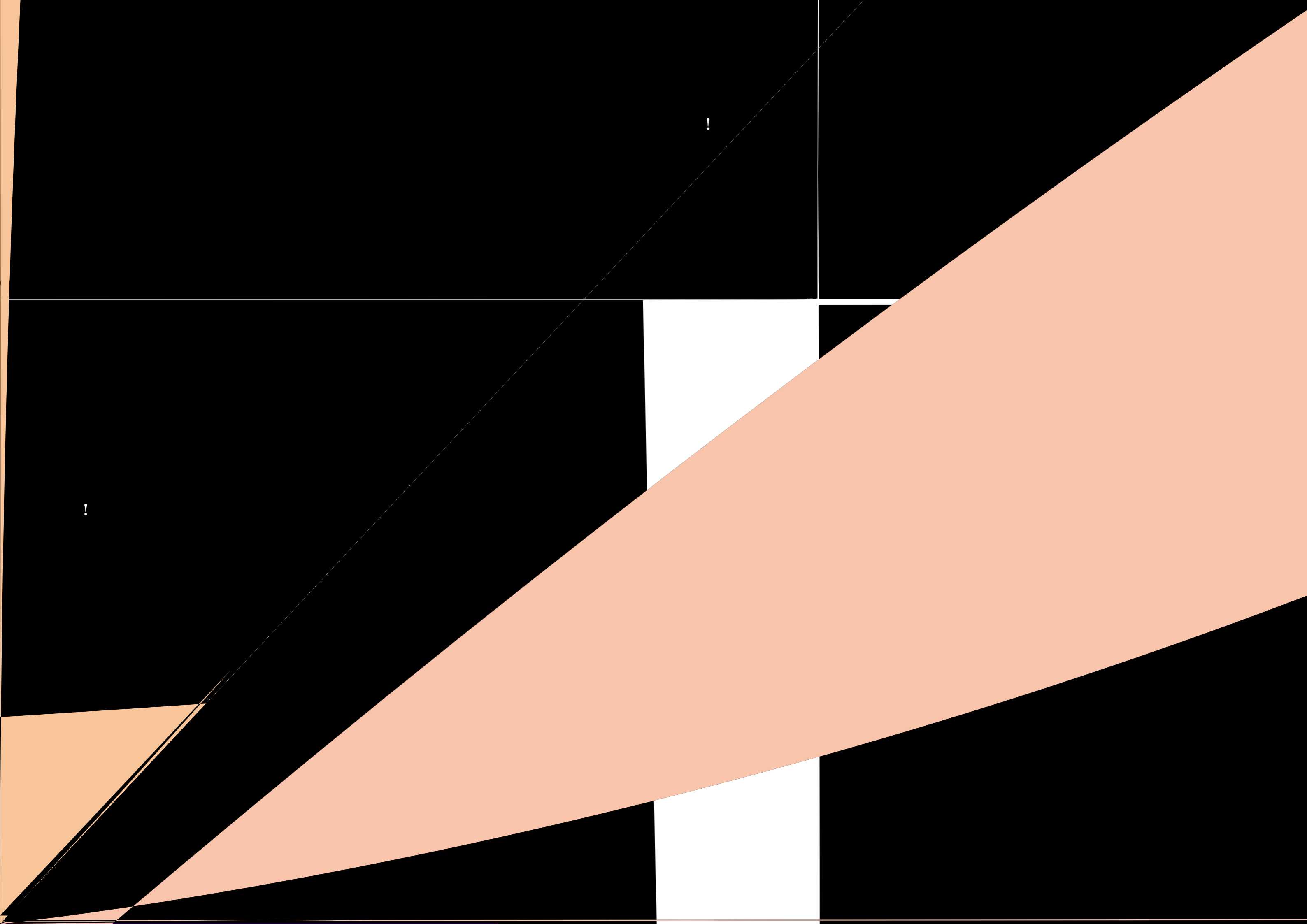
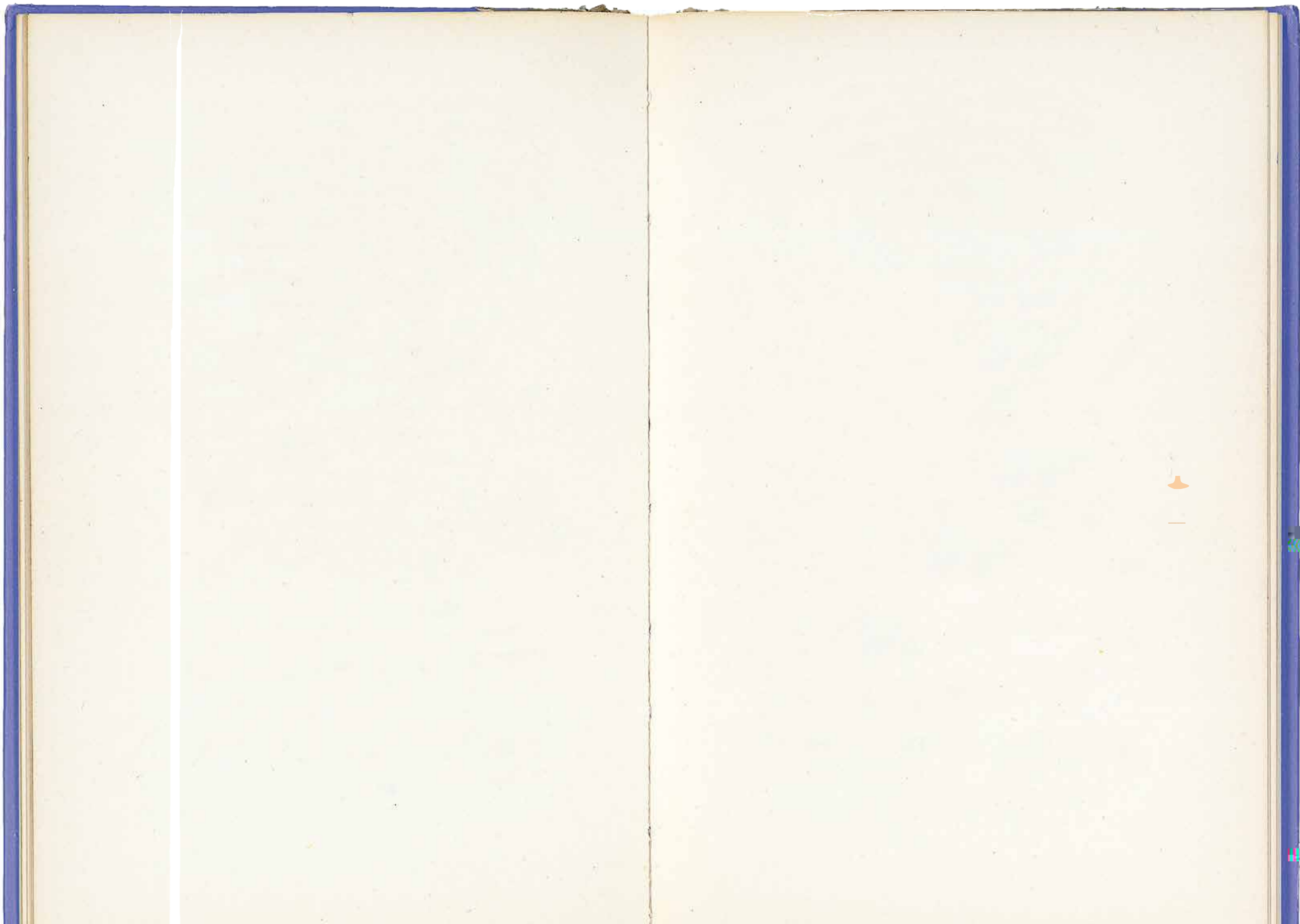


**SPARK ! Plan**

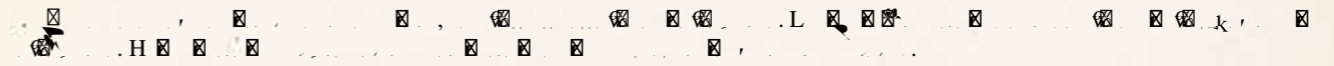
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(<https://www.hiroshima-u.ac.jp/en/gender/overview/declaration/>)





## 4 | Walking their own paths –To all students–



\*Affiliations and job titles may differ from the present.



**MESSAGE1** ▶ Asami Ogura san, Associate Professor, Faculty of Humanities and Social Sciences, National Institute of Technology (KOSEN), Kure College

### ● Raising children gives you new perspectives

Women tend to think that once they get married or have a child, they will have to take care of all the housework and childcare. That's not true. Even if you get married or have a child, you can continue to pursue your dreams and goals. I want you to enjoy your life passionately without giving up. And men, I would urge you to play an active role in childrearing, not just as a helper, when you become a father. I believe that childrearing experience will make your life fulfilling and surely bring a new perspective to your work.

**MESSAGE2** ▶ Masanori Hinaoka san, Water and Sewer Department, Construction Division, Akitakata City

### ● Taking childcare leave is not the only answer

I've talked about childcare leave, but I don't think taking childcare leave is the only right answer. How we think and how we feel mentally fulfilled differ from person to person.

For me, happiness is the state of mind in which my heart is filled with warmth. That's just for me.

Therefore, I think that it's better to take childcare leave if you feel fulfilled spending time with your child; if you don't, then I don't think you need to take childcare leave.

Rather than taking childcare leave just because others take it, take a good look at yourself and think about what happiness means to you and in what kind of moments you feel fulfilled.



**MESSAGE3** ▶ Haruna Suwa san, Administration Staff, Hiroshima University

### ● "Difference" is also "originality"

Differences between people might cause anxiety and difficulties. I myself have a disability so I sometimes face hard situations and difficult obstacles. But I believe that "difference" can be considered "originality" as my teacher told me when I was a student. Being different to other people can be helpful and useful in some way while in education and work. I would like you students not to see differences negatively, but to see differences as something positive which should give you new discoveries and show you way forward.



In an effort to create a society that accepts diverse genders, I started my activities with small lectures, and now, at "Cocoiro Hiroshima," I plan playgrounds with children and visit schools to teach.