

Harassment Counseling Office Newsletter

Issue 40
May 2023

Here is the 40th newsletter
from the Harassment
Counseling Office.

A word from our counselors

Verbal Harassment

While abusive language should not be tolerated, other examples of comments complained of in consultations include prying or meddlesome comments and the type of language used during instruction. If resolved in the early stages neither becomes an issue, but both can become a major problem if left unchecked. In recent times, consultations complaining of busybodies and prying comments have decreased, but there has been an increase in the number of problems with the type of language used in instruction. These are discussed here.

Prying comments

There are people, who even if they haven't been consulted, insist on getting the details. Even if the person concerned says; "It's fine, I'll deal with it myself" they respond with "Don't you trust me" or "No need to be so cold about it" and then go and tell other people all about it. The problem lies in that they think they are being well-meaning or helpful. The result is that the whole issue goes off on some strange tangent. Since the person is trying to do a favor, it does not occur to them that what they are doing is harassment. If it only involves the two parties, then a discussion can resolve the issues but often rumors spread and involve others too. In such cases, intervention by a counseling office or other means is necessary. To lessen the damage, it is obvious that the meddling should stop, but it is also necessary to resolve the problem as quickly as possible.

It is important to refuse the intervention when it appears that the other party is meddling. Responses such as; "Thank you for your concern. I would like to solve this problem myself for my own personal growth," or "That statement can lead to harassment, I would like to keep our good relationship so please just leave it alone" would be appropriate. In short, thank them for their concern and refuse the offer of help.

Everyone should be careful not to become a busybody, but this can be handled through daily communication and by paying attention to each other.

Language used in instruction

When teaching, do you say things like "I showed you this before"? This type of comment should be avoided because it implies that the person is incompetent.

As an instructor you may be thinking, "Don't make me repeat myself" but it is the assumption that one instruction is sufficient that should be discarded. Rather, it should be considered that repetition an effective tool for teaching.

Young people are anxious not to make a mistake. You need to understand that statements such as, "You won't be able to continue if you keep asking the same thing," or "That is not the way to survive in the corporate world," will only create psychological anxiety and will have no beneficial effect. Instead, teachers should be providing emotional support and saying "Don't worry. I know you are anxious, but just give it a try." This can lead to increased enthusiasm in the laboratory or the workplace. The current social situation is such that leaders need to have the expansiveness to watch young people grow.

On the other hand, when receiving instruction, it is also important to try to be able to speak up and express one's own opinions, for example, "You may think I shouldn't ask you repeatedly, but I'm asking for confirmation," or "I apologize for repeating myself," in order to create a good environment and achieve results.

Continued overleaf

Harassment Counseling Offices

2023.4.1~

| 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 | 10:00-13:00 | 12:00-15:00 | 11:00-14:00 | |
| | 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 ※Male counselor | | ※13:30-17:30 | | ※13:30-17:30 | ※13:30-17:30 |
| Suita | Harassment Counseling Office 1 Room #1311, 3F, Division of Nursing Building 1 06-6879-6981 | 10:00-13:00 | | | | 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 | | ※9:00-13:00 | | ※9:00-12:00 | |
| | | ※13:00-16:00 | ※14:00-16:00 | | | |
| Minoh | General Harassment Counseling Office 1F, Research and Education Hub 072-730-5112 ※Male counselor | | Open only 2nd and 4th week ※13:00-16:00 | | | |

- 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

