



## Osaka University Harassment Counseling Office

Issue 16 December 2018

# Harassment Counseling Office Newsletter

It is December and the end of another year. How was your year? Here is the 16<sup>th</sup> issue of the Harassment Counseling Office newsletter.

### Harassment awareness checks

The harassment office conducts awareness checks for staff each year in order to improve education and prevent harassment. This year's check includes 15 new questions, how will you do?

Check process : Click on the Harassment Awareness Quiz banner after logging in to MyHandai.



### Column Message from a counselor

Ever since the Harassment Counseling Office opened up counseling to not only sexual harassment but also academic and power harassment (hereinafter; AH and PH), there has been a huge surge in AH and PH consultations. However, even though the cases of sexual harassment consultations are relatively smaller, this does not mean that there has been a decrease in number. No matter what type of harassment, the victim still suffers and in serious cases the psychological damage can be very deep and sap the energy needed to consult someone. Harassment often occurs in close relationships such as the workplace, laboratories, and social circles. Due to the enclosed nature of these relationships the victim can suffer over a long period.

It is within these enclosed relationships that sexual harassment often occurs. It can take time for harassment to come to light as the victim can feel that "there is no way that person would sexually harass someone" or "maybe I am being too sensitive" or "no one would believe me if I told them" and doesn't tell anyone about the situation. In addition, if the harasser is in a position of power, it is difficult for the victim to speak up for fear of reprisal and often the victim chooses to bear the situation and continues to suffer. It is very difficult for these victims to come forward and speak to the counseling office.

It is fine to approach harassment counseling anonymously. The counselor may stay anonymous until it becomes necessary to make concrete changes to the counselor's circumstances, in which case a name will be required. The counselors will not take any action without the prior agreement of the counselor so please feel free to come and talk with counselors. There is nothing the victim has done to deserve sexual harassment especially in a relationship where power is unbalanced and the victim has no escape.

#### 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](http://www.osaka-u.ac.jp/ja/guide/student/prevention_sh)

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