

# Harassment Counseling Office Newsletter

Issue 28  
May 2021

With the wet season arriving early, it is the time of the year when we rejoice in the sight of blue skies.

Here is the 28th newsletter from the Harassment Counseling Office.



## A word from our counselors-**Thinking about relationships**

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### Relationships exist between us and other people

Between people, there are as many relationships as there are people. Even at the university, everyone spends each day in relationships with people in their workplace, laboratories, clubs, circles, and others. Within those relationships there are clear hierarchical connections such as supervisor and supervised, instructor and student, senior and junior, as well as more difficult to understand relationships that are worked out during interactions between two people.

### Power relationships have a significant impact on interpersonal relationships

If, in certain relationships, someone is frequently thinking “I can’t express my opinion” or “I must make sure not to anger them”, then there is some sort of power relationship influencing interactions. People in this kind of situation should have a look at the power relationship by stopping and thinking about why I can’t freely express my opinion, why am I so worried about making this person angry? For people in a relationship that is difficult, it can be hard to make improvements alone. If there is no one to talk to about the situation, it can continue for a long time eventually causing intense distress.

### Be aware and conscious of power relationships

In certain relationships and in organizations social power is conferred with responsibility and a level of status. It is important to be self-aware of your own position of power in relationships with others. Are you affording each person the respect they deserve? Is your communication one-directional? What effect are the words you choose having on the people around you? It is vital to stay aware of these things and imagine their effect on others.

### Feel free to talk to us!

The harassment counseling staff are ready to listen to you talk about the situation you are in and your feelings and will work with you to find ways to make the situation more comfortable so that you feel safe and can continue your work and research. Please don’t suffer alone, come and talk with us.



# The Toyonaka Campus Harassment Counseling Office 1 will move in June 2021 !

In June 2021, Toyonaka Campus Harassment Counseling Office 1, currently located on the 2F of the Health and Counseling Center, will move to **the 7F of the Interdisciplinary Research Building**.

The Osaka University Harassment Counseling Office aims to be open to anyone who feels they may need advice or someone to talk to.

If you are in or have observed an uncomfortable situation that you think may be harassment, then please come and talk to us rather than worrying alone. Specialist counselors are available for you.



## Harassment Counseling Offices (schedule expected after June)

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	<b>Harassment Counseling Office 1</b> 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
	<b>Harassment Counseling Office 2</b> 2F, Data Station, Cybermedia Center 06-6850-6006		14:30-17:30	14:00-17:00	10:30-13:30 14:30-17:30	
Suita	<b>Sexual Harassment Counseling Office</b> ※Counseling about all types of harassment is available 4F, U1E Bldg., School of Engineering 06-6879-7169	10:00-13:00		9:30-12:30 14:30-17:30		11:00-14:00 14:30-17:30
	<b>Academic/Power Harassment Counseling Office</b> ※Male counselor (except Thu. p.m.) 4F, U1E Bldg., School of Engineering 06-6879-7169		9:30-13:00 13:30-16:30	14:00-16:15	9:30-12:30 15:30-18:30	
Minoh	<b>General Harassment Counseling Office</b> 1F, Research and Education Hub 072-730-5112			14:00-17:00		

- Consultations with a professional counselor may be in person or by telephone (appointment required)
- Confidentiality is guaranteed. Anonymous consultations by telephone are welcome.
- The counseling offices at Toyonaka and Minoh campuses accept consultations in all areas of harassment.
- See the Osaka University website for details on the locations, opening hours, and availability of consultations in English.



[https://www.osaka-u.ac.jp/en/guide/student/prevention\\_sh/](https://www.osaka-u.ac.jp/en/guide/student/prevention_sh/)

