

# Harassment Counseling Office Newsletter

Issue 44  
January 2024

Here is the 44th newsletter  
from the Harassment  
Counseling Office.



## A word from our counselors



What can be done to eliminate harassment? It would be nice if everyone avoided harassing others, but it isn't that easy. Harassment is, in principle, an act committed by a person in a superior position against a person who is in a lower position. However, many harassers are not aware that they are in a superior position and are unaware that they are harassing.

So how do you develop a sense of your superior position? The key word to keep in mind is "privilege". Privilege is defined by Makiko Deguchi, a professor at Sophia University, as "an advantage that can be obtained without effort by belonging to a social group on the side of a certain majority, which includes power. Here, majority and minority refer not to numbers but to the size and amount of power. It could be men and women, Japanese and Koreans living in Japanese society, heterosexuals and homosexuals, and so on. In my case, I am female, Japanese, and heterosexual, so I have no privileges in this gender imbalanced society, while on the other hand, I have privileges for being Japanese and heterosexual. It is a privilege that comes without effort, so we take it for granted, and it is difficult to imagine what it would be like without the privilege. Professor Deguchi compared privilege to an automatic door. When you stand in front of an automatic door, you take it for granted that it will open, but the sensor is not activated by some people, and since it opens for many people, those people for whom it opens do not think that there is any privilege there. This sensor is the social mechanism that discriminates against minorities, and privilege is inextricably linked to discrimination.

In order to eliminate discrimination and harassment, it is important for the potentially discriminating and harassing and powerful side to become aware of the privileges they have. For example, in my case, being Japanese, I have the privilege of not having to constantly be aware that I am Japanese.

Continued overleaf

# Harassment Counseling Offices

2024.1.1~

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	<b>Harassment Counseling Office 1</b> Room #704, 7F, Interdisciplinary Research Building 06-6850-5029	10:00- 13:00	10:00- 13:00	12:00- 15:00	11:00- 14:00	
	<b>Harassment Counseling Office 2</b> 2F, Data Station, Cybermedia Center 06-6850-6006		13:00- 16:00	11:00- 15:00		
	<b>Harassment Counseling Office 3</b> 2F, East Staircase, Health and Counseling Center 06-6850-6505 ※Male counselor		※13:30 -17:30		※13:30 -17:30	※13:30- 17:30
Suita	<b>Harassment Counseling Office 1</b> Room #1311, 3F, Division of Nursing Building 1 06-6879-6981					11:00- 14:00 (☆Closed)
				15:30- 18:30		15:00- 18:00 (★Closed)
	<b>Harassment Counseling Office 2</b> Room #1312, 3F, Division of Nursing Building 1 06-6879-6982 ※Male counselor	※13:00- 16:00 (◇Open)				
Minoh	<b>General Harassment Counseling Office</b> 1F, Research and Education Hub 072-730-5112 ※Male counselor		Open only 2nd week ※13:00 -16:00			

(Suita・Harassment Counseling Office 1) ☆Closed : Jan.12, Feb.9, Mar. 8

★Closed : Jan.5, Feb. 2, Mar.1

(Suita・Harassment Counseling Office 2) ◇Open : Jan.15, Feb.19, Mar.11

● Consultations with a professional counselor may be in person or by telephone  
(appointment required)

● Confidentiality is guaranteed. Anonymous consultations by telephone are welcome.

● 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](https://www.osaka-u.ac.jp/en/campus/life/prevention_sh/prevention_sh)

