

Harassment Counseling Office Newsletter

Issue 33
March 2022

Here is the 33th newsletter
from the Harassment
Counseling Office.



A word from our counselors



Recently, discriminatory remarks and slander on social media, in other words, social media harassment, have become a social issue. There are numerous examples of abuse toward people with foreign roots and LGBTQ people, sexual harassment of women, and contempt toward welfare users on social networking sites and Twitter. For some reason, the barriers to the use of insults and scorn that would be unacceptable in normal human interaction seem to be lowered on social media.

Why is this? One reason is because of anonymity. In many cases, people who give a fake name will eventually be found out from their IP address, but they may think that by using a screen name, they will not be discovered. Social media also makes it easier for like-minded people to congregate, which may have the effect of creating a group mentality of "It's not only me". There is also the type of person who has a desire for self-expression, to gain greater attention, to be different from others, and to show themselves in a way that surprises and frightens others. In any case, very ordinary people use words like "die" and "kill" with impunity and hurl abuse at the qualities of others. This not only deeply hurts the person to whom it is said, but also makes it difficult for the person to lead his or her daily life due to the fear and anxiety it causes. Another major problem with social media harassment is that in some cases, the comments can be transmitted and spread around the world, spreading the damage. Compared to the magnitude of such damage, one of the characteristics of this problem may be that the perpetrator's awareness of the harm is smaller than that of other problematic behaviors.

Continued overleaf

Unfortunately, there have been problems related to social media at Osaka University. The University has established "Guidelines for Personal Use of Social Media". The guidelines provide information on compliance with laws and regulations, respect for basic human rights, confidentiality, and how to share information, it also clearly states that when sharing information while identifying oneself as a member of the University, it is necessary to clearly state that it is not the University's opinion, and to be careful not to undermine trust in the University or its members. We should be aware of the particular characteristics of social media, and above all, we should respect the human rights of others in our words and actions, at all times.

Harassment Counseling Offices

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	Harassment Counseling Office 1 Room #704, 7F, Interdisciplinary Research Building 06-6850-5029	11:00-14:00	10:00-13:00	12:00-15:00		10:00-13:00
Suita	Harassment Counseling Office 1 Room #1311, 3F, Division of Nursing Building 1 06-6879-6981	10:00-13:00		9:30-12:30		11:00-14:00
				15:30-18:30	15:30-18:30	15:00-18:00
	Harassment Counseling Office 2 Room #1312, 3F, Division of Nursing Building 1 06-6879-6982 Male counselor (power harassment, academic harassment)		9:30-13:00		9:30-12:30	
		13:30-16:30	14:00-16:15			
Minoh	General Harassment Counseling Office 1F, Research and Education Hub 072-730-5112			14:15-17:15		

- Consultations with a professional counselor may be in person or by telephone (appointment required)
- [Confidentiality is guaranteed.](#) Anonymous consultations by telephone are welcome.
- Consultations for all types of harassment are available at Toyonaka and Minoh campus counseling offices as well as Suita Campus Harassment Counseling Office 1 (female counselor)
- See the Osaka University website for details on the locations, opening hours, and availability of consultations in English.

