

If you are harassed

1 Clearly express your rejection of the behavior.

It is vital to clearly express your rejection of the behaviors you believe to constitute harassment to the harasser.

2 Keep records of the harassing behaviors you experience.

Keeping records helps you sort your feelings out. If you later ask the university to take action against the harassment, the records will serve as significant evidence.

3 Contact a counseling desk for help.

Are you anxious that your rejection of the harassment may be ignored by the harasser or even put you at a disadvantage? If so, do not worry alone. Ask early on for advice on how to deal with the situation. With your consent, someone else may contact a counseling desk for help.

Counseling Desks

The counselor will look at the situation from your perspective, strictly protect your privacy, and work with you to solve the problem.

We will not be treated disadvantageously for reasons such as consultation about harassment or cooperation in resolving harassment.

Counseling desks for students: Mon-Fri, 8:30-17:15 (closed on Sat, Sun and national holidays)

Prefectural University of Hiroshima	Education and Student Affairs Division, Hiroshima Campus	Tel: 082-251-9720 Dedicated email: hsoudan@pu-hiroshima.ac.jp
	Education and Student Affairs Division, Shobara Campus	Tel: 0824-74-1700 Dedicated email: ssoudan@pu-hiroshima.ac.jp
	Education and Student Affairs Division, Mihara Campus	Tel: 0848-60-1161 Dedicated email: msoudan@pu-hiroshima.ac.jp
Eikei University of Hiroshima	Education and Student Affairs Division	Tel: 082-225-6272 Dedicated email: counselingdesk@eikei.ac.jp

- You may contact a counseling desk other than the one on the campus you belong to.
- The student counseling room on the campus and your tutor are also available for counseling.

✂ Cut out the card below for later use.

Counseling Steps

1 Contact a counseling desk. You can visit, call or email the desk for help. Instead, you may ask for help from the student counseling room on the campus, or your tutor.

2 A counselor will listen to you.

3 The counselor will work with you to find a solution.



Counseling

The counselor will listen to you and find a solution.

Coordination

To solve the problem, the counselor will work in coordination with the faculty or graduate school you belong to and other parts of the university.

Action

If appropriate, the university will resolve the disadvantages you have suffered and redress the situation you are in.

Your decision will be respected when a solution is selected for implementation.

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For Students

STOP HARASSMENT



Do you encounter any of these problems?

Sexual Harassment

Refers to offending a person or undermining a person's educational, research or work environment through unwelcome sexual comments and behavior toward the person.

Remember the counseling desk if

For example...

- Your supervisor makes sexual advances toward you in a situation that makes you worry about being put at a disadvantage in terms of supervision if you say no.
- You refuse sexual advances made by an instructor, who then gives you a bad grade or fails to write a testimonial to your place of employment out of spite.

For example...

- You are teased about your looks, such as your body shape.
- An email your supervisor sends you for supervision contains a dinner offer.
- Sexual topics that cause discomfort are frequently brought up in the classroom.
- Sexual slanders on you and your private information that are personally identifiable are posted on the Internet.



Academic Harassment

Refers to causing physical or mental distress to a person or undermining a person's educational or research environment beyond a reasonable degree by utilizing one's supremacy over the person in terms of educational or research position or one's interpersonal relationship.

Remember the counseling desk if

You are subjected to rude behavior or violence.

For example...

- An instructor or a graduate student kicks a trash can or throws an object at you when supervising you, exclaiming that you are slow to understand.
- An instructor hits you on the head with your paper you have handed in.

You are reproached or slandered with inappropriate words.

For example...

- An instructor or a graduate student repeatedly makes remarks that deny your abilities or personality, such as "Can't you even do this? You're so dumb!" and "You're worse than a primary school kid!"

Your supervisor oversteps the boundary of required supervision or continues relentlessly to supervise you.

For example...

- An instructor forces you to come to the university early in the morning, late at night, or on holidays or frequently sends supervisory text messages to your personal mobile phone.

Your supervisor refuses to supervise you, neglects you, or leaves you out.

For example...

- An instructor or a graduate student changes his/her supervision of students or his/her attitude toward them depending on whether he/she likes them, and does not supervise students he/she dislikes.

You suffer from privacy violation or intermingling public and private matters.

For example...

- An instructor forces you to perform chores and errands unrelated to education and research, such as helping him/her move.

STOP HARASSMENT



Other Types of Harassment

There can be various other acts of human rights violation.

Remember the counseling desk if

You are discriminated against or slandered because of your gender, age or place of origin.

For example...

- Someone makes insulting remarks about you regarding your gender, age, place of origin, nationality, ethnicity, race, physical or mental disability, sickness or injury, looks or personality.
- A slander on your personality is posted in an online community, such as SNS.

Cut out the card below for later use.

[Counseling Desk Info Card]

STOP HARASSMENT

Do not worry alone. Be brave and ask for help if you are:

- Harassed
- Not sure whether or not an action against you constitutes harassment
- Asked by a friend for help

Feel free to contact a counseling desk.