Memories of Children Survivors of the 2011 Great East Japan Earthquake

Kaplan’s Typology for Trauma Memories, From Trauma Systems: The Politics of Fear and Survival in Rural and Urban Japan

<table>
<thead>
<tr>
<th>Questions</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical and Emotional Stress</strong></td>
<td>Being ill, asking for medicines</td>
</tr>
<tr>
<td><strong>Scenes of Death and Destruction</strong></td>
<td>Memories of leaving his injured mother behind before the tsunami swallowed her house</td>
</tr>
<tr>
<td><strong>Anticipatory Responses</strong></td>
<td>Unable to sleep, if a disaster tomorrow, who will you want to hug?</td>
</tr>
<tr>
<td><strong>Survival</strong></td>
<td>Unable to sleep, see images of tsunami</td>
</tr>
</tbody>
</table>

### How They Heal

In one of the most devastating natural disasters ever to hit Japan, there has been outpouring support to help children recover emotionally. Here are some examples that provide possible continuous long-term support to help children’s healing processes nationally and internationally.

#### Ashinaga Foundation

- **The organization recognizes through their previous experiences in the 1995 Great Hanshin-Awaji Earthquake (the hardest period for the children who were born in the same year) that the children need continued support.**  
- **These programs are designed to help children heal from their trauma experiences.**  
- **They are committed to providing emotional support and practical assistance to children in need.**

#### Beyond Tomorrow

- **Beyond Tomorrow supports young survivors in the disaster-hit areas to obtain higher education so they can become future leaders.**  
- **The program consists of two pillars:**  
  1. A scholarship program for students who wish to obtain higher education in Japan or abroad, and  
  2. A leadership program, which is a leadership track to help students realize their roles in the world.  
- **Their work is supported by the United Nations and several international organizations.**

#### Peer Supports with 911 Victim Families

- **A group of 911 survivors and doctors at the Ichinomura School of Medicine in Mount Sinai, New York, NY, travels to sites throughout the Fukushima, Miyagi, and Iwate prefectures, and exchanges their experience and feelings of survivors and families of 9.11 and 3.11 every year.**  
- **The remarkable point of this program is that doctors continuously examine and evaluate the effectiveness of this type of exchange, based on FEMA criteria.**

### Why Is This Important?

The United Nations defines a disaster as “a serious disruption of the functioning of society, caused by widespread human, material, or environmental resources which exceed the ability of the affected people to cope using only their own resources. Various natural disasters occur each year anywhere in the world. This occurs more frequently and each one appears to be getting bigger and bigger. In Japan, people have prepared for years, following the government’s guideline to stock a 3-day supply of food and other necessities to survive a disaster. However, in this earthquake, it was not enough.

We need to know when a disaster occurs, that there is support from outside of Japan, to support those who are in need right away. I believe that support did come from overseas and I often wondered if volunteers from abroad were necessary. It was necessary to receive even smaller amount of money, instead of paying for all living costs.

### The Audience

Our targeted audience will be mainly people who are interested in the areas of children’s trauma, who are interested in helping children, especially international volunteers such as Peace Corps, who want to study in Japan, and who study Asian and Asian-American Studies.

### The Web Proposal

I have created a website for the purpose of spreading information on my research. The purpose of this website is to provide a platform for others to learn about the issue and to share their experiences.

1. **I will use this website to spread the word about my research.**

2. **I will use this website to spread the word about my research.**

3. **I will use this website to spread the word about my research.**

How Can I Spread the Word?

There are many non-profit organizations throughout Long Island, which specializes in helping people in need. A couple of those non-profit organizations are of the victims of Hurricane Sandy. The American Red Cross on Long Island, and the local mental health agencies of West Islip, Mental Health Association—NYC in Hicksville are among those that can be used to spread the word.

### Acknowledgments

- Professor Peggy S. Chisterna, Assistant Chair and Mia-Hui Lu, Stony Brook University, Libraries  
- Dr. Alphonse Maloney, Middle City Public Library  
- Class of AAAS 581-582, Department of Asian and American Studies

---

**Image 1:** A handwritten note by the student. Photograph by Masahide Chiba (2013)  
**Image 2:** A handwritten note by the student. Photograph by Masahide Chiba (2013)  
**Image 3:** A handwritten note by the student. Photograph by Masahide Chiba (2013)  
**Image 4:** A handwritten note by the student. Photograph by Masahide Chiba (2013)  
**Image 5:** A handwritten note by the student. Photograph by Masahide Chiba (2013)  
**Image 6:** A handwritten note by the student. Photograph by Masahide Chiba (2013)  
**Image 7:** Masahide Chiba