



Harassment Counseling Office Newsletter

It is August and the season of intense heat. How is everyone?
This is the Newsletter No. 18 from the Harassment Counseling Office.

Column Message from a counselor

Have you ever seen somebody being harassed and just ignored it? Did you think to yourself “This shouldn’t be allowed” but not know what you can do and end up doing nothing? I think many of us have had this experience. Harassment can happen only between the aggressor and the victim, however, in most cases there is someone else present (a witness). I would like to talk about what you can do if you witness harassment.

In December 2017, the New York Times published an article by Claire Cain Miller outlining what you can do if you witness harassment.

- ◆ Give your opinion (E.g.) “You know that joke really isn’t funny” .
- ◆ Interrupt the situation (E.g.) Drop a book on the floor to make a noise. Call the victim into another room.
- ◆ Speak to the victim (E.g.) “Say, I’ve been wondering, but are you OK?” etc.

The person being the aggressor will test how far they can go with their inappropriate behavior. In other words, if there is a good atmosphere in the workplace or the laboratory it is possible to prevent the aggressor’s behavior from escalating. In April 2018, General Incorporated Association Chabujo published a Sexual Consent Handbook detailing the importance of obtaining consent when having sexual relations. The handbook introduces the three actions a witness may take as the three Ds. Direct, Distract and Delegate. The handbook focuses on preventing sexual assault, but the three Ds also apply to other types of harassment.

The handbook is available for free download at <https://chabujo.com/> I hope that we can prevent more cases of harassment by taking this small step of not simply ignoring the situation.

Osaka University Harassment Counseling Office

Toyonaka campus 06-6850-5029 (sexual, academic and power harassment)
06-6850-6006 (sexual, academic and power harassment)
Suita campus 06-6879-7169 (sexual, academic and power harassment)
Minoh campus 072-730-5112 (sexual, academic and power harassment)
Website http://www.osaka-u.ac.jp/ja/guide/student/prevention_sh



Edited and published by the Administrative Office for Harassment Countermeasures,
Department of General Affairs, Osaka University
1-1 Yamadaoka, Suita, Osaka 565-0871
Email: soumu-harassment@office.osaka-u.ac.jp