd take it, because just receiving packages is a simple part-time job
- 2 I'd clearly refuse the offer, because I'd never get paid for such a simple job
- 3 I'd send my photo and address to the person because I am interested



東京都

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Cooperation: MPD (Metropolitan Police Department)

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