

Speaker and Time	Topic
Cass (2 mins)	<p>General Announcements</p> <p>Q&A at the end</p> <p>STIs and testing, birth control, OBGYN visits, sanitary products, cosmetics and makeup have been moved to the website.</p> <p>You can find a lot of information online but please be aware that people report more bad experiences than good.</p>
Natalie (5 mins)	<p>Positive Body Image</p> <p>-Body shapes and sizes are different - try not to compare yourself to other people.</p> <p>-Japanese tendency to comment on your body. (Passive Aggressive vs Aggressive)</p> <p>-Maintain an identity. Fitting in vs Expressing your individuality.</p> <p>-You have to dress appropriately for your position. If you had an office job back home it would not be appropriate for you to turn up in trackpants. You work in Japan, it is not appropriate for you to turn up showing a lot of leg, boob or shoulders. Respect these standards and follow them. Observe what other people are wearing, gauge reactions. Japanese style may be different and not your style but for work it is especially appropriate.</p> <p>Useful online shops and product info. (H&M, F21, iHerb, Shimamura, modcloth etc)</p>
Cass (5 mins)	<p>Personal Safety (Japan and abroad)</p> <ul style="list-style-type: none"> ● Stay aware here and abroad ● Protection vs cultural concerns ● Standing out/being a target <p>Message from Airdre at the bottom of this</p>

<p>Cass (30 seconds)</p>	<p>Consent</p> <p>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.</p>
<p>Abbie (2-3 min)</p>	<p>Harassment at Work</p> <ul style="list-style-type: none"> ● SEXUAL HARASSMENT is a behavior defined as unwelcome behavior of a sexual nature, examples include: <ul style="list-style-type: none"> ■ Physical, inappropriate and unwanted touching and/or advances ■ Sexual comments about your body. You might encounter this with students, just as a fair warning. Report it. You are a teacher and it is in no way appropriate. ■ Being asked inappropriate questions about your love life and SO Do what makes you feel comfortable, so if you are not ok sharing this kind of information, don't. Lie, ignore it, deflect etc. <p>You have a right to a safe work environment. Sexual harassment IS NOT ALLOWED. Do not tolerate it. Treat any instances of sexual harassment similarly to how you would in your home country. Figure out your own boundaries and where the point of no return (i.e. what you will not tolerate) is.</p> <ul style="list-style-type: none"> ○ Report any incident to a teacher, supervisor, or trusted co-worker. If the sexual harassment is severe or continues the levels of authority you want to inform are: Supervisor->school Principal->PA/BOE->CLAIR ○ Keep a paper trail. Having as much evidence as possible can make things easier. Take notes of instances of sexual harassment, note the location, the time, who was there, what was said/done etc. ○ most importantly, get help. Don't suffer through it and just try to "Gaman". You deserve a lot more than that. <p>**Can contact the AJET Peer support group and/or TELL (Tokyo English Life Line)</p>

<p>Hannah (1 min)</p>	<p>Power at Work</p> <ul style="list-style-type: none"> ○ You have a contract. If you're unsure everything your contract entails, make sure you have a copy readily available to check in case of confusion. ○ Your school can request you do things outside your contract if everyone is in agreement with such a request. This doesn't just include your school and yourself. Depending on your placement, this could also include your BOE (board of education). Be sure to check with everyone before a decision is made. ○ However, you have a contract. You are to be compensated with time off in lieu of extra hours worked or if asked to do certain school related activities depending on the circumstances. ○ No one can bully you into extra work or duties. Do not allow this and report it immediately. ○ Power harassment is present in both male and female supervisors and teachers. Do not let gender cloud your judgement of a situation. ○ All this being said, keep in mind that many teachers, principals, and even supervisors don't completely understand what our job is. Sometimes, what may seem like power harassment may actually just be a misunderstanding of our role as an ALT. In these cases, all it takes is a small reminder and a look at your contract to clear things up. <p>Sexual harassment and assault CAN happen with anyone, including between ALTs. Stay vigilant, and most importantly, be safe!</p>
<p>Abbie (2 min)</p>	<p>Dating Culture</p> <p>Being active and out-and-about is the best way to meet people (parties, community activities, international events, clubbing etc.)</p> <ul style="list-style-type: none"> - Apps- Tinder, Grindr, Pairs (Japanese only), Skout, HelloTalk, facebook groups (international friends) <p>Always be as cautious dating as you would be back home</p> <p>Be aware of cultural differences. This can be when dating Japanese people or other foreigners.</p> <p>-safe sex</p> <p>Another important cultural difference is that in Japan, the responsibility of birth control and safe sex is nearly always seen as the female partners responsibility. A lot of Japanese men do not carry condoms, and many can be resistant to using them. Sex Ed. in Japan is overall very lacking so be aware of that.</p>

<p>Hannah (2 min)</p>	<p>Dating (cont.)</p> <ul style="list-style-type: none"> ● Communication <ul style="list-style-type: none"> -In Japan, for entering a relationship, the usual order is the initial meeting (party, sports group, ect.), the confession/kokuhaku, become bf/gf, and THEN getting to know each other by going on dates while already in a formal relationship. Some people know this isn't the same as our home countries, but it never hurts to keep this in mind -Meeting in mixed groups for group dates/feeling out a potential love interest (think high school) is not uncommon here - Express your intentions of hookups and don't be afraid to ask what the other party's intentions are - "ghosting" is rather common here, with the party wanting to break-up with their significant other by slowly pulling away and stopping contact rather than stating their desire to break-up explicitly. - Sometimes titles of 'bf/'gf' can be used before actually being official. It's important to determine exclusivity of relationship - some men don't see visiting girls bars/ red-light district as cheating. Be sure to express expectations ● Privacy, and lack thereof <ul style="list-style-type: none"> - Nagasaki is a small community. News spreads in the strangest of ways. Don't assume you have absolute privacy. -Beware! Your students are almost always watching. ● Dating fellow ALTs <ul style="list-style-type: none"> - Totally okay to do. You're an adult, so it's your decision. But use your best judgement. If this is someone you're going to be working with often, or who is in a friend group, more likely than not you'll be seeing them pretty often. Keep in mind that break ups happen, as sad as it is, and you'll still have to be around them. - Just as with Nagasaki, the ALT community is small. Word of a new couple or some drama tends to spread pretty fast. - Also, not just with dating, but as a general rule of life: be mindful of what you say and who you say it to.
<p>Cass/Natalie (1 min)</p>	<ul style="list-style-type: none"> ● LGBT <ul style="list-style-type: none"> - Stonewall Japan and Stonewall Kyushu FB group - Cass - Fukuoka PRIDE fest (Reisen Park on November 4th (Sun) - Fukuoka has lady bars - Cass - Many events and clubs/bars are exclusive to one sexuality or gender ID only - Apps (Tinder, HER, Zoe) - Cass

Abbie (30 secs)	Useful Links
All	Q&A

Message from Airdre:

In September 2015 while holidaying in Seoul, South Korea, I was drugged and abducted during an organised pub crawl I was attending, and later taken to a hotel and raped.

After South Korean police failed to investigate, and later closed my case, and I realised how common attacks like this were in South Korea, I decided to go public with my story in an effort to raise awareness of the shockingly high figures surrounding rapes in South Korea, and the horrific way they were being dealt with by local authorities.

I do not wish to deter people from travelling to South Korea. There are many positive aspects to travelling there, including fantastic sightseeing and shopping among others. I do however want to encourage people to be aware of the risks that come with travelling there, as well as the way that you are likely to be treated by local police if you do run into any kind of trouble and need assistance from them. You can be a seasoned solo traveler like I was (and still am), and take all the care in the world to protect yourself, and still be targeted. This applies to men too. Two men who were staying at the same hostel as I was were also drugged and mugged.

If you would like more information or statistics on this topic or my case (and many others), you can google my name or visit my blog - <https://justiceforairdre.wordpress.com/>

This is something I hope that none of you will never have to go through, but nonetheless something that must be talked about in the interests of awareness and prevention.

Happy (and safe) travelling

Airdre Mattner
Former Sasebo shi ALT

The latest about Airdres case is that one of the men has been convicted and is now in prison. She has also published an article about her case titled "Rape in South Korea: Breaking the Silence."