

# Harassment Counseling Office Newsletter

Issue 26  
January 2021

We are having colder days than usual. We hope everyone is well and safe.

Here is the 26th newsletter from the Harassment Counseling Office.



## A word from our counselors-Harassment Prevention and Positive Listening

The cause of harassment is often problems with communication. It therefore follows that one effective strategy to preventing harassment is training in communication. One vital aspect of communication is positive listening, not simply expressing each other's feelings and thoughts. The following basics are key to basic listening abilities.

### 1) The speaker will produce a conclusion. There is no need for the listener to provide one.

If the speaker feels carefully listened to then they will work through their own feelings, produce a conclusion, and arrive at a solution. So, it is important to listen closely and not try to supply advice.

### 2) A solution is not required.

The speaker is not looking for a solution. They want to be heard and understood. Rushing to find a solution and saying the wrong thing may make the speaker feel disrespected and misunderstood.

### 3) People who cannot listen in silence cannot listen at all.

A one-sided comment is the same as scolding a child. Also, speaking simply to fill a silence leads to not being able to listen carefully. Good communication also requires silence and patience to listen.

### 4) Value judgements are not required.

Some may take action even when it is "wrong". It is not possible to consider someone's feelings while making value judgements on right and wrong. It should be noted that what is intended as encouragement may be taken by the speaker as denial or rejection.

### 5) Do not use your own experience as a background to listening.

Most people will use their own experiences and knowledge in order to understand what is being said. That, however, can lead to an assessment and valuation. While listening, it is important to not have any expectations or prejudices.

### 6) Determine who is having the problem.

When hearing a claim from a parent or a third party it is important to clarify who is having a problem and keep that in mind while listening.

Promotion and improvement of communication may not be in the job description for a university staff member, however, a lack in communication ability leads to problems and therefore is an irreplaceable skill. It is also necessary for speakers to consider the listener and ask to be heard and express thanks for taking the time to listen. I hope that this newsletter helps everyone to create, improve, and maintain a healthy working environment.



# Please help by responding to the Osaka University Questionnaire on Harassment!

We are asking all members of Osaka University (students and staff) to complete anonymous questionnaire.

The purpose of this questionnaire is to understand the extent of awareness and the status of harassment at the university in order to examine measures required to prevent harassment at the university.

This questionnaire will not be used to identify an individual or to investigate a claim of harassment.

Please answer the questionnaire honestly with assurance that it is safe.

※The survey can be found on My Handai (the Osaka University internal internet system) <https://my.osaka-u.ac.jp/admin/harassment/questionnaire>



## Harassment Counseling Offices

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	<b>Harassment Counseling Office 1</b> 2F, East Staircase, Health and Counseling Center 06-6850-5029	11:00-14:00	10:00-13:00	12:00-15:00		10:00-13:00
	<b>Harassment Counseling Office 2</b> Room #412, 4F, Bldg. II, Center for Education in Liberal Arts and Sciences 06-6850-6006		14:30-17:30	14:00-17:00	10:30-13:30 14:30-17:30	
Suita	<b>Sexual Harassment Counseling Office</b> ※Counseling about all types of harassment is available 4F, U1E Bldg., School of Engineering 06-6879-7169	10:00-13:00		9:30-12:30 14:30-17:30		11:00-14:00 14:30-17:30
	<b>Academic/Power Harassment Counseling Office</b> ※Male counselor (except Thu. p.m.) 4F, U1E Bldg., School of Engineering 06-6879-7169		9:30-13:00		9:30-12:30	
		13:30-16:30	14:00-16:15		15:30-18:30	
Minoh	<b>General Harassment Counseling Office</b> 3F, Administration Bldg. 072-730-5112			14:00-17:00		

- Consultations with a professional counselor may be in person or by telephone (appointment required)
- Confidentiality is guaranteed. Anonymous consultations by telephone are welcome.
- The counseling offices at Toyonaka and Minoh campuses accept consultations in all areas of harassment.
- 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/guide/student/prevention\\_sh/](https://www.osaka-u.ac.jp/en/guide/student/prevention_sh/)

