

Firstly

Do you have the following experiences?

You feel scared when you are with your partner.

You feel like you are suffocating because you are always sensitive to your partner's mood.

You blame yourself for making your partner angry.

Your partner molests you against your will.

If you have had any of these situations, you may be experiencing dating violence from your partner.

Some people may say that you should break up with your partner as soon as possible when things you do not like happen between your partner such as dating violence.

However, people who do dating violence are not always violent. Most of the time, they are kind and reliable. It would not be easy to break up with them.

When you are continuously being a victim of dating violence, you will always be nervous and be sensitive to your partner's mood thinking that it is your fault that your partner gets angry. Mental and physical unwellness may occur as a result, such as losing self-confidence, sleeplessness, and feeling unstable.

Don't worry alone, please consult. Consultations are free.

On-campus consultations

Center for Counseling and Disability Services



Counseling Office

TEL 022-795-7833

Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

Student Health Care Center



Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>

Off-campus consultations (Japanese only)

Sendai City Gender Equality Promotion Center

TEL 022-224-8702

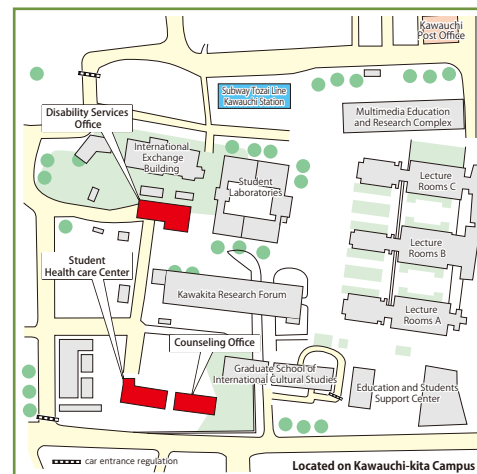
Miyagi Prefectural Police Consultation Desk (sexual assault counseling)

TEL 022-221-7198

Hearty Sendai (Non-profit organization)

TEL 022-274-1885

<https://www.hearty-sendai.com/>



EMPOWERMENT Series ⑦

Is this love?

romantic relationship worries

Center for Counseling and Disability Services
Tohoku University

According to a survey conducted by Sendai City, one out of three women in their twenties and one out of eight men have experienced dating violence

There are different types of dating violence which often happen simultaneously or repeatedly.

◆ **Physical violence**

Kicking, pulling hair, pinching, strangling, slapping, and pressing hot objects on the body, etc.

◆ **Mental violence**

Shouting, bad mood when dissatisfied, threatening the partner by hitting walls or throwing things, saying “it’s your fault for making me angry,” mocking the partner by saying “you’re not caring” or “you’re stupid,” threatening by saying “I will commit suicide if you leave me,” ignoring, minutely instructing one’s partner on how to dress or how to set one’s hair, etc.

◆ **Behavioral restrictions**

Constantly checking the partner's associates, getting angry if the partner doesn't respond to SNS messages immediately, telling the partner not to contact one's parents, etc.

◆ **Financial violence**

Borrowing money without returning, etc.

◆ **Sexual violence**

Not using contraceptives, forcing the partner to watch pornography against one's will, forcing the partner to have sex when one doesn't want to, etc.



Don't worry alone!

You may have had some of the experiences. Nevertheless, you may love your partner and don't want to break up, although it is hard to stay with your partner anymore. Your friends may say, “You should leave your partner,” you may not be able to consult your parents, and you may not know what to do. Or you may want to break up, but your partner may not be giving up or you may not be able to break up because you are afraid of being stalked.

Consult a specialist and do not worry alone

Many victims of dating violence are females, but males may be victims, too. Dating violence may also occur between LGBTQ couples.

When your friend is experiencing dating violence

If you think some of these situations apply to your friend, and your friend is saying that she/he does not want to break up even after you tell them, “You should leave your partner.” You may not know what to do.

In such cases, at first, you may want to consult about your friend. The staff at counseling institutions will think about how to help your friend with you.

Preventing dating violence

To prevent dating violence from happening, it is necessary to consider your partner's feelings and your own feelings. Reflecting on your thoughts and behaviors will help you develop a better relationship with your partner. It may also be helpful to consult the on-campus student counseling services.
