

## Sexual Harassment

(セクハラ)

In cases of sexual harassment, you should go to your supervisor at your BOE. However, it's understandable that you may feel more comfortable talking to the PAs in English first about what to do. You can contact the PAs at [kumamotopa@gmail.com](mailto:kumamotopa@gmail.com).

CLAIR has included information in the Contracting Organisation Manual (*ninyo dantai-yo manyuaru*) about sexual harassment, how to avoid it, and what to do if it happens. If you wish to speak with your supervisor about the subject, please confirm that they have read the relevant passage on *sekuhara* (セクハラ).

Other Tips:

- Be aware of those around you, especially when alcohol is involved.
- Do not feel obligated to answer any questions about your dating or sexual history, ever.
- Show you are offended by giving short answers or reacting with a straight face or silence to unwanted remarks or actions. Body language is powerful.
- Make others aware of your discomfort.
- Tell the person to stop (*yamete kudasai*: やめてください).

## Counseling

Being a foreign female in Japan can be difficult, frustrating, and sometimes uncomfortable. If you or a friend have experienced something that worries, upsets, or scares you, please contact one of the following counseling services. They are anonymous and free.

### AJET Peer Support Group

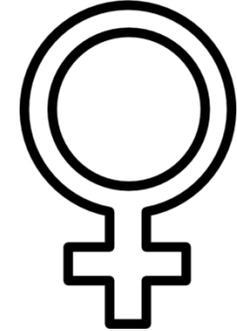
8PM to 7AM every night  
050 -5534 -5566 or  
AJETPSG on Skype  
[www.ajet.net/psg/](http://www.ajet.net/psg/)

### Tokyo English Lifeline

9AM to 11PM daily  
03 -5774 -0992  
[www.telljp.com](http://www.telljp.com)

***Remember that a person's appearance or behavior is never an invitation for abuse. If you feel you have been the victim of a crime, no matter what the circumstances under which it happened, report it to the police and seek support from the resources above.***

## Women's Health and Safety in Kumamoto



In an ideal world, a women's safety booth wouldn't have to exist. Unfortunately even in a country as safe as Japan women are the victims of harassment, stalking, and inappropriate comments or touching. Foreign women are highly visible and differences in how we dress, express ourselves, or show affection can be seen as invitations for harassment. There is pressure as a foreigner to always be polite and friendly, but if you feel unsafe you *always* have the right to ignore someone who has approached you, inform the staff wherever you are, or ask passersby for help. When it comes to your health, do not fear judgment from Japanese doctors, your supervisor, or even cashiers. If there is something health-related that you need, you have every right to have it.

## Women's Health and Safety in Kumamoto

### Important Numbers

An emergency phone call can be made free of charge from any phone, including public pay phones. If you cannot speak Japanese, for police and rescue services you will be transferred to an English answering service in Tokyo.

**110** POLICE

**119** FIRE, AMBULANCE, and RESCUE

#### TAXIS (Kumamoto City)

Downtown, taxis are usually waiting on the street for customers. You can also ask the staff wherever you are to call a cab for you. If you can't do this, you can try these numbers (Japanese only):

##### Hikari Group Suizenji Taxi

096-384-4177

##### Asahi Taxi Co.

096-354-4188

##### Showa Taxi

096-352-0288

##### Kumamoto Taxi

096-379-8118

### Safety Tips

- Always lock your house, whether you are out or at home. Do not write your name on your doorplate or mailbox. Instead, use a magnet or sticker to help friends identify your home.
- Be selective about giving out personal information such as e-mail, Facebook, or Line IDs .
- If walking alone at night cannot be avoided, bring a flashlight with you and do not listen to music or play with your phone. Text a friend to let them know when you're leaving and check in when you're back home.
- Watch your purse, especially in crowded places like nightclubs. Wallet thefts DO happen.
- Always keep an eye on your drink when out at bars or clubs.
- In smaller towns especially, sometimes wearing clothes that seem perfectly modest at home can be interpreted as showing off too much skin and attract unwanted attention. Having your knees, shoulders, and cleavage covered is generally considered modest here.
- Invest in a portable cell phone charger, so you're never caught with a dead battery.

### Health

Things you can get at the pharmacy:

- Condoms (kondōmu コンドーム)
- Pregnancy tests (ninshin-kensa 妊娠検査)
- Ibuprofen (ibupurofen イブプロフェン)
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Things you need a prescription for:

- Birth control pills (keikō hinin-yaku 経口避妊薬)
- The Morning After Pill (kei kou shinin yaku or moruningu afuta piru モーニングアフターピル)
- Medication for:
  - Yeast infections (kanjita カンジタ)
  - Bladder infections and UTIs (nyōrokansenshō 尿路感染症)

*For women's health, Fukuda Women's Hospital in Kumamoto City is the best option. It has English speaking doctors and is used to dealing with foreigners. It's located near the central post office and the Kotsu Center in central Kumamoto. The hours are 9AM-6PM Monday-Saturday. You cannot make an appointment ahead of time. The number is 096-322-2995.*