


## Are you in Trouble?

You have value  
You don't have to deal with it alone  
You are not to blame  
What you've gone through....  
might be considered sexual assault

- Unwanted physical contact
  - Non-consensual intimate photos or videos
  - Stalking
  - Intimate partner violence
  - Sexual cyberharassment
  - Non-consensual sexual activity
  - Sexual abuse
  - Sexual harassment
  - Revenge porn
- 【Alcohol-related Assault】
- Coerced alcohol consumption so that you can't consent
  - Sexual assault involving date rape drugs or alcohol
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## Are you struggling with this?

- Trauma may manifest suddenly in ways you don't recognize
- Sudden feelings of fear or anxiety
- Trouble sleeping
- Blaming yourself for what happened
- Loss of ability to trust others, etc.



You are not alone  
Break the Silence

- ✓ You can speak to someone anonymously.
- ✓ Your confidentiality will be protected.
- ✓ Someone can accompany you to the hospital or police station.
- ✓ You can get information about emergency contraception and other support.

### Where to get help off campus

#### [ English available via voice translator device/English speaker ]

- Sexual Assault Relief Center (SARC) Tokyo  
SARC Tokyo 24-Hour Hotline for Sexual Assault Victims  
**03-5607-0799** **[24-hour hotline]**

#### [ Japanese language (Recommend having Japanese speaking friend accompany call) ]

- One-Stop Support Center (nationwide speed-dial helpline)  
**#8891**
- Kanagawa One-Stop Support Center for Victims of Sexual Offences and Violence (Kanarain) **045-322-7379** **[24-hour hotline]**
- Consultation hotline for victims of sexual crimes  
(nationwide speed-dial helpline) **#8103** **[24-hour hotline]**

※ Based on where the call is made this number will connect you with the sexual crime victim unit at the prefectural police station that has jurisdiction for your location.

- Women's Human Rights Hotline (by the Ministry of Justice)  
Ministry of Justice, Human Rights Counseling on the Internet  
**0570-070-810** **[Weekdays 8:30-17:15]**  
《Free consultation. Confidentiality guarantee》

### Where to get help on campus

- The Office of Student Services or Student Life Services of the School Office on each campus
- Student Counseling Room (Mita/Hiyoshi/Yagami/Shiba-Kyoritsu)
- Office of Mental Health (Shinanomachi) ,Center for Physical and Mental Wellness (SFC)
- Harassment Prevention Committee Office (Mita Campus Jukukan-kyoku [ Keio Corporate-Administration ] 3F)