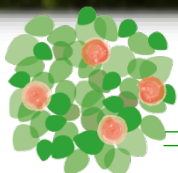


Harassment Counseling Office Newsletter

Issue 34
May 2022

Here is the 34th newsletter
from the Harassment
Counseling Office.



A word from our counselors

Harassment such as bullying, sexual harassment, academic harassment, and power harassment is an act that damages the dignity of the victim and violates that person's human rights. The Constitution of Japan establishes basic principles for guaranteeing human rights and specifies respect (dignity) for the individual. We must be aware that what is written in the Constitution is not an ideal, but a minimum that has to be protected in society. At the university too, everyone needs to feel safe and secure and their very existence needs to be respected.

The reason there is a constant stream of people consulting with the Harassment Consultation Office is that while people may believe they understand respect for human rights, in their daily relationships they unilaterally impose their own will on the other person and unintentionally injure the other person's dignity.

It is difficult to answer the question of what kind of behavior constitutes harassment in general terms, but in any relationship in the workplace or in an educational or research setting, particularly when guidance or attention is given by a person in a position of authority, actions such as "reprimanding in a loud voice," "reprimanding in public (repeatedly)," "giving a long lecture (scolding) in a private room," "criticizing the individual rather than giving attention or guidance for an action," and "ignoring the other person's intentions or existence" can cause the recipient to feel miserable and deeply hurt.

In addition, others nearby, even if they are not the direct recipients, may feel hurt or fearful by seeing or hearing these words or actions.

Continued overleaf

If someone tells you that they have been hurt or harassed, it may be necessary for you to first examine your own beliefs and values (convictions) before asking whether or not it constitutes harassment. Take a moment to check and review your own practices and beliefs, such as "I have always done it this way," "I have endured strict teaching," and "This (guidance) method has always worked well".

In order to prevent harassment, it is important that you add respect for the human rights of each person around you as well as looking after your own dignity.



Harassment Counseling Offices

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	Harassment Counseling Office 1 Room #704, 7F, Interdisciplinary Research Building 06-6850-5029	11:30-13:00	10:00-13:00	12:00-15:00	12:00-13:30	10:00-13:00
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	**Open for counseling on the dates listed below.		
Minoh	General Harassment Counseling Office 1F, Research and Education Hub 072-730-5112			14:15-17:15		

** Open from 13:30~16:30 on April 27, May 25, June 29, July 20, August 31, and September 28 for counseling regarding all types of harassment.

- 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

