

Osaka Gakuin University  
International Center

Information for short-term International  
Students in Japan.

- **Sexual Assault**
- **Harassment**
- **Mental Health**

## **What is sexual assault?**

Sexual assault is any intentional contact or touching from another person's clothed or unclothed body, in a place you do not feel comfortable with. This can be touching, or another person touching themselves in a way you are not comfortable with.

## **What is Harassment?**

Harassment can come in many forms, both psychological and physical. It is unpleasant behavior that annoys or upsets you, and may be done by people around you including friends and classmates. Harassment can be in the form of unkind words, orders, intimidation or making other people feel small or worthless.

Physical harassment is people touching you without your permission, or hurting you.

## **What are mental health issues?**

Your mental health is important, especially when living in an unfamiliar environment. Mental health issues range from very mild (stress, moods) to very severe (depression). There is no need to feel ashamed if you are not feeling your best, as adjusting to a new life in Japan is always a difficult. This may be longer or shorter depending on the person, but everybody can suffer mental issues from time to time, which is completely normal.

## **What should I do?**

The most important thing to do is to talk to someone. If you have experienced some kind of sexual abuse, contact or harassment, then do not keep it inside. The best thing to do is talk to someone to help you work through it to prevent any trauma or recurring problems. Some people may think that being assaulted or harassed was their fault, or that they are unnecessarily creating fuss, bother or *meiwaku*; that is not the case.

If you are feeling down, stressed, or depressed then talk to your friends, take a walk to clear your head or take time out to do something you enjoy.

## **Who should I talk to?**

There are numerous support networks available, as shown on next page. Talk to who you feel most comfortable talking to.

- \* International Center Staff
- \* Friends or family
- \* Host Family
- \* Teachers
- \* TELL Counselling Hotline (Anonymous)



## **What will happen next?**

If you have been in a situation where you were abused or harassed, the International Center staff will make sure you are in a) a safe environment, b) it does not happen again.

Host families will often contact the International Center and pass on information regarding any incidents. The International Center will notify the university administration and the police advisors on staff. Often they will advise us what to do next and what action can be taken.

You may wish to take the matter to the police and file a report with the police (*higaitodoke*). This means the police will become aware of the incident, and may follow it up if they see fit. You can do this by yourself at any police box (*koban*), but we recommend that staff assist you. Unfortunately police staff and paperwork is all in Japanese.

We can assist you in counselling, clinics or hospital visits if you so wish.

## **What are OGU's Policies?**

All students at OGU must abide by the OGU Student Code of Conduct. This means that you must not obstruct the others' learning in any way. If a person does obstruct your rights (e.g. harassment or abuse), then they are liable to disciplinary procedures including being expelled. Any activity that is reported to OGU that breaks the local laws in Japan will be reported to the police, and action taken accordingly.

As such students can be reassured that the campus is a safe environment to be in. If you do see anything strange or experience any kind of harassment or abuse please inform the university staff immediately.

## **What should I be aware of in Japan?**

Japan does have a safe reputation, but unfortunately incidents do happen. Unwanted touching, or groping (*chikan*) does still occur, mostly in crowded places such as on trains. Social education campaigns have been enforced, and now women are not afraid to speak up if there is an incident.

Reports of strange men stalking women or lurking around at night is still common. Should you notice anybody strange following you or looking at you, go to a well-lit area (station, convenience store) and wait there. If you still do not feel safe please contact the International Center staff.

Any intentional sexual contact requires consent. This means clear or understandable words or actions that conveys a willingness to engage in sexual contact.

Undesired sexual advances by men, especially after drinking alcohol is not uncommon. The best thing to do is give a clear 'no' and leave.

**TELL Helpline.**



**Need to talk?  
We're here to listen**

Free, anonymous telephone counseling for anyone of any age.

Call the Life Line at

**03-5774-0992**

9:00 am ~ 11:00 pm - 365 days a year

[www.tellin.com](http://www.tellin.com)



## Sexual Assault or Sexual Violence

*Having or attempting to have*

# Sexual Contact

*with another individual*

# without Consent.

### What is Sexual Contact?

Intentional **touching** or **penetration** of another person's **clothed** or **unclothed** body, including but not limited to the mouth, neck, buttocks, anus, genitalia, or breast, by another with any **part of the body** or **any object** in a **sexual manner**. Sexual Contact also includes **causing another person to touch their own or another's body** in the manner described above.

### What is Consent?

The communication of an **affirmative, conscious** and **freely made decision** by each participant to engage in agreed upon forms of **Sexual Contact**. Consent requires an **outward demonstration**, through **understandable words** or **actions**, that conveys a **clear willingness** to engage in Sexual Contact.

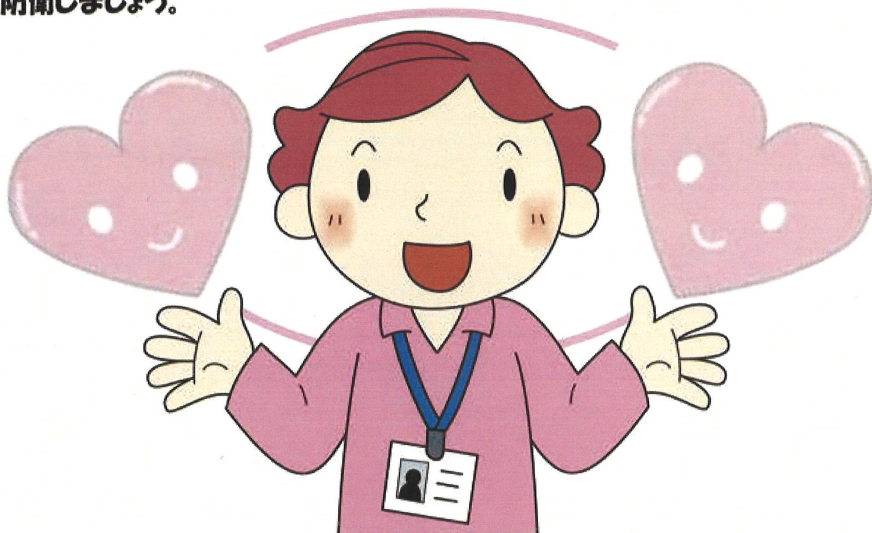
\*Sexual assault and sexual violence are forms of sexual or gender-based harassment.

# ●●● 学生の皆さんへ ●●●

大阪学院大学では、大阪府内の大学と大阪府警察が連携して、性犯罪被害の減少に向けて防犯対策に取り組む「防犯キャンパスネットワーク大阪」に参加しています。

本学では、**女性の皆さんを守るために** 防犯対策を行っていきます。

女性の皆さんは、性犯罪被害に遭わないように、防犯意識をしっかり持ち、自己防衛しましょう。



**どうか一人で悩まず、相談してください。**

性犯罪の被害に遭ったけど、どうしようと悩んでいる人・・・  
当大学に**女性被害相談窓口**ができました。

窓口では、

- 女性職員が相談を受けます。
- あなたの意志を尊重します。
- 相談は、面接、電話、メール等どのような方法でも可能です。

相談窓口はこちら

**学生課**

担当 牛丸

電話番号 06-6381-8434 (代表)

メールアドレス [gakuseik@ogu.ac.jp](mailto:gakuseik@ogu.ac.jp)



OSAKA GAKUIN UNIVERSITY