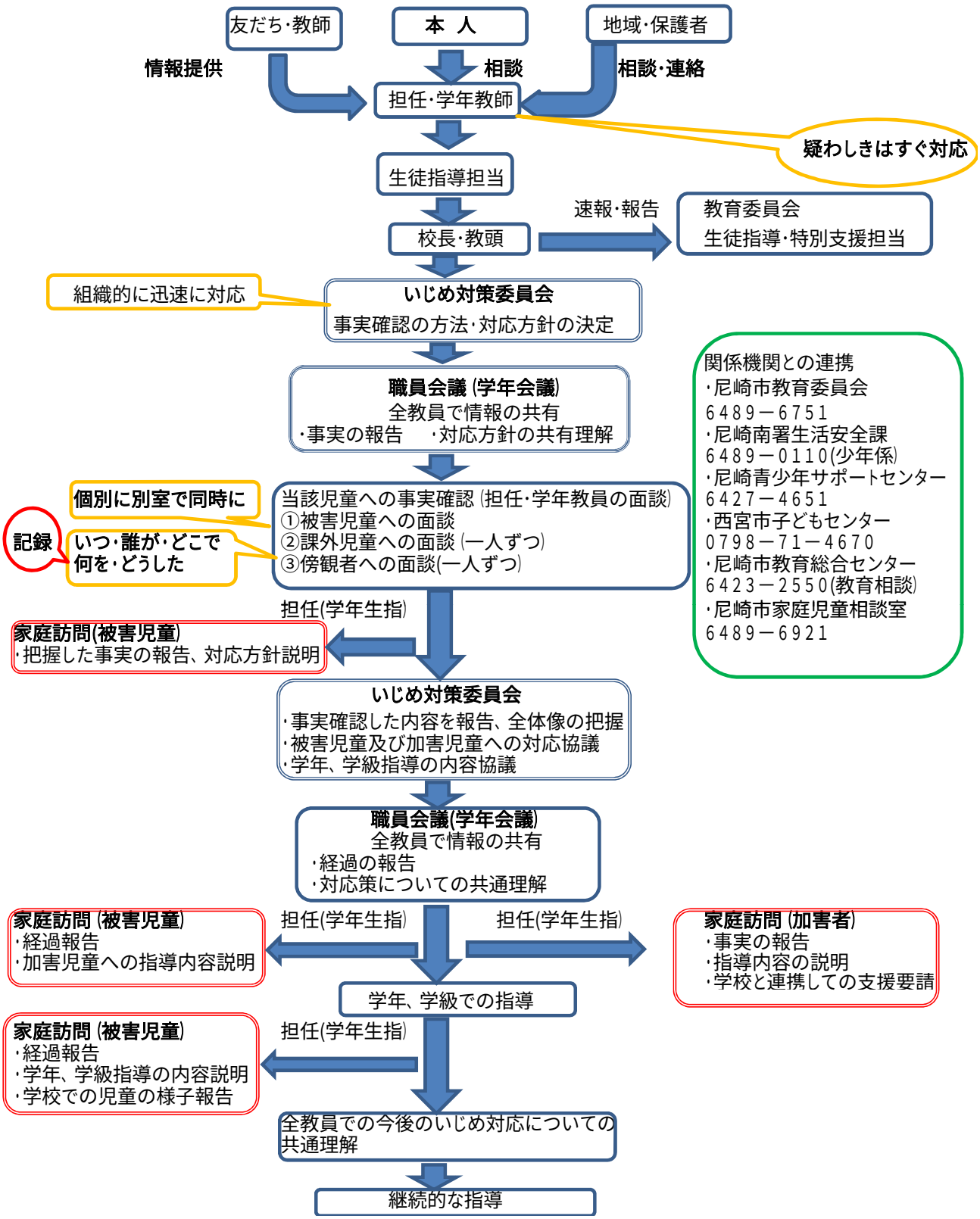いじめ対策マニュアル(図解)