

IV What to Do If You Experience Harassment —The Victim is Not Responsible —

Be assured that if you are the victim of harassment, it is not your fault in any way. You should not blame yourself for what has happened, and nor should you attempt to ignore the incident. The important thing is to take action so that a solution can be worked out before the situation deteriorates further. Remember that sometimes the other party simply has no idea that their actions constitute harassment. Unless the relationship between yourself and the other party is openly hostile, the best course of action is to point out to them directly, either verbally or in writing, that their actions constitute harassment and are causing you discomfort. Where direct communication is not possible, you should contact the supervisor of the relevant faculty, graduate school, educational institution or Ritsumeikan Affiliated School (as per Regulations, Article 2-1, Paragraph 7).

If you feel physically threatened, seek help from a friend or colleague or go to the nearest office. If necessary, call the police. Contact the office if you would like a faculty or staff member to accompany you to the police station.

The official website of the Harassment Prevention Committee of Ritsumeikan University and Ritsumeikan Affiliated Schools has plenty of advice on what to do if you experience harassment, including emergency contacts and an external counseling service. Key information can also be found in the Stop Harassment leaflet produced by the Committee, which is available at all faculty offices and reproduced on the website.