

# Harassment Counseling Office Newsletter

Osaka Univ.  
Dr. Wani

In Japan, spring is a time of partings as well as a chance to meet new people. To begin this 5<sup>th</sup> issue of the Harassment Counseling Office Newsletter, we would like to tell you a little bit about the Harassment Counseling Office.

## ◆Do you know where the Harassment Counseling Office is?

With graduations and changing personnel at work, this season is full of new relationships. If you are having any trouble, why don't you come visit the Harassment Counseling Office? Our counselors have a policy of strict confidentiality, and will protect your privacy. Rest assured that anything you say will be kept private.

Many people may not know where our office is. One reason may be that the Harassment Counseling Office is purposely located out of sight, in consideration of those who might come to seek counseling.

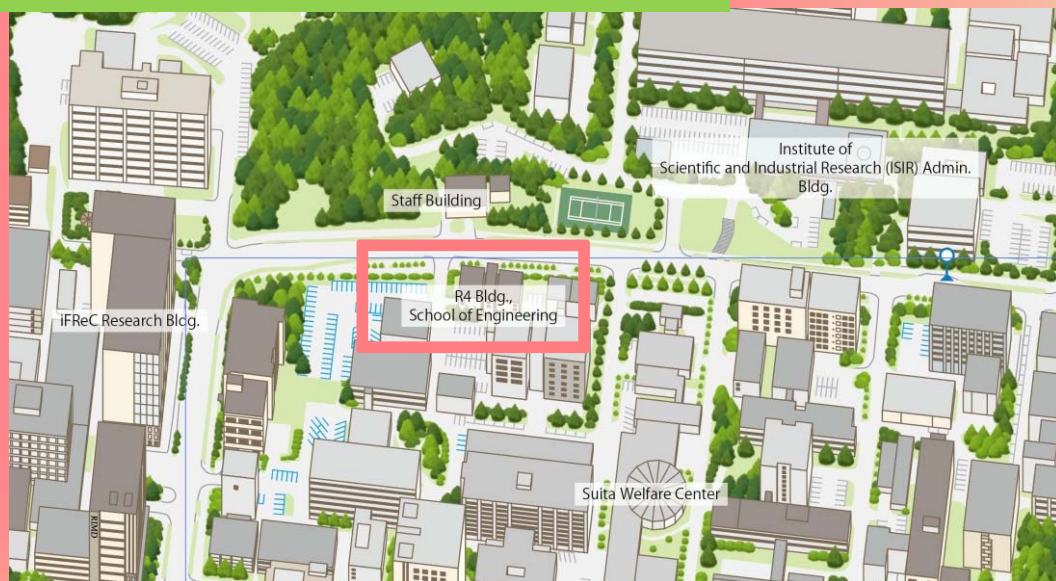
There is a Harassment Counseling Office located on each campus at Osaka University. Our counselors are waiting, so feel free to come by anytime. (However, appointments should be made in advance. Please visit the website for more details.)

Suita Campus (2<sup>nd</sup> floor, Materials Group -R4)  
06-6879-7169 (direct line)

### memo

Counselors are available from Monday through Friday at Suita Campus. Five female counselors and one male counselor work in rotation. There is the entrance of the building in the opposite side of the Staff Building.

Outside of regular hours the doors will be locked.



### ◆ Things to remember when you come ◆

Please make a reservation by phone before you come. If you come without an appointment, we may not be able to talk to you, especially if someone else has come for counseling. For information about our operating hours and other updates, check our website.



Minoh Campus (3<sup>rd</sup> floor, Administration Building)  
072-730-5112 (direct line)

### memo

The Minoh Campus Harassment Counseling Office is on the third floor of the Administration Building. Every Tuesday and Wednesdays, female counselors are available for counseling. The office is very comfortable and spacious with large windows. Come and talk to us about anything.



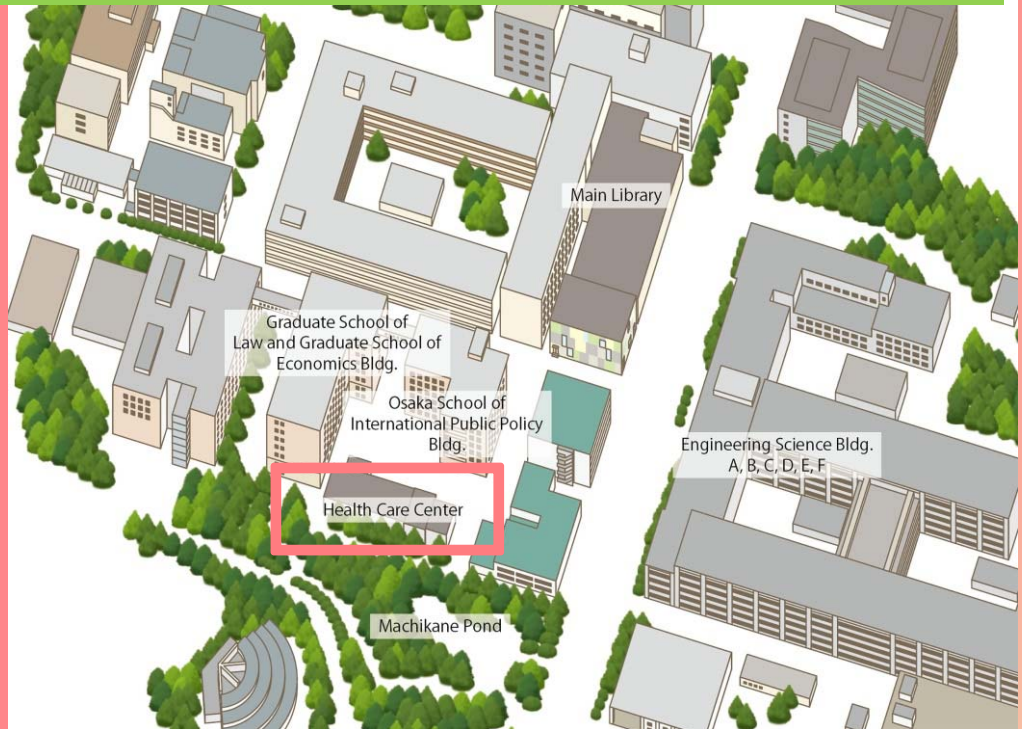
See the back for  
information about  
Toyonaka Campus!

Toyonaka Campus (2nd floor, Health Care Center)  
 Sexual Harassment 06-6850-5029 (direct line)  
 Academic, Power Harassment 06-6850-6006 (direct line)

## memo

The Harassment Counseling Offices for Sexual Harassment (Monday through Friday) and Academic Harassment (Monday through Thursday) are separated on Toyonaka Campus. In both offices there are female counselors that you can talk to.

If you would like to receive counseling about multiple types of harassment, please first come visit either of our offices. We can refer you to another counselor if necessary. The entrance to the Counseling Office may be somewhat confusing, but it is next to the Machikane Pond. The two rooms are at the top of the stairs.



## Column

## Message from a counselor



Recently, as I hear stories from people about power and academic harassment, I often feel that these situations could have easily been avoided or worked out with just some care and awareness.

For example, imagine a student who was unable to concentrate on their research due to a personal problem, and a supervising teacher who constantly tried to motivate that student out of concern.

The student thinks that they shouldn't talk to the teacher about personal issues. Maybe the teacher might worry unnecessarily, or revealing the personal problem may be disadvantageous for the student, or perhaps the student simply didn't think to tell the teacher. Because the student has already anticipated the teacher's reaction, perhaps they are anxious, and doesn't know what to do.

The teacher repeatedly warns the student, out of concern, and tries to help by asking the student about their circumstances. However, if the student doesn't say anything, yet continues to concentrate poorly, the teacher may become angry, making harsh comments like, "If things continue like this you won't be able to graduate," or "If you're not going to try, just leave, and don't bother coming," even in front of other people.

The student is upset by the teacher's harsh words, and by the time they come to the Harassment Counseling Office, they are too afraid to return to the laboratory. Although neither side holds any ill will, the relationship is very difficult to restore.

First, we must remember that the decision of whether or not to divulge personal problems is entirely up to the student. As an advisor, it is easy to blame the student and tell them, "Maybe they would support you if they understood the circumstances," or "Why won't you talk?" However, nothing good can come out of forcefully coercing the student to talk.

Should the teacher do nothing then? Of course this is not the answer.

First, the teacher should tell the student that they are genuinely concerned, and would be willing to listen to anything the student has to say. If it is difficult to talk to a friend, the teacher can recommend the counseling center on campus. If the situation still doesn't improve, the teacher should clearly explain to the student, "If this (specific example) continues, then you will be at a disadvantage. In order to avoid that, you need to complete this assignment by this time."

To provide the information they need but trust the student to resolve their own problems, even as we watch over them, is the most important thing we can do.

