Harassment Consultation Center News

Jan. 2011 -VOL.2-

Wish you all a Very Happy New Year

We have our second issue ready for you. How many of you are familiar with DV？ Same as Harassment DV is also an act human rights infringement. In this volume we concentrate on 'DV introduction Course' which was conducted on December 14th 2010. In a survey done in Aichi prefecture, on the students of Aichi Universities, one out of five was found to be a victim of DV.

What is DV（Domestic Violence）？

In simple terms DV is an act of violence by the partner. There is a law to 'stop and protect the victim from the violence of the partner' but recently there is a sharp increase in the cases of violence from a close relative or lover. Violence is not only kicking or hurting physically, but other acts like listed below fall under it.

【Mental Violence】Shouting, Ignoring or Insulting publically and disregarding etc.
【Economic Violence】Not handing over the living costs and strictly controlling the household expenses.
【Sexual Violence】 Compelling or forcing for intercourse, terminating pregnancy and not cooperating for contraception, etc.

If you are suffering from Domestic Violence

When you are going through DV you might not be able to speak or discuss it even if you want to and continue to think 'it's better to be patient', 'if I discuss it everyone will know about it'. However, you must talk about your anxieties and worries early.

Analyzing or arranging feelings and the situation is a first step towards coming out of DV. The counselor thinks together with you keeping in mind safety and feelings as the first priority. Depending on organizations, there are organizations which help with the formalities of shifting or moving to temporary shelters. Therefore, don't suffer alone and discuss the problems early.

If a person suffering from DV around you・・・

① Listen to that person

Try to make the victim have confidence in you. For that it is important you listen with feeling so that the victim develops a sense of security and reliability in you. Don't say anything which might sound like blaming the victim "why didn't you separate early". This might lead to a second casualty.

②Provide Information and explain about DV

Whatever the case may be violence will not be allowed.The assailant of DV always claims "you are bad" and diverts the responsibility on the victim. ↗

So please convey to the victim that "thanks for talking. You are not wrong at all. The fault is your partnerwho is doing the violence". And then pass this information to the consultation center. When one goes through DV he/she might suffer from symptoms of stress (sleeplessness, anxiety, stomach pain etc.). Therefore, ask them to get in touch with the consultants early.

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We have listed a few counseling center on the top-left. In our center we also take cases of DV. Please feel free to contact us.

Harassment Consultation Center
TEL 052－789－5806（9:00-17:00）
E-mail h-help@post.jimu.nagoya-u.ac.jp
http://www.sh-help.provost.nagoya-u.ac.jp/

A counselor will take your call

List of Consultation Centers Helping on violence

- Aichi Women Consultation center
（愛知県女性相談センター）
052-913-1101
- Nagoya cities partners Violence consultation center)
（名古屋市配偶者暴力相談支援センター）
052-853-2705
- Regarding Stalker cases
＊Aichi Pref. Police headquarters, life Safety Administration Section
（愛知県警察本部生活安全総務課保護対策室）
052-961-0888

Let's try it !

Check your acts and attitude

☐If the partner doesn't follow my opinion, I get irritated and angry.

☐ I get jerousif the partner shows interest in a third person.

☐If I scold it is bad for the partner.

☐I want to control the movement of the partner.

☐If the partner does anything without your consent, it makes you angry.

The above mentioned all are the acts of proving your strength over the other person. You need improve your attitude and acts.