

Harassment Counseling Office Newsletter

Issue 30
September 2021

Cooler mornings and evenings bring us the initial signs of autumn.

Here is the 30th newsletter from the Harassment Counseling Office.

A word from our counselors

- Trends and countermeasures for sexual harassment

A decline in typical cases

There is a definite decline in the number of consultations regarding sexual harassment among the cases brought to the Harassment Counseling Office. The decline is particularly noticeable in cases of careless speech such as "Women are..." and "You are female so...". For example, comments such as "It is a woman's duty to get married and have children", and "Women can't be entrepreneurs".

It would seem that the public feeling that these kinds of misogynistic remarks are inappropriate is becoming shared at the university.

However, these remarks have not disappeared, and we continue to have people bring cases to the office, but when we take it to the relevant department action is taken quickly now. Consistent step-by-step measures and a link with the direction of society has led to the decrease.

No decline (love fantasy type)

Even though there are not a large number of cases, one type of harassment that does not show any decline is the "love fantasy". A common pattern for this is people in a position of authority, ask persistently ask people in subordinate positions out to eat, and misunderstand the inability to refuse with romantic feelings.

It is rare that a victim of sexual harassment can openly and frankly reject an approach from someone from the outset. The majority of victims are female, and one main factor is that women are generally raised to avoid trouble in relationships. If the other person holds power such as the ability to decide employment, then, whether male or female, it is difficult to refuse. This is a romantic delusion in which the victim's inability (or unwillingness) to reject the advances leads to a misperception that there is (or should be) some romantic interest.

The common factor that can be noted in such people is that they are unaware of their own power.

We often hear the excuse "If they didn't want to they should have said no." However the key to harassment lies in the inability to say no.

What should you do?

The 'love fantasy' or romantic delusion does not mean that the person has completely lost all social skills, so the person will usually stop the annoying behavior if someone notices early on and points out that their behavior is inappropriate.

Continued overleaf

In order to recognize inappropriate behavior, each person needs to be sensitive to changes in the people around them. In particular, those in positions of authority need to have good insight.

Victims and others will be more likely to ask for help if people in positions of responsibility thoroughly convey the message on a daily basis that they are always ready to listen and that harassment will be dealt with harshly.



The relocation of the Suita Campus Harassment Counseling Office which had been delayed is now finalized and scheduled for opening.

On October 4, 2021, Suita Campus Harassment Counseling Office will move and open to [the 3F of the Division of Nursing Building 1](#).

We are moving to larger spaces for greater comfort. We are also revising some of our consultation hours so that we can respond to requests for consultations later in the evening.

Don't keep your distress to yourself, please contact the counseling office.

Harassment Counseling Offices (schedule expected after October)

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
	Harassment Counseling Office 2 2F, Data Station, Cybermedia Center 06-6850-6006		15:30-18:30	14:00-17:00	10:30-13:30 14:30-17:30	
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		

※ **Note, there is a new telephone number allocated due to the relocation.**

- 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.

https://www.osaka-u.ac.jp/en/guide/student/prevention_sh/

