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Part 2:

For a Safe and Secure Student Life

- I. Lowering the Age of Adulthood to 18
- Safety &
- II. Various crimes and malice targeting college students <dangerous solicitation, marketing scams, etc.>
- III. Trouble caused by SNS, smartphones, etc.
- IV. Dangers surrounding college students <commuting, daily-life, part-time jobs, alcohol>
- V. Ritsumeikan University Rules
- VI. Necessary attitude and actions to avoid trouble
- **W**. Understanding Mental Health during Pandemic
- W. Support Services

I. Lowering the Age of Adulthood to 18 ~ From April 1, 2022 ~

•A "contract" is when you pay someone to provide you with goods or services, or you make a promise to work for money. It is established by *agreement (and can also be made verbally).

- k Iso be
- Once you reach adulthood, contracts can no longer be rescinded solely on the basis of age. You are responsible for upholding the "contract" you have entered into.

% Minors can sign a contract without parental consent as long as it is within the amount of allowance that they are told by their parents they are free to spend.

If it is outside this range, the contract can be rescinded by the child or their parents = minor's right of rescission.

•When you sign a contract, it is important to consider carefully whether it is something worth signing.



I. Lowering the Age of Adulthood to 18 ~ From April 1, 2022 ~

• What is the age of adulthood?

① It is the age at which a person can make a valid "contract" alone



② It is the age at which a person is no longer subject to parental authority

• As an adult you can enter into "contracts" without parental consent, but you will also be responsible for upholding the contracts you enter into.

• Being able to enter a "contract" alone means being welcomed as a full-fledged member of society.

• As an adult from the age of 18 or 19 it is our hope that they will play an active role in society. 2

I. Lowering the Age of Adulthood to 18 ~ From April 1, 2022 ~

•Beware of malicious business practices that deliberately deceive people or take advantage of their difficulties to get them to "sign" a contract.

•For example, a contract entered into may be rescinded in cases like the following:

•You bought a ¥100,000 financial product because you were told that this product would absolutely rise in value, but then it crashed (providing of definitive judgment).

•A person with whom you thought you were in a relationship with told you that they would leave you if you did not buy this item ("dating scam"), and forced you to buy expensive jewelry.

% If you recommend a product you bought to a friend and they buy it, you will receive a referral fee (pyramid schemes).

*Be careful how you use your credit card to make purchases beyond the amount you have on hand.

• If you suspect something is fishy, contact The Office of Student Affairs, Consumer Affairs Center, or consult the Consumer Hotline on "188".

I. Lowering the Age of Adulthood to 18 ~ From April 1, 2022 ~

• Drinking is not allowed under the age of 20, even though the age of adulthood is now 18.

• Drinking alcohol under the age of 20, chugging alcoholic beverages, forcing someone to drink or drink driving are all "<u>criminal acts</u>". Beware of Alcohol Harassment!

•Drinking large amounts of alcohol (or making others drink) can also put a person at risk of death from acute alcohol poisoning. *XIf you feel you are in danger, do not hesitate to call an ambulance (119).*

•Never drink and drive! Not just yourself, but any action that leads to others drink driving is prohibited! (you may face criminal charges!) This applies to not just motor vehicles and motorbikes but also bicycles!

•Smoking and gambling such as betting on horse and bicycle races, are also not allowed for those under 20 years of age.





I. Lowering the Age of Adulthood to 18

Let's properly understand society's expectations of "adults"

and their responsibilities

 M. Various Crimes and Malicious Targeting of College Students (Friend Referral Scams)

Friend Referral Scams (e.g., mobile planners)

(Characteristics of Friend Referral Scams) Commercial transactions conducted through personal networks, including social networking services.



<Example: Mobile planners>

Friends and acquaintances during an internship or college students who you are not directly acquainted with solicit you through SNS and other means to "upgrade mobile phones for a lower cell phone bill" or for an "internship to take charge of sales and marketing."

In many cases, these "internships" are explained with non-objective documentation or pitched as a chance to "gain sales experience and sales skills for job hunting." In addition, there are quite a few cases wherein people actually think "they are gaining skills" or "doing something good for others."

These scams can destroy your "friendships" and "trust network" for the benefit of a "specific organization." Those involved may be held liable if ⁷ there is a problem with the services they provide.

II. Various Crimes and Malicious Targeting of College Students (Marketing Scams)

Marketing Scams (pyramid schemes and network businesses)

Someone introduces financial products and new products related to forex, virtual currency, AI prediction tools, etc. that are "absolutely profitable" and that "many people still don't know about."

Someone introduces the financially prosperous lives of those who have

done well. Paying a high initial investment or signing up for a contract, but not getting the returns as described in advance.



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There is always a catch to any "get rich quick" scheme.
There are no low-risk, high-return financial products. Do not assume it to be safe even if your friends are doing it.

Be careful of door-to-door sales

They might say: "I was introduced by your apartment manager," or "I came from the fire department" to gain your trust and get you to open the door, and aggressively sell fire extinguishers, Internet provider contracts, etc.

Do not open the door, and report it to the management company!



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If you do happen to sign a contract, you may be entitled to a cooling-off period. Consult a consumer affairs center for advice.



II. Various crimes and malice that target college students

<Dangerous solicitation>

Prevention of illicit drug abuse

Recommendations such as "helps recover fatigue," "helps clear your mind," "helps you lose weight" for illegal drugs

are all wrong!

Getting involved in illegal drugs is not only a crime, but can cause serious harm to your body and mind for the rest of your life. Possession of illegal drugs will end up burdening you with severe social sanctions and ruin your life. Stay away from illegal and dangerous drugs no matter what!

Drugs destroy life, physically and mentally! Drugs destroy students' lives, families, relationships, and society! After a brief high, nothing awaits you but severe punishment!

The use, possession, sale, and distribution of illegal drugs are all criminal acts under Japanese law and are severely punished.

Overseas smuggling and online import is also illegal. It does not matter if the drug is permitted in another country. When in Japan, you must follow Japanese laws.

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- ${\rm I\!I\!I}.$ Various crimes and malice targeting college students
- Seware of recruitment by dangerous cult groups

Dangerous solicitation by cult groups, etc.<Characteristics of cult groups>

1. They **limit individual thought and action.** (Control and restrict your daily life)



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- 2. They mandate participation in and propagation of solicitation and sales of goods
- 3. They make you participate in antisocial activities such as vandalism and violence

<Cult groups are targeting students>

Cult groups cleverly hide the purpose of their real activities and the group's name to recruit you. \blacktriangleright Some cases of kind senior/classmate disguise, getting information from SNS #s, etc.

<What you should do when you encounter them>

- 1. Say "No" clearly, avoiding ambiguous attitudes or words
- 2. Do not disclose your personal information
- 3. Consult with your guardian and/or staff of the student affairs office immediately



II. Various crimes and malice targeting college students

5 things you should know to not be deceived

- ① When a stranger talks to you in a friendly way, inviting you or suggesting a "get rich quick" scheme, be cautious!
 => Do not respond or agree easily.
- ② Never have an ambiguous attitude like "just listening won't hurt." => Say "No" clearly.
- **③** Do not fall for "sweet words" or "good stories". Be critical.
- ④ Do not share your personal information such as address, telephone number, or email easily. Such info might be resold to traders, and can be abused for crimes.
- **5 Do not sign easily.** When you do, receive a copy of the contract and keep it safe.

II. Trouble caused by SNS

Do you know the danger hidden in SNS?

SNS (Social Networking Services) such as Facebook, Twitter, LINE, Instagram are very useful and convenient tools.

However, if you think that it is okay to write anything because it is "anonymous" or "only open to limited friends," YOU ARE WRONG!!!

Stop and think for a moment before posting something over SNS.

Poor judgement and carelessness may lead to irreparable harm to you,

your friends, and family.



Be aware of the dangers and use SNS with caution

N. Dangers surrounding college students <Commuting>

Obey traffic safety rules and laws

Bicycle commuters must complete anti-theft registration and get liability insurance

Attend the "Bike Riding Safety Lecture" (required). Commuting by motorcycle is not recommended, and commuting by car is prohibited.



- Riding while using an umbrella Riding with no headlight
- Two people riding one bike Drunk riding (driving)
- \Rightarrow All are a violation of the law (vou may be fined!)

In case you have a traffic accident :

Call 110 to report the accident. If injured, call 119 for an ambulance Contact your insurance company. Consult with either the International Center, your Administrative Office, or the Office of Student Affairs. 15



III. Trouble caused by SNS

5 things you should know about using SNS

1) Information on SNS is not always correct.

2 Even on SNS, we must observe social rules.

3 Information on SNS spreads all over the world.

④ On SNS, even if it is anonymous, you are responsible for your remarks.

(5) Careless remarks on SNS may cause damage to family and friends.

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IV. Dangers surrounding college students <Daily Life>

Your neighborhood and the commute to campus may not be safe!

Incidents such as sexual harassment, stalking, molesting are on the rise.

- Do not walk while using a mobile phone.
 - \rightarrow Your attention is distracted, which may prevent you from noticing possible danger signs.
- Choose a commuter route with as many people as possible.
- Avoid being alone outside at night.

If you are harmed, please do not hesitate to get help! [On Campus, Contact] Office of Student Affairs • Student Support Room • Medical Service Center [Off Campus Resource (for women)]

• Kyoto Pref. Ladies 110 Tel: 075-411-0110 Shiga Pref. Police, Crime Victim Support Tel: 077-521-8341 • Osaka Pref. Women's Line Tel: 06-6941-0110





R IV. Dangers surrounding college students <Daily Life>

Theft and robbery are common!! The campus is not safe, especially the library, multi-media room, and bike parking areas, which anyone can access. Protect your valuables.

□ Keep your valuables with you

 $\hfill\square$ Do not leave baggage on your seat, even for a moment

□ When you use a gym locker, lock it properly

□ Bicycles and motorcycles should be double locked



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 Be attentive when you are walking or riding a bike, and protect your personal belongings from theft

> Common Stolen Items: Wallet, PC, iPod, Smartphone, Keys, Bicycle, Shoes

IV. Dangers surrounding college students <Part-time jobs>

(Only for students who have a work permit)

Common troubles at part-time jobs

"I thought I found a good job from an ad in a well-know magazine (or website), but the work and wages were very different from what was advertised." "The employer won't let me quit," etc....

Important points to check before signing a contract:

- 1 Length of the contract period
- ② The rules of the contract renewal
- 3 Place and content of your work
- 4 Hours, breaks, and days off of your work
- (5) Wage payment method



■ Sexual assault can be committed by a stranger, an acquaintance, a friend, a date… by anyone.

 $\Box \mbox{Go}$ places in groups, and avoid walking alone on and off campus, especially at night.

 $\Box \operatorname{Be}$ sure to limit your alcohol intake and watch your drinks at all times.

If you are harmed, please do not hesitate to get help!

[On Campus, Contact] Office of Student Affairs · Student Support Room · Medical Service Center [Sexual Assault Victim Hotlines] · Kyoto **SARA** (10:00~22:00/7days) Tel: 075-222-7711

Shiga SATOCO (24hours/7days)
Osaka SACHICO (24hours/7days)

Tel: 075-222-7711 Tel: 090-2599-3105 e-mail:<u>satoco3105biwako@gmail.com</u> Tel: 072-330-0799

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IV. Dangers surrounding college students

Observe the rules and avoid danger! Take responsibility for your actions!

> Don't let yourself become a victim or a perpetrator !!

R V. Ritsumeikan University (RU) Rules

<RU Student Disciplinary Regulations (Excerpt)>

Acts subject to disciplinary actions **Process Flow** 1. Acts that disturb social order (1) Occurrence of a misconduct or criminal activity. (criminal acts) 2 Investigation in each section, college, or department. Interview and guidance at department. 2. Harassment Provide educational guidance based on preparation of 3. Acts against information ethics 4. Acts against academic ethics reflection paper. (student support will be also provided if 5. Acts that infringe on the academic and it is necessary) research rights of students and faculty ④ Preparation of disciplinary draft by the department. and/or interfere with administration of (5) Coordination by Student Affairs Conference. 6 Opportunities for defense. the university. ⑦ Deliberation at the Faculty Council and Creating a petition. 6. Cheating or disrupting of examinations, etc. ⑧Final determination by the president. Execution of 7. Acts that violate regulations and disciplinary actions • Notification to the student and guardians matters based on regulations the university set forth to be observed by Announcement of the actions (9) Continuing educational guidance by the department. students. 8. Other acts that are contrary to students' obligations

For more details, see the

TIPS ON CAMPUS LIFE FOR STUDENTS 2022



http://www.ritsumei.ac.jp/fi le.jsp?id=493008

V. Ritsumeikan University (RU) Rules(Diversity and Inclusion)

\sim Aiming to be a school where you can learn with peace of mind \sim

Ritsumeikan values the idea of diversity and inclusion so that new students can spend their student life with peace of mind as they work towards becoming who they want to be.



Diversity &Inclusion HP http://en.ritsumeikan-trust.jp/diversity/

Chancellor's Statement ~Toward the Promotion of Diversity and Inclusion~

•Respect for the diversity of others •All members can feel pride and joy in Ritsumeikan.

• Basic Vision and Basic Policy on the Promotion of Diversity and Inclusion

• Dignity and diversity of each individual • To create a school that is inclusive towards its diverse members and where they can help and support each other.

For the full text, visit the D&I Promotion Office website.

R V. Ritsumeikan University (RU) Rules

- No Smoking on campus except in designated smoking areas
- Smoking outside of the designated areas is a violation of the law!!

<Be aware of the danger caused by second-hand smoke>

NSOC is considerate and supportive for the 97% of campus stakeholders who are non-smokers, and is asking the other 3% for cooperation in minding their manners and understanding the no-smoking policy.



<Don't smoke to begin with>

The risk of death from lung cancer is 6 times greater for smokers!

Smoking is the No.1 factor to shorten life expectancy!

The Medical Service Center can help you quit. Inquire for help.

To prevent the spread of COVID-19, the Designated Smoking Areas (officially "Smoking Cessation Support Areas") are currently closed.

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V. Ritsumeikan University (RU) Rules (Diversity and Inclusion)



As a university, we have also established the following two policies. %For the full text, visit the D&I Promotion Office website.

• Basic Approach to Sexual Diversity • Guidelines on Support for Students regarding Sexual Diversity at Ritsumeikan University

http://en.ritsumeikan-trust.jp/diversity/sogie_guideline/sogie_guideline01.html/

our website. You will also find

service.

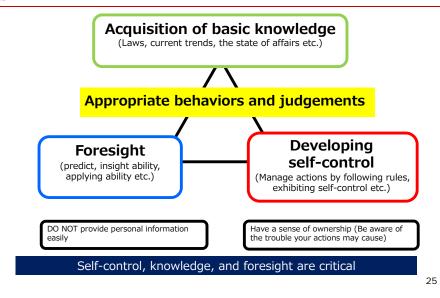
information about our consultation



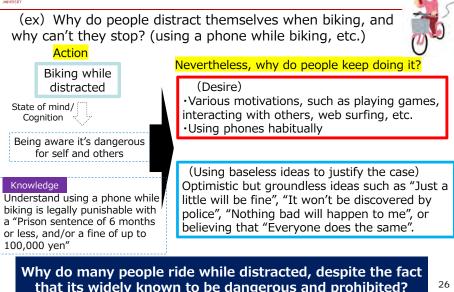
Guidelines on Support for Students regarding Sexual Diversity at Ritsumeikan University

http://en.ritsumeikan-trust.jp/diversity/sogie_guideline/sogie_guideline02.html/

R VI. Necessary attitude and actions to avoid trouble



Relationship between knowledge, foresight, and self-control (example)>



<Let's get to know the importance of self-control>



<Having knowledge, foresight and self-control prevents risky and dangerous situations>



Foster your mind and attitude to avoid becoming a victim or perpetrator



Enjoy a safe and comfortable student life while observing the rules and avoiding danger.

\rightarrow For more details, see the **TIPS ON CAMPUS LIFE FOR STUDENTS 2022**





ttp://www.ritsumei.ac.jp/file.jsp?id=493008

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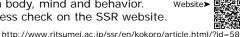
<How to Cope with Stress>

With many restrictions during the COVID pandemic, university life is more stressful than ever. It is, therefore, very important to understand your stress and acquire strategies to cope. Become aware of your stress level, realize how you currently deal with it, and learn new strategies to better cope.



(1) Become aware of your stress

Stress reactions are manifested in body, mind and behavior. Check your stress level with the stress check on the SSR website.



(2) Stress coping strategies

The more coping strategies that you have, the more resistant you are to stress. Using the "Stress Coping Checklist" on the website, find out the coping strategies you are currently using. Also, learn other ways to cope with your stress.

There are various stress coping strategies on the "Mental Health Tips" at the SSR website. Try any that fit your circumstance or your style! http://www.ritsumei.ac.jp/ssr/en/kokoro



WI. Understanding Mental Health during Pandemic

The spread of COVID-19 has put in danger not only our physical health but also our mental health.



<Workshops/Events by the Student Support Room>

The Student Support Room (SSR) hosts various workshops and events to facilitate your well-being. Join us! Some events are



R M. Support Services <Student Support Room(SSR) >

Depression or Anxiety

Interpersonal relationship issues

Homesickness

Difficulties in adjusting to student life in Japan, etc.

Academic / Career related concerns

SSR is here to help you find a solution. Counseling services are provided by certified and experienced professional counselors.

Counseling is available in Japanese and English.

All counseling information is kept strictly confidential.

SSR is located in the Office of Student Affairs at each campus: [KIC] Kenshinkan 2F [BKC] Central Arc 1F [OIC] TEL 075-465-8174 TEL 077-561-3952

[OIC] A-Bldg.1F (AS Office) TEL 072-665-2130

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Student

Support

Room

学生サポートルームのごあんない



For more information, please refer to our website. URL: <u>http://www.ritsumei.ac.jp/ssr/en/</u>



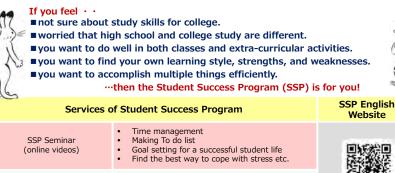
In response to the current COVID-19 crisis, appointments may now be made via the HP: <u>http://www.ritsumei.ac.jp/ssr/en/</u>

or via email at:

<u>o-qo-1@st.ritsumei.ac.jp</u>* In your email, please include: ①name, ② student id number, ③ department and year, ④ contact number (mobile phone number) We will contact you within 2~3 days.

 \ast This email address is only for making new appointments. We do not offer counseling via email.

R III. Support Services <Student Success Program>



 Peer assisted session
 Consultation hours and events by peer supporters.

 One-on-one intervention by SSP coordinator
 One-on-one session, self-assessment of learning practices.
 https://secure.ritsumel. ac.jp/students/ssp/engl ish/support.html/

The SSP will assist you in understanding your own learning strengths and weaknesses, and help you acquire the necessary skills to pursue your student life goals. The SSP is located in the Office of Student Affairs on each campus.

R <Student Success Program> 😜



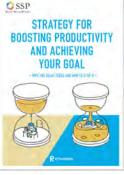
Our goal is to enhance your student life!



◄ For more information on the SSP, please see the yellow brochure on the SSP website.

You can also find various useful tools for study skills and student life skills on the website. Please check it out! http://www.ritsumei .ac.ip/ssp/english/

To receive SSP support or more detailed information, please feel free to contact us via email with your college and school year. Mail : ssp1@st.ritsumei.ac.jp



▲A guidebook for "Overcoming Procrastination" is also available and can be downloaded from the SSP website

M. Support Services

Medical Service Center

When you get injured, or feel sick.
 Get consultation on physical and/or mental health
 When you want to quit smoking

■ A "fever clinic" has been established in response to the novel coronavirus.

[KIC] Shigakukan1F TEL 075-465-8232 [OIC] A-Bldg-South TEL 072-665-2110 【BKC】West Wing 1F TEL 077-561-2635



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For details, see the following URL: URL: https:en.ritsumei.ac.jp/health/document/

Disability Resource Center

 Receive support/accommodation from student disability services.
 Specialized DRC coordinators are stationed at the DRC of the office of student affairs.

For details, see the following URL: <u>http://www.ritsumei.ac.jp/drc/en/</u>

WII. Support Services <General Guide for Student Support> (Support Coordinator of the Office of Student Affairs)

I am troubled by something, but don't know who I should talk to… You can come to see the

Support Coordinator of the Office of Student Affairs

http://www.ritsumei.ac.jp/drc/sougou/en/detail/

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R *##** 学生相談の総合案内



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The Support Coordinator will listen to your concerns and guide you to the most appropriate support on or off campus.



R M. Support Services <Harassment Prevention Committee>

If you feel that you are being harassed:

Do not think you have to go through it alone. Please feel free to contact the harassment advisers, who provide compassionate support that responds to your needs.

Academic Power Sexual Harassment

For details, see the leaflet or the following URL:

URL: http://www.ritsumei.ac.jp/mng/gl/jinji/harass-eng/





Point!

When in trouble, use on-campus support services!

→For details, please see the CAMPUS DIARY

(Ritsumeikan University Planner)

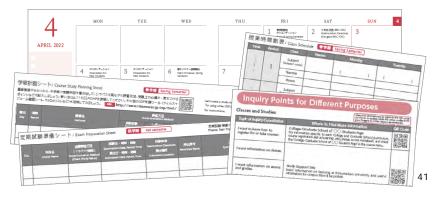
For full-time students, it will be provided at the college orientation.



Features of the CAMPUS DIARY

■University schedule (class days, make-up dates, examination period, vacation, etc.)

- Your class schedule
- Campus Maps, Directory
- Guide for various on-campus student services:
 - For your learning program design
 - When you are in trouble, info on where to go



The Office of Student Affairs at Kinugasa Campus is located on <u>the 2nd Floor of Kenshinkan (KE)</u>. The Office of Student Affairs at BKC is located on <u>the 1st Floor of Central Arc</u>. The Office of Student Affairs at OIC is located on the South end of <u>the 1st Floor of Building A (AS)</u>.

Please visit us whenever you need help or want to try a challenging activity.

Thank you for your attention!



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