



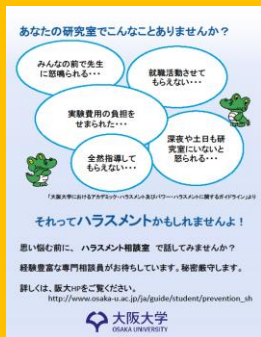
Harassment Counseling Office Newsletter

It seems that more hot days are yet to come; how is everyone doing? We present to you Issue 11 of the Harassment Counseling Office Newsletter.

Do you know about the harassment awareness mini-posters?

The Harassment Counseling Office has prepared mini-posters for each type of harassment. We hope you will post them in your workplaces and research laboratories, and that they will help to combat campus harassment.

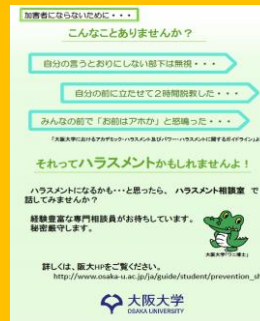
【Academic Harassment】



【Sexual Harassment】



【Power Harassment】



We also have posters dealing with alcohol harassment, maternity harassment, and violence. Please take a look at them when you have some time.

【Location in ICHO system】

Document management - General affairs (shared by all teachers) - Anti-harassment office - Harassment prevention awareness posters

●Workshop for Faculty/Staff counselors

Monday, July 24th at Toyonaka Campus, and Friday, July 28th Suita Campus, we held a workshop for faculty/staff counselors. The Harassment Counseling Office Director, Youji IIGUNI, began with an explanation of the university's consultation system, followed by one of the Harassment Counseling Office's counselors, Assistant Professor Aya HAMADA, who talked about harassment and counseling trends with the university, and some points to be careful about when giving dealing with consultations. The two and a half hours passed by quickly, with workshop participants working together in groups to tackle hypothetical cases, and giving presentations on things that they felt and learned. It is our hope that the workshop contributed to the counseling skills of all those who participated. Thank you very much.

●Workshop on Harassment Prevention

On Wednesday, July 26th, the Committee on Human Rights organized a workshop on harassment prevention at the Suita Campus Convention Center. Feminist Counselor Dr. Yumiko SUTO of Women's Counseling Kyoto gave an interesting talk called "Reexamining the Need for Sexual Harassment Prevention", covering the definition of sexual harassment, the newest trends in counseling, and why sexual harassment must be prevented. It was a very meaningful workshop, with many students and teachers from our university participating.

Column Message from a counselor

「The anger of the one giving counseling」

When consulted about harassment by someone close to you, you may have strong feelings of anger for the victim. This is especially true if the person is someone close and important to you, like a student, boyfriend/girlfriend, or family member. Although this is a natural reaction, problems can occur if the one counseling gets involved while unable to control their anger. You might unintentionally say things blaming them, like "Why didn't you say 'No' right away?", "Why didn't you come to me earlier?" or "Isn't there something wrong with the way you dealt with it?" Needless to say, harassment perpetrators are to blame for harassment, not the victims who come for advice.

However, the more you care about the person asking for advice, the easier it is to say things like that. The escalation of those feelings may lead to further blaming that person, saying things like "Why don't you do something about it right now?" or "If you don't say anything or act now won't there be more victims?" It's not uncommon for those giving counsel to act without considering the wishes of the person asking for advice. Because they are acting with good intentions or feelings of caring about the victims, they don't realize that they are ignoring the one asking for advice.

Recovery from harm isn't complete just because someone has been punished. I believe it is important for the victim to accept that their past cannot be changed, to have their harm properly recognized, and to move forward towards recovery, all at their own pace.

If you are ever in the position to give advice, I hope that you would do your best to carefully listen to the person, to match their pace and respect their decisions. If you find yourself worried or having difficulty controlling your anger, we hope you would feel free to come visit us at the Harassment Counseling Office.

Osaka University Harassment Counseling Office

Toyonaka campus **06-6850-5029** (sexual, academic and power harassment)
06-6850-6006 (academic and power harassment)
Suita campus **06-6879-7169** (sexual, academic and power harassment)
Minoh campus **072-730-5112** (sexual, Academic and power harassment)
Website http://www.osaka-u.ac.jp/ja/guide/student/prevention_sh

