



Let's examine our
"Alhara" degree.

Harassment Consulting Center News

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Here is the center news vol. 12. This issue introduces the lecture "Let's prevent alcohol harassment. Let's learn what is alcohol." by Dr. Naeko Kamiya from "Japan Specified Non-profit Corporation to Prevent Alcohol and Drug Problems (ASK)" which we held for students at June 19th.

- ① You think that training makes people become more tolerable to alcohol.
- ② You prepare a bag, bucket, or spare room for drunken people.
- ③ When senior people pour drinks for you, you must not refuse.
- ④ When all of you get drunk, a sense of togetherness emerges.
- ⑤ You have to push yourself a little harder to enjoy drinking parties.
- ⑥ It is unbelievable that you drink Soft drink.
- ⑦ When you are drunk, some sort of verbal and physical abuse is acceptable.
- ⑧ It is perfectly reasonable that women pour drinks for men.
- ⑨ It is no problem to force underage people to drink a little alcohol.
- ⑩ You know at least 3 "Ikki" calls to liven up the atmosphere.
- ⑪ You do not believe that some people are intolerable to alcohol.

※If you mark even one item, you may have already harassed someone

Alcohol harassment is violation of human rights related to alcohol drinking.

(1) Coercion of drinking alcohol

The act of coercing someone into drinking alcohol by putting psychological pressure of hierarchical relationships, tradition of the club, cheering, or "penalty game", etc.

(2) "Ikki" (binge drinking).

The act of compelling someone to drink an alcohol beverage all at once (bottom's updown in one shot) or to attend drinking games (competition of the rapid consumption) as a party game.

(3) Forcing someone to drink until unconscious.

The act of planning a drinking party to get someone drunk is recognized as a crime of inflicting injuries.

(4) Neglect of a person who cannot drink.

The act of pressing alcohol to a person who cannot or do not want to drink, not providing nonalcoholic beverage in the party, kidding or insulting a person who cannot drink, etc.

(5) Alcohol-related nuisance.

Picking a quarrel, playing a practical joke, or doing verbal and physical abuse, sexual harassment, or other types of nuisance in relation to alcohol.

※If it meets one of the above examples, it is "Alhara (alcohol harassment)".

Do you know how fast alcohol is metabolized in your body? The following lists indicate “one unit” of alcohol beverages which contain ~20 g of ethanol.



Sake (Japanese wine): ~180 mL (“ichi-go”)



Whiskey: ~60 mL (a “double” whiskey, two shots, or two fingers)



Beer: 500 mL (one medium bottle)



Sour (7%): one can



Wine: two glasses

It takes ~4 hours in men and ~5 hours in women to metabolize one unit of alcohol drink, although there is individual variation due to constitution, body weight, and physique, etc. If you drink 3 units of alcohol, it takes half a day for alcohol to disappear from your body. When you wake up in the morning, some alcohol must be left in your body. If you drive a car, it will be “drunk driving”

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If you have a problem related to harassment including “Alhara”, please feel free to come to our office at Harassment Consulting Center.