

Harassment Counseling Office Newsletter

**Issue 27
March 2021**

The season has become one of gentle pleasing sunlight.

Here is the 27th newsletter from the Harassment Counseling Office.



A word from our counselors-Thinking about Online Communication

Even though there is a rush to get people vaccinated we still cannot see an end to the coronavirus pandemic. During this time there has been an increase in online classes and meetings, meaning there is less opportunity for face-to-face conversation and I am sure many people are finding communication difficult. These communication difficulties also often manifest from a situation of harassment. So, what should we do when most of our communication is limited to online classes? What should we be aware of?

Limited non-verbal communication

Communication between people involves verbal and non-verbal communication. Non-verbal communication refers to expressions, gestures, gaze, manner of speech and tone. It also includes clothing and way of taking distance. People use all of this information to make judgements and assist with communication with others. However, the information we can gain from a screen online is limited. It is difficult to grasp gestures and facial expressions. It is hard to catch subtle changes in someone's eyes and to pick up on fine differences in words and tone. For this reason, students may misunderstand the intention of their teacher and teachers may use a harsher tone than they are aware of. It is easier for students to feel that they are being harassed. Even more than in person, when working online it is vital to take extra care to select appropriate words and to accept the feelings of others.

Exploring ways to communicate effectively online

One is establishing rules for online classes. There should be clear rules given to everyone concerning how and where to notify if a connection to the internet is not working or if faces must be visible for example. Some polite discussion may be required concerning making faces visible. In a large lecture theater with many people spread out, an individual may not stand out, however, online each person's face is visible. Some students may have illnesses or complexes that make being so visible distressing. It is important not to simply scold a student who does not wish to make their face visible but to inquire gently and politely as to the reason. Students may be very shy when not speaking to a teacher in person, however, we would like to encourage everyone to be courageous and make efforts to communicate. Do not let the pandemic be an excuse for failure; let us seek ways to successfully communicate online as we create a university without harassment together.

The Minoh Campus Harassment Counseling Office is moving! The Toyonaka Harassment Counseling Office 2 will also move in April 2021.

In April 2021, the harassment counseling office will move and open on the new Minoh Campus.

Also, Toyonaka Campus Harassment Counseling Office 2, currently located on the 4F of the Center for Education in Liberal Arts and Sciences building II, will move to the 2F of the Cyber Media Center Data Station.

The Osaka University Harassment Counseling Office aims to be open to anyone who feels they may need advice or someone to talk to.

If you are in or have observed an uncomfortable situation that you think may be harassment, then please come and talk to us rather than worrying alone. Specialist counselors are available for you.

Harassment Counseling Offices (schedule expected after April)

Campus	Room	Mon.	Tue.	Wed.	Thu.	Fri.
Toyonaka	Harassment Counseling Office 1 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
	Harassment Counseling Office 2 2F, Data Station, Cybermedia Center 06-6850-6006		14:30-17:30	14:00-17:00	10:30-13:30 14:30-17:30	
Suita	Sexual Harassment Counseling Office ※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
	Academic/Power Harassment Counseling Office ※Male counselor (except Thu. p.m.) 4F, U1E Bldg., School of Engineering 06-6879-7169	13:30-16:30	9:30-13:00 14:00-16:15		9:30-12:30 15:30-18:30	
Minoh	General Harassment Counseling Office 1F, Research and Education Hub 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.
- The Suita Campus Counseling Office was to move to the 3F of the Nurse Housing Building 1 in April, however, this is now scheduled for May.
https://www.osaka-u.ac.jp/en/guide/student/prevention_sh/

