

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
03-5577-3899 **[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)