If You Are Troubled by Harassment...

The Harassment Counseling Center
The University of Tokyo

For Those Who Are Seeking Counseling:

- Protecting your privacy and respecting your viewpoint, counselors work with you to find the solutions that best suit your needs.
- The Harassment Counseling Center is a university-wide office and does not belong to any particular department on campus.
- Counselors are obligated to maintain confidentiality and not to disclose any information obtained through sessions without your consent.
- All undergraduate and graduate students, faculty, staff and their concerned family members are welcome to use our services.

Counseling Rooms

- Hongo Room: Monday through Friday
- Komaba Room: Monday, Wednesday, Friday
- Kashiwa Room: Monday, Wednesday, Friday

Inquiries and Appointments

Phone: 03-5841-2233
E-mail: soudan@har.u-tokyo.ac.jp
URL: http://www.har.u-tokyo.ac.jp
Hours: 10am - 12pm, 1pm - 5pm

The Process toward Resolution

1. Please contact the Harassment Counseling Center by phone or email.
2. Professionally-trained counselors will manage your cases.
3. Working together, counselors will assist you in finding both the resolution as well as ways to overcome related difficulties.

- Counseling & Consultation
  - Finding solutions through counseling / consultation
- Coordination
  - Working toward resolution through cooperation and coordination with clients’ affiliations (e.g. undergraduate departments, graduate schools, etc.) and / or other counseling services on campus
- Filing a Petition
  - Supporting clients to file a petition and resolve their issues by utilizing the University’s Harassment Prevention Systems

We support our clients’ wishes in terms of which approach they would like to choose.
Are any of these things troubling you?
—To All Students, Faculty, and Staff at The University of Tokyo—

Sexual Harassment-Related:
- Being invited to a private dinner for two through a supervisory / work-related email account
- Having your marriage / pregnancy treated as some sort of “problem,” “inconvenience,” or “nuisance”
- Unwelcome remarks made about your physical appearance, attire, or figure
- Being ambushed and asked to “leave together” (an event, school, work, place, etc.) by someone who pursues you romantically
- Being pestered for your LINE or other SNS ID to become “friends” outside work
- Having your activities and email correspondence constantly scrutinized and / or restricted by your romantic partner against your will
- Being forced to endure in an atmosphere that is inconsiderate of sexual diversity (e.g. discriminatory remarks toward sexual minorities)

The University of Tokyo respects diversity and guarantees the academic community to be free from any form of discrimination.

Academic Harassment-Related:
- Getting yelled at / ignored by your faculty / sempai
- Being subjected to harsh, degrading remarks that negate your character: “You are so incompetent.”
- Having your thesis neglected and unattended by your “always busy” supervisor for a long time, even though you have requested supervision a number of times
- Not being allowed to conduct research-related activities (e.g. giving a presentation at a conference, submitting a paper to a journal, etc.) for no apparent reason
- Being directed to engage in research misconduct by your supervisor
- You feel that you are receiving unfair or unjust treatment from a faculty member, just because you are an “international student.”
- Discouraging remarks such as “Give up on your degree this year,” “I cannot write a letter of recommendation for you,” etc.

“I am not sure if my case is harassment-related.”
“My friend consulted me with his / her issues. What should I do?”

You are still welcome to talk to us even in the above situations.

Other Harassment-Related Behaviors:
- Being commanded to respond to work-related matters even in your private time (e.g. an immediate reply to your boss’ email)
- You feel unable to ask questions / voice your opinions freely, since doing so always seems to put your boss in such a foul mood.
- Being excluded from internal meetings and information is not shared with you
- Being unable to take a sick day because your boss has said, “Now is NOT the time for leisurely time off.”
- Being the target of defamation by way of electronic content being circulated on mailing lists or posted on social networking sites
- Being forced to drink or perform a rather humiliating party stunt at a social gathering
- Someone has intentionally taught you offensive and sexually inappropriate Japanese slang words without telling you their meanings. You found out what they really mean much later.
- You are the object of discrimination because of your national origin. Someone has said to you, “That’s why I cannot trust people from (your country of origin).”
- You feel that your religious beliefs and customs are not respected.