

SEXUAL CONSENT HANDBOOK

English

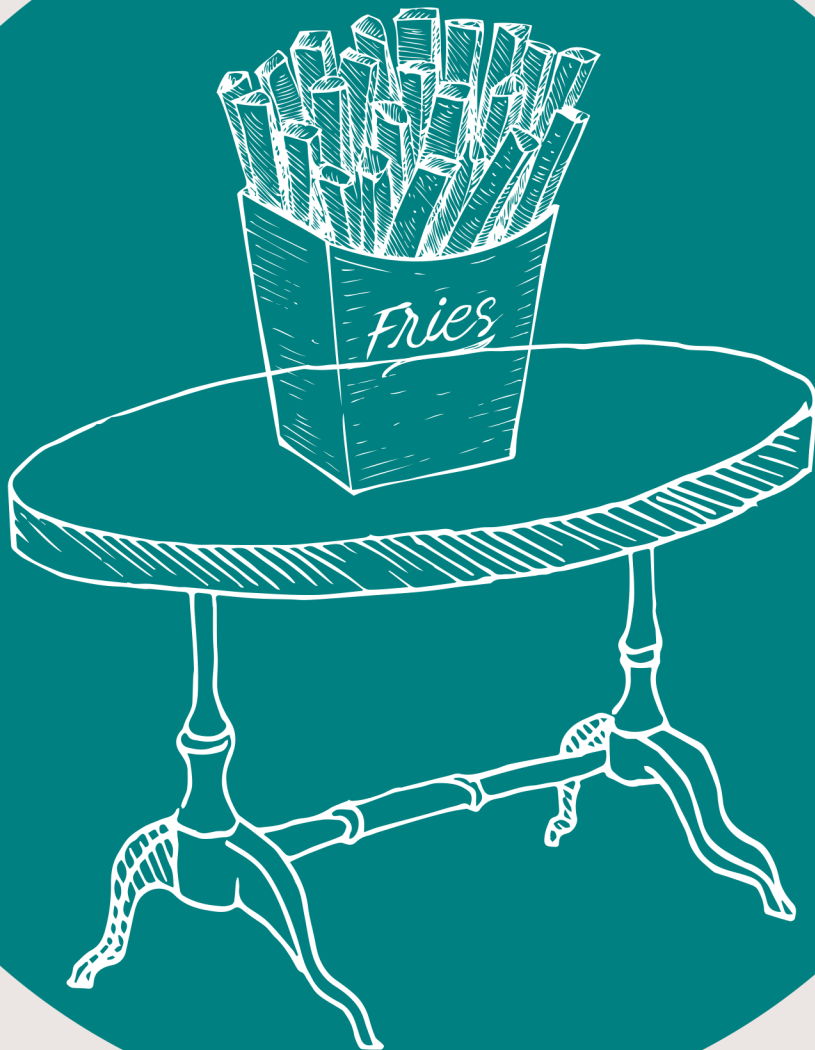




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Trigger Warning



This handbook contains content relating to sexual violence. Due to the risk of flashbacks, please read at your own pace. If you feel offended or upset, please stop reading immediately, and put your own safety first. This handbook is created on the premise that sexual harassment and violence can occur between those of the same sex, and various genders and sexualities.



Introduction



In June 2021, Voice Up Japan ICU Branch conducted a survey at ICU to learn about experiences of sexual violence and witnesses at university. The survey revealed that **there are several ICU students who have been victims of sexual harassment**, including sexual abuse and sexual violence constituting rape.

At ICU, where all students sign the Universal Declaration of Human Rights upon enrolment and where the philosophy of the 'University of Tomorrow' is upheld, students need to recognize the fact that at least a single ICU student has been sexually assaulted. . As students at ICU, we have created this Sexual Consent Handbook in the **hopes of realizing a safe campus free from sexual violence**.

Some of you reading this handbook may have never heard of the term 'sexual consent' before. This is nothing to be ashamed of because Japanese schooling does not provide sufficient information about sexual consent, and even after entering university, we have little opportunity to get the comprehensive knowledge we need. As members of Voice Up Japan ICU, we want to change this situation by providing you with information about sexual consent.

Now that you have the Sexual Consent Handbook in your hands, we hope that it will help more people to be able to act on this knowledge and live a safe campus life.

We would like to state at the outset that **sexual harassment and violence does not only occur against majority women**. In fact, it has been noted that transgender, lesbian, bisexual and disabled women are more likely to experience sexual violence, and the stigma against minorities and their relationships with those around them can be a barrier making it more difficult to report their experiences. Even if they actually do report their experiences, rather than being listened to, they are more likely to be put off compared to majority women; or rather, they are at a higher risk of physical or psychological assault by their care providers.

It should also not be overlooked that **cisgender and transgender men are sexually assaulted regardless of their sexual orientation**. We must bear in mind that when considering sexual violence, a framework of heterosexuality and homosexuality alone can marginalize non-binary and gender variant people who live on the margins of the normative gender divide.

1. **What is sexual consent?**

Why do we need to know about 'sexual consent'? Sexual consent is the confirmation of both parties' willingness to perform any sexual acts. We come in contact with all kinds of consent in our daily lives. For example, you might ask a friend, "Can I work on an assignment with you?". We routinely ask, "Would you like to do OO with me?" and ask the other person for their consent. Sexual consent is similar. It may feel embarrassing to verbally tell someone whether or not you want to engage in sexual activities, but it is an important form of communication to avoid hurting yourself, to avoid hurting the other person, and above all to have safe and secure sexual contact (kissing, having sex, holding hands, etc.). When you feel insecure or uncomfortable during these acts, it may be because mutual 'consent' is not respected.

Sexual activity without consent is sexual violence. It is often assumed that people consent to all sexual acts because they are lovers, married or in an intimate relationship, but this is not the case. In addition, people who are drunk or asleep cannot give consent, and it is even more difficult to give consent when those in a relationship are not equal in power, such as between senior and junior, or between superior and subordinate. However, sexual consent must be confirmed on a case-by-case basis without being influenced by the circumstances of the situation or the position and relationship of the two people.

These are three things we have learned: (i) **Sexual consent is the same as the various types of consent that exist in our daily lives**; (ii) Sexual consent is an essential communication for safe and secure sexual activity; And (iii) **Sexual consent needs to be confirmed every time you have sexual activities**, regardless of your position or relationship.

2.

Tips on giving and taking explicit consent

Many people may understand the importance of sexual consent, but still don't know how to actually engage in the process of giving or getting consent explicit. In TV dramas, films and pornographic videos which are accessible on a regular basis, we often see non-consensual sexual acts portrayed in a romantic way. Thus some people might feel 'shy' about going out of their way to give consent, or worry that the step of giving consent will ruin the atmosphere after they have already gotten into a good mood. However, making consent explicit can rather show that you care about the other person and shows 'respect for sexual boundaries' (i.e. respecting the boundaries of what the other person may or may not want to do in terms of sexual activity).

The handbook will now introduce some phrases you can use when making your sexual consent clear, but you don't have to follow these examples word for word to do so. The important thing is that you make clear your consent and also confirm a definite YES from the other person. (Remember: Just because you could not confirm a NO from the other party does not mean that you got a definite YES.) In short, different phrases can be used for the objective of confirming the partner's definite intention; what is important is to confirm consent. There are other methods, such as deciding on a countersign with your partner or using gestures to say no, but it is more reliable to confirm consent with words. This is because with gestures, you may miss the other person's true intentions. Consult with your partner on how to give consent in accordance with your relationship.

There may also be situations where you feel it is difficult to decline when you are asked for consent. It is important for the person taking consent to create an atmosphere in which it is easy to decline. Remember that having the courage to refuse is one step towards protecting your body and mind. You have the right to refuse sexual activity to anyone, anywhere, anytime! Even if you are hated or have to suffer unreasonable treatment for refusing, it is never your fault for making your refusal of consent clear. If you are in a relationship where you cannot say no, it can be difficult to work through this situation alone. We recommend that you consult the advice agencies listed on page 11.

3. FRIES¹

There are five important criteria for sexual consent to be valid. These are called the FRIES (like the French fries often served in fast food restaurants).

F: Freely Given

The environment must be free from the influence of alcohol, drugs or pressure from others to say 'no' when confirming consent.

R: Reversible

You can change your intentions about sexual activity at any time, and you are free to cancel consent once you have given it. Thus, you can take back your consent even during sexual activity if you wish to stop what you are doing.

I: Informed

Consent can only be established once you have been given sufficient information. For example, it is not giving complete consent if you say you will use contraception even though you have no intention to do so.

E: Enthusiastic

It is important to give consent according to what you truly want to do, not what the other person expects you to do.

Equality²

In addition to 'Enthusiastic', 'Equality' must be ensured in order for sexual consent to be established. This means that it must be an equal relationship that is not influenced by social status or power relations. More explicit and positive consent is required where power relationships are at play, such as employers and employees, seniors and juniors, etc.

S: Specific

Consent to a single action does not mean consent to other actions. Consent must be confirmed throughout. For example, consent to go to a hotel does not lead to consent to sexual activity.

¹ Planned Parenthood, "Sexual Consent", <https://www.plannedparenthood.org/learn/relationships/sexual-consent>

² NPO法人ピルコン 『性的同意』 <https://pilcon.org/help-line/consent>

4. Sexual consent checklist OX quiz

1. You can get consent from someone who is drunk.
2. Going out to drink with just the two of you is an OK sign.
3. Staying over at someone's house is an OK sign.
4. If the partner is wearing revealing clothes, it can be regarded as consent.
5. Consent is necessary for each sexual act even if it is between lovers.
6. If the other person's response is ambiguous, it should be taken as a No.
7. "I don't have to say it" because we are close.
8. Once the consent of the partner has been obtained for the same partner, it is not necessary to obtain consent thereafter.
9. Consent can be obtained no matter how old the partner is.
10. If you are 13 years old or older, the age of sexual consent, you certainly understand what 'consent' is.
11. If holding hands is okay, then kissing is okay too.
12. Even if you give consent to kissing, you need to give consent again when you have sex.
13. You must not engage in sexual activity even if you have obtained active consent from someone under 12 years of age.

Column1 – On the statement “The victim/woman just needs to be careful in the first place”

During a discussion on a TV programme about the 'sexual consent checklist', a female newscaster said, "Sexual consent is not necessary if the female side acts with a proper understanding of the risks involved." This was the focus of attention when she made a statement to the effect that 'it would be hard to live if we had to strictly obtain consent for everything'. This idea appears to have spread as an 'unspoken understanding' among the general public. However, such statements ignore the problem and responsibility of the person who perpetrated the crime, despite the fact that he or she is responsible for it. And it is a statement that rather puts the blame on the innocent victim. Given this, let's think about the statement once again.

Sexual consent checklist

5.

answers and explanations

① You can get consent from someone who is drunk. : ✖

You can't get consent under any circumstances if the other person is incapable of making decisions!

② Going out to drink with just the two of you is an OK sign. : ✖

The other person may just want to have a good talk with you. Unless both parties give verbal consent, it cannot be regarded as an OK sign!

③ Staying over at someone's house is an OK sign. : ✖

There are many reasons for staying at home, such as "I missed the last train" or "There is no place around where I can stay the night". Do not neglect to check with the other person for both parties' sake.

④ If the partner is wearing revealing clothes, it can be regarded as consent. : ✖

The kind of fashion in which you express yourself differs from person to person. Judging someone as 'OK' based on their appearance is a selfish assumption, and of course not an OK sign!

⑤ Consent is necessary for each sexual act even if it is between lovers. : ○

⑥ If the other person's response is ambiguous, it should be taken as a No. : ○

⑦ "I don't have to say it" because we are close. : ✖

Whatever the relationship you have with your partner, no matter how close you consider yourself to be, you must obtain sexual consent each time.

⑧ Once the consent of the partner has been obtained for the same partner, it is not necessary to obtain consent thereafter. : ✖

Even if it is the same partner, it is quite possible that the partner feels differently or is not in good health than before. Consent obtained last time does not necessarily mean that consent has been obtained this time as well! Check with your partner each time!

⑨Consent can be obtained no matter how old the partner is. : ✖

Japanese law stipulates that the age of sexual consent (the age at which a person can voluntarily give consent) is 13 years old or older (although raising this age of consent to 16 is currently under consideration). However, as shown below, being 13 years of age or older does not mean that a person has a secure understanding of sexual knowledge and 'consent'.

⑩ If you are 13 years old or older, the age of sexual consent, you certainly understand what 'consent' is. : ✖

Under law, it is said that a person can judge for himself/herself/they whether he/she/they is capable of consenting to sexual activity from the age of sexual consent (13 years old), but being 13 years old or older does not mean that he/she/they has a reliable understanding of sexual knowledge and "consent". Even if the other person is 13 or older, it is important to make sure that they are giving consent based on their understanding!

⑪ If holding hands is okay, then kissing is okay : ✖

Holding hands and kissing are two different sexual acts. In many cases, holding hands is okay, but kissing is not comfortable. Make sure to obtain your partner's consent for each act carefully to respect their feelings! The idea that "as kissing is OK, holding hands is also OK" is a wrong assumption and you need to get consent to hold hands.

⑫Even if consent is obtained for kissing, consent is required again for sex : ○

⑬Even if positive consent is obtained from a partner under 12 years of age, you must not engage in sexual acts.: ○

Column 2 – Sexual victims other than majority women feel “out of place” –.

An article in the Tokyo Shimbun newspaper stated the results of a survey³ showing that approximately 38% of sexual minorities had experienced sexual violence, while an NHK article stated that more than half of the men questioned said that they had been touched over their clothes⁴. However, despite these findings, the issue of sexual violence is often discussed based on the perception that the victim = heterosexual, cisgender woman, which obscures the existence of sexual minorities and male sexual victims. In fact, there is an article in the Mainichi newspaper⁵ about a trans man (a man assigned to a woman at birth) who says: 'I feel like people like me are supposed to be absent. Have we unintentionally created a society where it is difficult for sexual minorities and male sexual victims to have a voice? We must not forget that sexual minority and cisgender men are actually sexually assaulted, just as majority women are.

3 東京新聞『LGBT 38%が性被害の経験 被害潜在化か、宝塚大教授が1万人対象に調査』2020年12月27日 <https://www.tokyo-np.co.jp/article/76934>

4 NHK『男性の性被害292人 実態調査アンケート結果【vol.131】』<https://www.nhk.or.jp/gendai/comment/0026/topic013.html> 2021年6月24日

5 毎日新聞『「居場所がない」トランスジェンダーの生産被害者が思うこと』<https://mainichi.jp/articles/20210316/k00/00m/040/043000c> 2021年3月16日

5. Sexual Consent and the Law

—What you need to know when giving and receiving sexual consent.—



〈When you initiate〉

Remember to get their clear consent! Consent here means confirming the other person's intention as stated on p.3. If consent is properly obtained, it is not sexual violence in most cases. However, it can be a crime to engage in sexual acts without consent.

There are provisions in the Penal Code that make it a crime to use "assault or threat" to make sexual advances or conduct (Penal Code Articles 176 and 177). Assault or threats here basically do not occur in situations where sexual consent has been clearly obtained. It is important to obtain sexual consent even in the sense of avoiding conduct that would constitute a crime. In addition, the article that applies to sexual offenses provides for the crime of attempt, which means that the crime is committed as soon as the person attempts to engage in coercive sexual behavior.

A survey conducted by Voice Up Japan ICU in 2021 revealed that there had been cases of criminal sexual violence among ICU students. It was also found that there have been cases of sexual violence between ICU students and other university students. Some of these cases were presumably caused by ignorance of the laws regarding sexual consent and sexual crimes. Still, in Japan, ignorance of the law is not an acceptable excuse (ignorance of the law: Article 38, Paragraph 3 of the Penal Code). This is an excellent opportunity to learn about the laws regarding sexual violence, since it is assumed that we understand them.

《It is a crime to use alcohol to induce a partner to engage in sexual activities!》



Suppose a person attempts to induce a partner to sexual activities by intoxicating the partner with alcohol or by using sleeping pills to impair the partner's judgment. In that case, the person is guilty of quasi-forcible indecency and quasi-forcible sexual activities, as stipulated in Article 178 of the Penal Code. Obviously "I didn't know" is not an acceptable response.

The Violence of the Law and Police Power

Unfortunately, the law does not protect all victims. On the contrary, in many cases, the law instead contributes to violence. Although the crime of forcible sexual intercourse was amended in 2017, the current law is still defined around the insertion of the penis. Therefore, the law is still focused on penis penetration, and other sexual acts that do not involve the act of penetration, as well as other forms of sexual assault and sexual violence are often made invisible. The definition of "penis" is also ambiguous, and DSD (Disease of Sexual Differentiation) is not sufficiently considered. Nevertheless, the critical point here is that sexual acts without consent are still sexual violence, even if they do not constitute criminal acts under the Penal Code and even if the penetration of the penis does not take place. Nor should others compare the severity of the sexual violence to any other form of sexual violence that has taken place.

【Indecency through Compulsion】⁷

Article 176 A person who forcibly commits an indecent act through assault or intimidation upon another person of not less than thirteen years of age is punished by imprisonment for not less than 6 months but not more than 10 years. The same applies to a person who commits an indecent act upon another person under thirteen years of age.

【Forcible Sexual Intercourse】

Article 177 A person who, through assault or intimidation forcibly engages in vaginal intercourse, anal intercourse or oral intercourse (hereinafter referred to as "sexual intercourse") with another person of not less than thirteen years of age is guilty of the crime of forcible sexual intercourse, and is punished by imprisonment for a definite term of not less than 5 years. The same applies to a person who engages in sexual intercourse against another person under thirteen years of age.

【Constructive Indecency through Compulsion;

Article 178 (1) A person who engages in an indecent act upon another person by taking advantage of their unconscious state or inability to resist, or by causing the person to lose consciousness or have the inability to resist, is punished in the same manner as prescribed for in Article 176.

(2) A person who engages in sexual intercourse with another person by taking advantage of their unconscious state or inability to resist, or by causing the person to lose consciousness or have the inability to resist, is punished in the same manner as prescribed in the preceding Article.

【Attempts】

Article 180 Any attempt to commit the crimes prescribed in Articles 176 through the preceding Article is punished.

⁶ Broken Rainbow-Japan 『LGBT への暴力を終わりにしよう』 <https://broken-rainbow.jimdofree.com>

⁷ Japanese Law Translation, Penal Code Article 176,177,178,180 <https://www.japaneselawtranslation.go.jp/en/laws/view/3581/en>



When you are asked to engage in sexual activities.

If you don't like it, tell them No. It may not be easy to say no, but it is essential. Also, sexual consent is not just a matter of the person asking you for sexual acts. You can also confirm each other's intentions by taking sexual consent in both directions. Try not to say or do anything sexual without sexual consent. Even during the act, once consented, you can always say NO if you change your mind. Also, the person who is told NO must always stop the action.

《If you were told or done something sexual without your sexual consent》

If possible, first run to the counseling agency written on p. 12-15. When doing so, do not wash or take off your clothes. DNA and other evidence on the clothes may become necessary evidence. If the other party has said or done something that seems like a criminal act, but you do not want to sue them in court, you may choose not to sue them. Please be aware that consulting with someone is not the same as suing, so please be mindful of the option of consulting. When you are a victim of sexual violence, it is essential to consult with the appropriate authorities to the extent possible to ensure that the situation is handled properly, as it is often very traumatic, both physically and mentally.

It is also essential to know the laws regarding sexual crimes to protect yourself.

Being an Active Bystander

An active bystander takes positive action as a third party where others are in a crisis situation, such as bullying or violence (dominant or sexual). Often, the victim cannot react appropriately to the immediate event or speak up out of fear. In such situations, the presence of an active bystander can be of great help. Here are five interventions (5Ds) to help you become active bystanders, not just bystanders. (The following is an excerpt from the Pillnyan website)

◆ **Distract: Divert attention**

(Actions to divert attention when the victim is subjected to some form of (sexual) harassment)

- Intentionally spilling a drink or dropping change from a purse to distract the harasser or others.
- Posing as an acquaintance of the harassed person and saying, "Have you seen my LINE message? "Long time no see!" and talk to them.
- Ask for directions, time, etc., and talk to them.

◆ **Delegate: Ask for help from a third party**

- Ask the person in charge or someone around you* to intervene.
- If you have friends, ask them to help you further and ask the person being harassed for directions and time while you find someone you can delegate to.

(*) When reporting to the police and asking them to intervene, you must first ensure that the victim wants the police to intervene. It should be noted that the state and the police, who are supposed to be in a position to help the victim, may turn into an entity that uses harassment and other forms of violence against some people.

8 NPO法人ピルコン. 『性的同意』 <https://pilcon.org/help-line/consent>

9 ピルにゃん https://pillnyan.jp/human_rights/88800325/2022/1/16

10 FRONTROW https://front-row.jp/_ct/17412358 2020/11/20

Document: Document evidence

(Actions that document evidence in the form of video, audio, etc.)

- Tips for filming include "keep a safe distance from yourself," "film surrounding landmarks that identify your location," and "say the date and time.")

Please be sure to observe the following precautions when filming.

① Understand the situation.

→If no one is directly helping the victim, consider other intervention methods as a priority over filming, if possible.

② After filming, ask the victim for permission to use the footage.

→Although it is not illegal to film as evidence of a crime, you should never show the filmed images to others without permission or publish them on the Internet. If you are asked to do so by the other party, you should delete the data.

③ Do not look away from the victim.

→Concentrate on supporting the victim.

Delay: Respond later

(Asking how the victim is doing after the event, talking to them, calling for help, etc.)

- Ask, "Are you okay?"
- Ask if there is anything you can do to support the victim.
- Offer to accompany the victim to their destination or to stay with them for a while
- Assist in reporting the incident to the school, work, other administrators, or the police, if necessary.
- If you have evidence of the incident, ask if the victim needs them.

Direct: Direct Intervention

(You can also directly point out that what is happening is an act of aggression. However, be aware that pointing this out may worsen the situation by turning the harasser's hostility against you.)

How to determine whether to intervene directly:

- (1) The safety of both you and the person being harassed must be ensured.
- (2) The situation must be unlikely to worsen.
- (3) The victim must be asking for help.

Examples of Responses

- "I don't think that's appropriate."
- "I think that's disrespectful to ~~."
- "That's harassment."

*Please keep your words short and concise. Do not attempt to dialogue, debate, or discuss with the harasser. Do your best to help the person being harassed rather than focusing on rehabilitating the harasser.

3. On-campus hotline

Although this handbook has provided information on how to practice proper sexual consent, anyone can be either a victim or a perpetrator. There are many contacts outside of the university that can help you if you should become a victim. In addition, there are also contacts that can help you if you are struggling with a past sexual violence experience or if you have hurt someone else. ICU also has a helpful hotline if you find it difficult to contact an outside source or if you would like to talk to someone about sexual violence that occurred on campus. If you have been sexually abused, don't worry alone, but consider relying on the following counseling services instead.

Human Rights Consultation



Provides consultation on all aspects of harassment on campus, including sexual/gender harassment.

〈Process of Human Rights Counseling and Petitions〉

Any student, faculty member, or staff member may consult with a Human Rights Advisor in person, by phone, or by e-mail. If the problem cannot be resolved through consultation, you can choose the following resolution methods: Notification, Adjustment, Conciliation, or Investigation, and file a damage claim.



The following is the ICU official website, CAMPUS LIFE Human Rights Consultation.

<https://www.icu.ac.jp/campuslife/health/>

Health Care Office

【E-mail】 healthcare@icu.ac.jp

【Phone number】 0422-33-3119

【Twitter】 @ICU_HCO



Opening hours: Monday-Friday, 9:30-17:30

Contact: Please get appointments in advance by email, or come to the office in person in an emergency.

Counseling Center

At the Counseling Center, we listen to what you have to say and, if necessary, connect you with the police or One-Stop Support Center. With the consent of the person concerned, the Counseling Center works with the Health Care Office, Student Services Department, etc., depending on the situation, to try to adjust the environment so that students who have been harmed can study with as much peace of mind as possible. We also provide counseling on frightening or unpleasant experiences to help you calm down and sort out your feelings. We can also offer assistance in English, too.

[Message to ICU students]

Sexual violence and problems related to sexual consent can happen to everyone, including majority men and women, sexual minorities, and people of all ages. If you have been sexually abused, please talk to someone you trust. The ICU Counseling Center is here to help.

Opening hours: Monday-Friday, 9:30-16:30

How to contact us: For general inquiries, please call us during opening hours or send an e-mail to icu-counseling@icu.ac.jp. Please note that it may take time to respond to inquiries. E-mail may not protect your privacy entirely, so please refrain from using e-mail for emergencies or matters related to the content of your consultation.

Contact:

[E-mail] icu-counseling@icu.ac.jp

[Telephone number] 0422-33-3499

[Website] <https://sites.google.com/info.icu.ac.jp/icucounselingcenter-english/home?authuser=0>



CGS (Center for Gender Studies)

【A Message for ICU students】

It is necessary to deepen the understanding of sexual consent to respect everyone's sexuality and life. CGS hopes to share with students the concerns and difficult-to-verbalize thoughts and feelings related to gender and sexuality in their daily lives. Although CGS does not have a professional counselor, we will work with relevant university departments and outside organizations as needed.

Please do not feel alone, but feel free to visit CGS.



Contact:

【E-mail】 cgs@icu.ac.jp

【Phone number】 0422-33-3448

【Website】 <https://subsite.icu.ac.jp/cgs/>

【Facebook Page】 : <https://www.facebook.com/icu.cgs>

【Twitter】 @icu_cgs

Opening Hours: Monday-Friday 12:00-16:00 (and other holidays according to the university calendar and occasional holidays)

9. Off-Campus Hotline

※The following quotations are taken from various websites.

Yorisoi Hotline

"Yorisoi Hotline is a consultation service provided by the Social Inclusion Support Center, a general incorporated association, and is subsidized by the Ministry of Health, Labor and Welfare. We accept any concerns and any kind of consultation."



【Phone number】 0120-279-338

【FAX】 0120-773-776

【Website】 <https://www.since2011.net/yorisoi/>



【Hours】 24 hours

【Contactx】 If you call us by phone, please do the following thing after the voice guidance

Press "3"→Consultation on domestic violence/sexual violence, etc.

Press "2"→Consultation in foreign languages (English, Korean, Chinese, Thai,

Tagalog, Spanish, Portuguese, Vietnamese, Nepalese, Indonesian, etc.)

Consultation by form: <https://form.comarigoto.jp/female>



Sexual Crimes Victim Consultation Call (Heart-san)



The Sexual Crimes Victim Consultation Call #8103 (Heart-san) is a common nationwide dialling number established to make it easier for victims of sexual crimes to consult with the police. Calling #8103 will connect you to the Sexual Crime Victim Consultation Phone of each prefectural police department that has jurisdiction over the caller's location."

【Phone number】 #8103 (nationalwide number)

0120-08103 (Tokyo)

【Website】

<https://www.npa.go.jp/higaisya/seihanzai/seihanzai.html>



Crime Victims Hotline

"We provide counselling for victims of incidents and accidents, their families, and those who are suffering from mental anxieties caused by their painful experiences."



" 'I feel anxious and insecure.' , 'I feel that I am responsible for the incident.' , 'No one understands my frustration.' It is hard to hold on to these feelings alone.
Please feel free to call the Crime Victims Hotline."

【Phone number】 03-3597-7830

【Website】 <https://www.keishicho.metro.tokyo.lg.jp/sodan/madoguchi/sogo.html>

【Reception hours】 8:30- 15:15 (Only weekdays)

One-stop support center for victims of sex crimes and sexual violence

"The program includes medical support such as prescribing emergency contraceptives, testing for sexually transmitted diseases, and evidence collection, psychological support such as counselling and consultation, assistance in accompanying the victim to the police station, and legal assistance in referring the victim to lawyers and other professionals."

【Phone number】 #8891(This is a nationwide abbreviated number that leads from the call location to the nearest One-Stop Assistance Center)

Tokyo Metropolitan One-Stop Support Center for Victims of Sexual Crimes and Sexual Violence "Sexual Violence Relief Dial NaNa" (private support group (SARC Tokyo))
03-5607-0799

【Hours】 24/7

【Website】

https://www.gender.go.jp/policy/no_violence/seibouryoku/consult.html



Social media consultation on sexual violence "Cure time"

"It's hard to talk about the violence over the phone." In such a case, why don't you chat with us? Please feel free to consult us about police, hospitals, and painful feelings. Our professional counsellors will think about it with you. We will keep your secret.

【Website】 <https://curetime.jp/>

【Hours】 17:00~21:00 every day

【Contact】 via chat



Sasaeru Line @Tokyo

【Website】 <https://www.twp.metro.tokyo.lg.jp/consult/tabid/395/Default.aspx>

【Hours】 14:00~20:00 every day

(available on Saturdays, Sundays and national holidays. Not available on the year-end and New Year holidays and the third Sunday in July)

【Contact】

Subscribe by searching for "ささえるライン" or "@sasaeruline" from the official LINE account.



Please read registration from the QR code below or click the "Add Friend" button to register as a LINE friend.

Date DV 110

【Website】 <https://ddv110.org>

【Hours】 19:00~ 21:00 on Mondays to Saturdays, excluding year-end and the New Year holidays

【How to consult】

1. Consultation by phone

- Regular phone call (050-3204-0404) Call charges apply.
- Wifi phone call (<https://kanagawa.remoto.do/phone.html>) (internet environment required, call charges don't apply)
- Call by app (<https://apps.apple.com/jp/app/mushroom/id1634569275>) iPhone only

2. Consultation by chat

<https://ddv110.sodan.chat/> Anonymous consultation is available.

Column 3 - Violence in Counseling and Legal Police Institutions

There are cases in which counselling facilities and police, which are supposed to provide a safe place for victims, are violent toward some of them. The violence here includes second rape (secondary victimization) by counsellors and police officers against victims. Violence is particularly likely to occur in dealing with LGBTQ+ people who have been abused. Counselling agencies on sexual violence may assume and do things wrongly. For instance, they assume most women are the victims and may not treat same-sex sexual violence appropriately, or assume that a claimant has a masculine voice and refuse to provide counsel or assistance. This prevents cisgender men, trans men who take testosterone and trans women who may have voices that are considered masculine from receiving appropriate support. In addition, facilities that are segregated by gender binary in the first place are not safe for physically transitioning people or non-binary people. Sexual violence can happen to anyone, which is why we need to create a safe society for people of all genders, identities, and sexualities.





10.Lastly



Voice Up Japan ICU branch is working to create a safe campus where everyone can feel comfortable. We will continue to work until safety comes to our campus. We hope that this handbook will bring us one step closer to that goal and that everyone will practice sexual consent so that our campus will be safe. When you encounter any situations described in this handbook, please remember this handbook, even if only for a moment. There are creative things you can do to protect yourself from harming others. By putting them into practice, we will one day have this campus a safer place. We hope we will not be deprived of the days when everyone smiles and laughs!

-Voice Up Japan ICU

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