

# October National News



Bullying Awareness Month

Elections

Events +

## Bullying Awareness Month

“ This is the time. LGBT issues are no longer politically toxic in Japan, talk about same-sex marriage is in the public sphere. Last December, a local assemblyman tweeted that homosexuals need “curing.” People shamed him so intensely that he rescinded it. Six years ago, Tokyo’s mayor said the same thing and nothing happened. This is a huge shift. ”

— Amy Braunschweiger, Human Rights Watch; 2016



Bullying is repeated behavior which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability. **Bullying can overlap as homophobic/biphobic/transphobic and such when it targets a person’s actual/lack of/perceived sexuality, gender, or gender expression.**

# Types and Effects

There are 4 main types of bullying:

1. **Physical:** ... hitting. Shoving, stealing or damaging property.
2. **Verbal:** ... name-calling, mocking, or making racist, sexist, homophobic, biphobic, transphobic, etc.
3. **Social:** ... excluding others from a group or spreading gossip or rumors about them.
4. **Electronic:** ... spreading rumors and hurtful comments through the use of electronic devices /SNS.

These have multiple short and long term effects:

## In the short term-

- Anger
- Depression
- Anxious avoidance of settings in which bullying may occur.
- Greater incidence of illness
- Lower grades than non-bullied peers
- Suicidal thoughts and feelings

## In the long term-

- Reduced occupational opportunities
- Lingering feelings of anger and bitterness, desire for revenge.
- Difficulty trusting people
- Interpersonal difficulties, including fear and avoidance of new social situations
- Increased tendency to be a loner
- Perception of self as easy to victimize, overly sensitive, and thin-skinned
- Self-esteem problems (don't think well of self)
- Increased incidence of continued bullying and victimization<sup>1</sup>



# LGBT+ Bullying and Japan

Despite growing support nationally for added LGBT protection in recent years, nearly 60 percent of sexual minorities have been bullied at school: elementary, junior high and high school. Most endured verbal abuse and anti-gay slurs, and teachers didn't help end the intimidation.<sup>2</sup> (April 2017 Survey) Human Rights Watch says...

*"Students in Japan who have questions about gender and sexuality are left in a harmful lurch. Seeking information from official sources such as school libraries may leave them empty handed or with limited information—due, for example, to books that construe all gender identity issues as a mental disorder.*

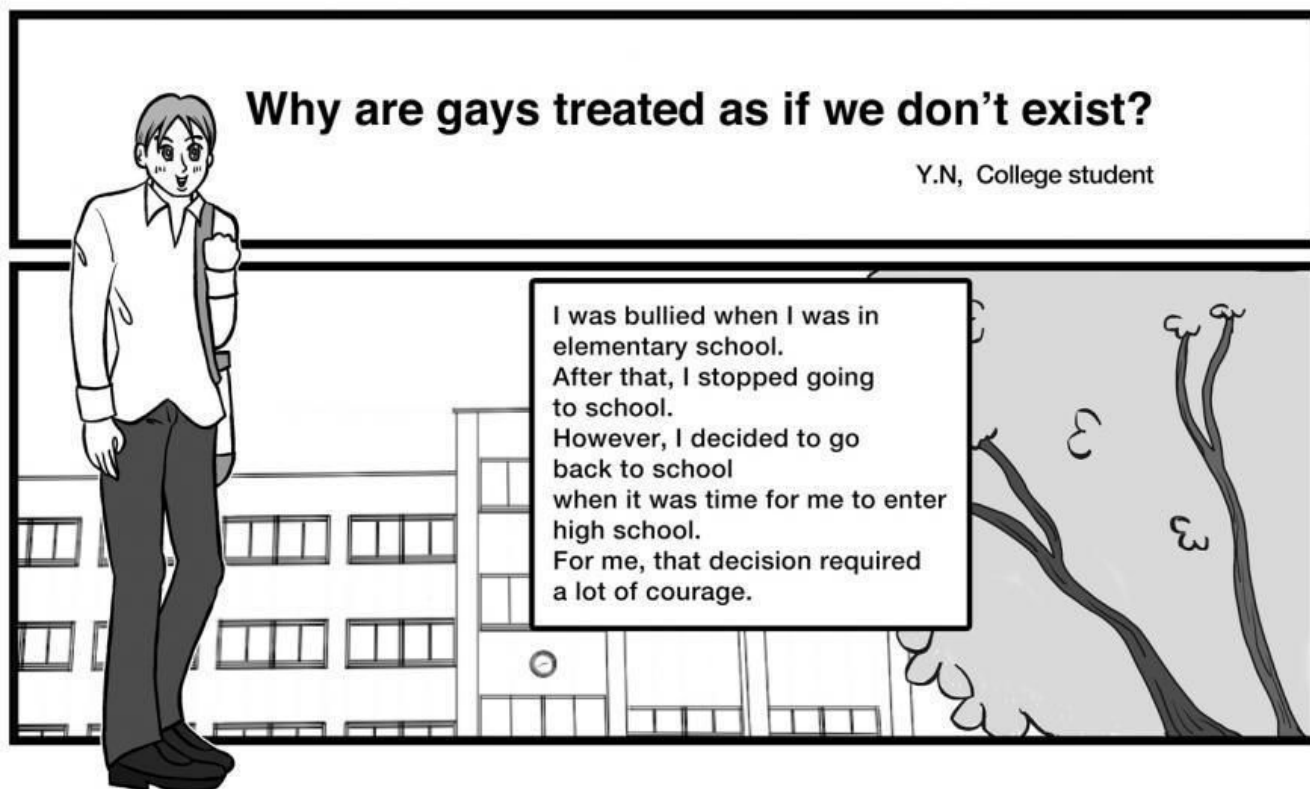
***Approaching school staff with questions can result in censoring or outright bullying."***

<sup>1</sup> <http://www.aets.org/article204.htm>

<sup>2</sup> <https://www.japantimes.co.jp/news/...>

Two interesting and comprehensive resources regarding LGBT+ bullying in Japan that we'd recommend by the Human Rights Watch is their [2016 Report](#), and [Q&A Summary](#).

If you have 5 minutes, please this video produced by Human Rights Watch... [LGBT Students Bullied in Japan](#)



Japan released a [guidebook](#) for teachers on LGBT students, and issued a directive on transgender students in April 2016. Since then, there has been some progress. **In March 2017, for the first time, the country legislated to protect against bullying based on gender identity or sexual orientation in schools.** It states that schools should stop bullying based on sexual orientation or gender identity by *“promot[ing] proper understanding of teachers on...sexual orientation/gender identity as well as mak[ing] sure to inform on the school’s necessary measures regarding this matter.”*<sup>3</sup>

Still Japan has incidents of teachers outing students have been speculated to be on the rise, because of a lack of training, teachers are ‘playing it by ear’.<sup>4</sup> Many were disappointed when the government assessed that including information about lesbian, gay, bisexual, and transgender (LGBT) lives is “difficult” because “the public and guardians have not accepted” this topic yet.<sup>5</sup> Meaning more official progress has been delayed.

<sup>3</sup> <https://www.hrw.org/news/2017/04/27/japans-missed-opportunity-support-lgbt-children>

<sup>4</sup> <http://www.pinknews.co.uk/2017/08/16/incidents-of-japanese-teachers-outing-lgbt-students-on-the-rise/>

<sup>5</sup> <https://www.hrw.org/news/2017/04/27/japans-missed-opportunity-support-lgbt-children>

# Support Resources in English

## TELL Japan:

"You don't have to be suicidal to call. Whatever is troubling you, we are here to listen. No one needs to struggle alone. Reach out and call us, our phone counselors are here for you."

LGBT+ friendly! (regular phone charges apply)

9am-11pm JST

T: 03-5774-0992

<http://telljp.com/>



## 7 Cups:

An online counseling community with free online chats with trained listeners.

"Talk to someone in a 1-1 chat, or join our LGBT chat room to chat with others who understand what you're going through." **7 Cups** provides free support to people experiencing emotional distress by connecting them with trained listeners. The listener, trained in active listening, interacts with the person seeking help via an anonymous and confidential chat. Members must be 13 to 17 on the teenage side and 18+ for the adult side. Listeners must be 15 or over.

Founded by psychologist Glen Moriarty in July 2013, although not specific to LGBT, it is LGBT+ friendly!<sup>6</sup>

<https://www.7cups.com/lgbtq-chat-room/>

## よりそいホットライン Yorisoi Hotline for LGBT

### 一般社団法人 社会的包摂サポートセンター

Free 24hr, 365 days hotline for LGBT, DV, foreigners etc. Telephone consultation in English is available every day between 10 am and 10 pm, and is accessible from anywhere within Japan. Besides English, the service is also available in Tagalog, Korean, Chinese, Spanish, Portuguese, and Thai. The available languages vary depending on time, and will increase in the future. If you are having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement, or human trafficking, please call us. Your privacy will be protected. This is a toll-free number.

T: 0120-279-338

W: <http://279338.jp/> or <http://279338.jp/yorisoi/otherarea/>

For a list of Japanese Support Lines please head to CoPrism's amazing comprehensive list... [coprism.jimdo.com](http://coprism.jimdo.com)

There will be an English translation of this list on the website soon, but till then, to see the beginning of our list, click [HERE!](#)

もう、あなたをひとりにしたくない。

フリーダイヤル つなぐ ささえる  
**0120-279-338**  
**よりそいホットライン**

どんなひとの、どんな悩みにもよりそって、  
一緒に解決する方法を探します。

24時間 通話料無料  
※通話料はお客様のご負担となります。0120-279-338

\* 難関手続・宮城県・福島県以外の全国どこからでもかけられます \* 秘密は守ります

電話相談の専門員がお待ちしています。ひとりで抱え込まずに、お電話ください。  
岩手県、宮城県、福島県からおかけの方は 0120-279-226 へおかけください。  
自殺予防・DV・性暴力・セクシュアルマイノリティの専門員もいます。外国語/聞き取りが難しい方のための対応もあります。  
一般社団法人 社会的包摂サポートセンター  
<http://279338.jp/>

<sup>6</sup> [https://en.wikipedia.org/wiki/7\\_Cups](https://en.wikipedia.org/wiki/7_Cups)

## Think you need might need counseling support?

Check out our mental health guide here:

<http://stonewalljapan.org/resources/mental-health/>

## What Can I do?

### Supporting Others

- Get educated on how to address bullying in your class:  
<https://www.stopbullying.gov/what-you-can-do/educators/index.html>
- Create a safe environment
- Address the issue immediately

### Empowering Yourself

1. Talk to someone you can trust
2. Have a safety plan
3. Write down what's happening to you
4. Take to your principal/superior
5. Go to the next level
6. Use your school/work's complaint procedures
7. Tell the police
8. You can make an anonymous report
9. Report bullying even if you don't know who the bullies are
10. Don't give up if your school's first attempts to stop bullying don't work  
([Full Details Here](#))



