



# Harassment Consultation Center News



As the cold winter days continue and we deal not only with COVID-19 but also the flu and the cold, it's important that we all continue to take care of our health, including by washing our hands and gargling.

By the way, have you heard of the term "smell harassment?" Smell harassment is to cause discomfort, physical ailments, or health problems to those around you by scents or odors.

In this issue of the Center's newsletter, we hope to give you a better understanding of what smell harassment is.

Hey! What is smell harassment?



It's also called "Fragrance Pollution."  
I'll use the word "smell" here to describe a scent or odor that brings a sense of discomfort or health problems to those nearby. "Smells" include not only body odor and bad breath, but also many other things around us, such as cigarettes, fragrance oils, air fresheners, perfumes, hair styling products, scented detergents, fabric softeners, and strongly scented cosmetics.



- ※Ever since around 2008, more and more people have begun to complain about health problems caused by scented fabric softeners.
- ※In 2021, at the request of the Consumers Union of Japan, five Japanese government agencies jointly issued a poster about fragrance pollution.
- ※As for cigarettes, smoking has, in principle, been prohibited in indoor public facilities and stores since April 2020.

What!? But don't fragrance oils and scented fabric softeners smell good?



The perception of smell varies greatly from person to person. Even if the wearer likes the smell, strong scents may make some people feel sick. People can experience various symptoms such as headaches, nausea, and difficulty thinking.



Oh, really? So what you're saying is that there may be people around us who feel uncomfortable?



Yes! Once we know that some people feel uncomfortable or unwell around strong smells, there are things we can do to be considerate of others.





We can become more aware of whether the smells we are wearing are too strong.



Using air fresheners, deodorizers, and air purifiers to reduce smells and keeping rooms ventilated are all great, but people who wear scented fabric softeners and perfumes should also do their part.

It's harder to notice your own smell than it is to notice the smell of other people. Even if you use the same amount of fragrance each time, it's easy to get so used to the scent you use on yourself that you can barely smell it anymore. That makes it easy to increase the amount or frequency of fragrances you use without even realizing it, so be careful!



We might end up unintentionally smelling very strongly. We have to be careful! But some people don't have a sense of smell, right? What should we do then?



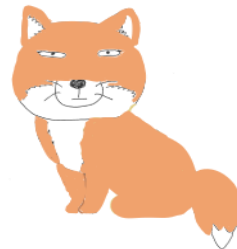
It's hard to say what we should do in that situation. In such cases, feel free to consult with the Harassment Consultation Center. You can work with a counselor to figure out how to handle it.



Smell sure is a sensitive issue. There are even people who worry about their own smell. Firstly, it's always important to remember that some people have problems with smells and to do our part by being considerate of them.



If you have any questions, concerns, or issues related to harassment, whether it's smell harassment or something else, please come visit the Harassment Consultation Center!



Harassment Consultation Center Peer Support Characters

Check our Facebook for details!

Nagoya University Harassment Consultation Center

Tel: 052-789-5806

Address: 464-8601 Furo-cho Chikusa-ku Nagoya

h-help@adm.nagoya-u.ac.jp