

Harassment Counseling Office Newsletter

Issue 39
March 2023

Here is the 39th newsletter
from the Harassment
Counseling Office.

A word from our counselors

Let's take a look at microaggression

Microaggression is a word you may have been coming across recently. Many may not be familiar with it so I would like to explain a bit about the concept and the impact it has on people. The words and actions involved are very familiar and happen on a daily basis, so we would like you to be aware of them.

Microaggression is a concept concerned with discrimination. When we think of discrimination, we tend to think of hate speech from aggressive groups, foul and rude graffiti, and blatantly discriminatory treatment. Microaggressions, however, are the condescension, insults, and words and actions that are included in casual daily interactions that occur in familiar relationships, such as at work or among friends, and exclude the other person's attributes. It is a little difficult because the word "micro" tends to make people think it is a small thing, sometimes the person saying it does not mean to offend, and sometimes it is meant as a compliment.

Telling a woman, "You have leadership skills even though you are a woman," or telling a Korean resident in Japan who is worried about hate speech, "You look Japanese, so it's okay," are examples of microaggression. In these examples we see condescension towards women who are not considered to have leadership skills, and trivialization of the pain a Korean resident faces when discriminated against, which are deeply hurtful. Also, saying to a man, "You have a girlfriend, don't you?" or speaking only to the caregiver without speaking directly to the wheelchair user are also examples of microaggression in the sense that the implication is that the only romantic relationship is heterosexuality and that the wheelchair user themselves are not even present. These words and actions may appear to be minor, but because they are uttered repeatedly and insensitively in various everyday situations by people close to them, they can be very damaging to those impacted.

Microaggressions are damaging in and of themselves, but left unchecked, the words and actions involved can lead to covering up more serious discrimination and creating the kind of society that seeks to exclude people who are discriminated against. If you are subjected to such language or behavior yourself, please consult with someone you trust or a specialist such as our counseling office. We would like to create a university free of discrimination by striving to build relationships in which we can understand each other's position without overlooking these words and actions as trivial matters.

Continued overleaf

Harassment Counseling Offices

2022.12.1~

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	Harassment Counseling Office 1 Room #704, 7F, Interdisciplinary Research Building 06-6850-5029		10:00-13:00	12:00-15:00	11:00-14:00	10:00-13:00
	Harassment Counseling Office 2 2F, Data Station, Cybermedia Center 06-6850-6006			12:30-18:30		
	Harassment Counseling Office 3 2F, East Staircase, Health and Counseling Center 06-6850-6505	10:00-13:00				
Suita	Harassment Counseling Office 1 Room #1311, 3F, Division of Nursing Building 1 06-6879-6981			12:00-15:00		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		Closed for the time being			

- 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/campus/life/prevention_sh/prevention_sh

