

Gentlemen's Talk 2018

1. Introduction (Matt)

- a. Being a man will mean different things depending on the culture. This session is made to prepare you all for some of the difficulties that may be ahead. This is time for us to share our experience with you so that you might not have the same issues we did. We'll take questions at any time through this discussion.
- b. THE BIG PICTURE: Will you put effort towards adjustment and acclimation?
 - i. This country is very different from most other places in the world and adjusting to, and thriving in, this context will require concerted effort and will probably involve at least a few mistakes along the way.
 - ii. It's possible to get away with a lot of things if you choose to. Surviving here is not hard at all. Flourishing is much more difficult.
 - iii. Watch the people around you at school.
 - iv. *Don't assume what is acceptable or normal back home will be the same here in Japan.*

2. Appearance (Matt)

- a. Example of appropriate work wear
 - i. This will always depend on the school situation. Get used to this.
 - ii. Show examples but also direct to the website
 - iii. *When in doubt about the level of formality for an event, it is always safe to dress up a bit rather than show up underdressed.*
- b. About beards
 - i. Beards are fine so long as they are well maintained. However, be aware that a vast majority of teachers will be clean shaven.
- c. What "Cool Biz" means
 - i. Cool biz means adapting to the heat of the summer without spending too much on air conditioning. So, business people will often be seen without jackets, without ties, short-sleeve shirts on, etc.
 - ii. Cool biz season usually runs from May until October.
 - iii. *Keep in mind that cool biz is still business attire.*
 - iv. *Golf pants and athletic polos are a great way to stay cool and still be work appropriate.*
- d. The definition of healthy / fat / skinny
 - i. Japanese people consider themselves fat if they are even a little overweight.
 - ii. Being slender is considered a good thing, even if in the west you might be considered too skinny.
 - iii. *You are ultimately in charge of determining your own level of health.*
 - iv. *Certain weight loss diets (Keto, Paleo, etc.) may be a bit challenging to accomplish, but can still be done while living in Japan.*

- e. Options for larger men (Big M and Shimamura)(*Large Size section at Youme Saito*)
 - f. Exercise wear
 - i. Only be shirtless at the beach (Don't run shirtless)
 - ii. You'll need a spare pair of shoes for the gym (at school or otherwise).
 - iii. Town hall / local gym
 - iv. *Be aware that acceptable gym etiquette may be different where you're from.*
3. Drinking Culture **Paddy**
- a. What is "Nomihoudai"?
 - i. "All you can drink" – not a challenge.
 - ii. Most Japanese people don't know that there isn't nomihoudai in the west.
 - iii. This may take some time, but as an adult living in Japan, having a healthy relationship with alcohol, and with nomihoudai is a very good thing.
 - iv. Plenty of Japanese people do nomihoudai and don't get wasted, and still feel like they get their money's worth. It's about creating a comfortable atmosphere where people can drink whatever they like and there's no messy bill at the end.
 - b. How to navigate an enkai/nomikai (share)
 - i. As long as you don't act up, it's totally okay to get drunk at these parties.
 - ii. Pouring drinks for people is a great way to start conversations in English or Japanese.
 - iii. If your cup isn't full it's empty.
 - iv. Good options for non-drinkers is soft drinks, juices or oolong tea. These are completely socially acceptable.
 - v. Don't get in anyone's face about not drinking (especially those driving). They won't do it to you.
 - vi. Nijikais are optional, and usually involve karaoke, snack bars, or another restaurant. That comes with it's own issues and costs.
 - vii. Ukon no chikara - probably vegan, Shin-hepari-ze probably isn't.
 - viii. Wear work attire because it's still a work event. Many teachers will go to enkais straight after work so will still be wearing their day's work attire.
 - ix. What happens at enkais does not stay in enkais, but don't talk about what happened.
 - x. If an enkai is during the week, you're expected to be present at work the following day.
 - a. What is a "Snack Bar"? (Paddy)
 - i. Nothing to do with food. These are bars that have women to talk to.
 - ii. It's the women's job and they are paid to talk to you.
 - iii. Generally can be expensive, double almost triple a standard drink's cost.

4. Male and Female roles in Japan (**Tsietsi Monare**)

- a. It is very possible that the roles assigned to each gender are much more rigidly defined here than in your home country.
- b. It is not our place to tell you to adhere to any particular role, but we will warn you that Japanese people may expect you to adhere to them (or conversely, be surprised when you don't follow them).
- c. Women in your workplace will likely bear an unfair load of work when it comes to preparing for and cleaning up after parties.
- d. You may not be expected to help out, so if you do it may be very well received.

5. Dating in Japan (**Tsietsi Moanre**)

- a. Dating a JET
 - i. There is nothing wrong about dating fellow JET participants.
 - ii. If you would like to be discreet be warned that news of relationships travels very quickly through your JET community. If you don't care about discretion then don't worry.
- b. Dating Japanese people
 - i. Age of consent is 18
 - ii. This is a huge topic. ESID all over the place. You are much better off doing personal research (and experimentation!) than listening to us about it.
 - iii. If you're meeting someone alone, it's probably a date
 - iv. It's common to go on group dates as first few dates
- c. Workplace relations
 - i. Do not date a student (yours or anyone else's).
 - ii. Be very careful about asking teachers out.

d. Consent is an agreement between all participants to engage in romantic or sexual activity. While verbal consent is important and necessary, it is always important to CHECK WITH THE OTHER PARTY. There is more than one way to give consent. Please check RAINN's consent page for for more details about consent and the ways we can consent.

6. About Health **Paddy**

- a. Yearly Health Check
 - i. Employers are required to do these health check on their employees as part of the National Health Care system.
 - ii. Occurs at different times of the year depending on the area.
 - iii. It will check: vision, hearing, height, weight, blood, urine, x-ray, drinking habits, exercise habits, could be multiple or fewer tests.
 - iv. These tests are calibrated to Japanese standards so if they tell you you're sick and you don't feel sick, maybe get a second opinion.
 - v. I'm considered at the high end/borderline overweight in Japan.

- b. STIs
 - i. If you have no symptoms you will have to pay (not covered by health insurance)
 - ii. Be sure to have a confidant with you if you go to the Hospital/clinics.
 - iii. There are mail in services available as well as English hospitals within the prefecture all on the website. (WEBSITE)
- c. Contraception
 - i. Birth control pills are not common here.
 - ii. Best practice is to have condoms.
 - iii. Japanese condoms tend to be a smaller/tighter fit so always choose the largest ones.
 - iv. They vary in millimetre thickness and are not very well lubricated. Because of this they are prone to breaking. Use a bit more lubricant with Japanese condoms.
 - v. If you have a preferred brand, check Don Quixote and Amazon.com. They have good selections.

7. LGBTQ (**Tsietsi Monare**)

- a. Lots of resources on the website. (WEBSITE)
- b. It is your choice whether you want to come out or not.
- c. There are various groups and movements all over Japan that are worth checking out
- d. Respect each other's privacy.
- e.

8. Horror Stories (Dominic)

- a. Sasebo guy sent home in his first month over accusation of sexual harassment.
- b. Male ALT reprimanded by his school for sexually assaulting a female ALT
- c. Male ALT forced to make public apology to his school for his drinking behaviour