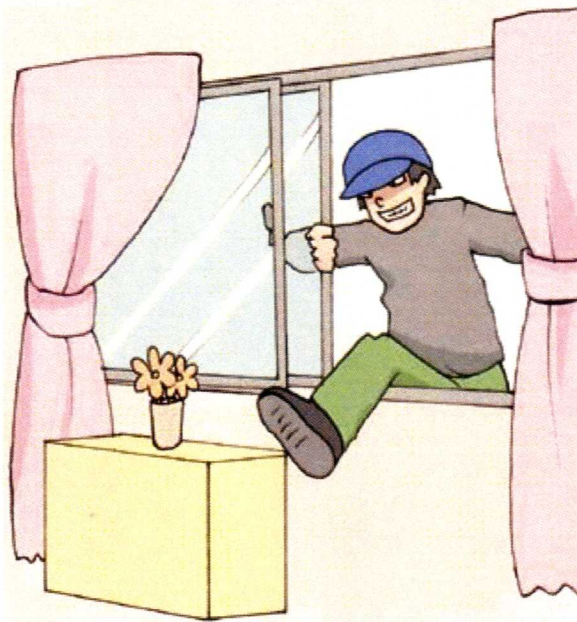


Breaking into the houses of women living alone, and voyeurism

Women who live alone should use extra caution.



To avoid being involved

- Make it a custom to lock all doors and windows securely to prevent intrusion, even if your room is located on the second or upper floor of a condominium building.
- When returning home, make sure there are no suspicious persons around before opening the door, and enter the room saying "TADAIMA (I'm home)" aloud, while checking for any abnormality in the room (at the entrance).
- Don't leave your laundry hanging out for long periods.
- Disguise the fact that you are living alone by such means as showing your surname only on the letterbox name plate, and placing men's goods in a visible place.
- Don't open the door immediately when visited by a delivery person or money collector, but first respond to him with the door chain on or through the door scope or monitoring device, and make sure that he is really what he claims to be. Or ask him to place the parcel in front of the door and leave, or directly call the delivery service company to see if a parcel is really on the way.
- Close thick curtains at night so that the inside of your room is not visible from the outside.

- Take an assertive attitude against any suspicious person who might be a stalker or molester.
 - Install a motion sensor light and motion sensor alarm system for security purposes, and also a security camera if suspicion grows.
- * Refer also to "Sneak theft" on page 6.



If you are involved

- If you notice an unusual noise at night, turn on the TV and all lights.
- If you notice an unusual noise and the presence of an intruder, yell loudly and/or activate your security alarm and call for help from neighbors.
- Escape from your back door when out of eyesight and immediately dial the police on 110.
- If you see an intruder, take care to remember his face, clothing and other features.



What to do afterwards

- Keep your room intact and dial the police on 110 so that fingerprints and footprints may be obtained. Especially avoid disturbing the spot where the intruder was seen.



Molestation

Ways to ward off women's enemies.



To avoid being involved

- Avoid deserted streets.
- Select brightly lit, not dark streets, even if you have to go a longer way round.
- Make your security alarm visible by attaching it to your bag or in other ways.
- Ensure the locations of shelters where you can take refuge in case of emergency, such as convenience stores, along the way to and from home.

In trains

- Choose a less crowded carriage.
- Don't stand at the corner or poorly visible area of a carriage.
- Stay with your friends or acquaintances.

In elevators

- Make sure no suspicious persons are around before getting into an elevator, to avoid being caught alone with such individuals in an enclosed area.
- If you find yourself alone with a suspicious person in an elevator and feel anxious, press the button for the nearest floor and get off.
- Stand near the emergency buzzer so that you can press it at any time and don't give other people in the elevator any chance to harass you.



If you are involved

- Don't feel embarrassed, rather take action to draw the attention of the people around you. (Molesters are afraid of being exposed to the public gaze.)
- Yell aloud and rush into a store or house nearby.
- Make noise with your mobile phone or security alarm, surprise the molester, and run away from him if you are too scared to yell.
- Try to remember the face, clothing and other features of the molester or snap his photo with your mobile phone whenever possible.

In trains

- Be brave and yell "CHIKAN (Pervert)!" or "YAMETE (Stop it)!"
- If possible, remember the clothing or watch worn by the person who is touching you, grab the person by the hand and call for help. When the train stops at the station, immediately report him to the police or station staff.



What to do afterwards

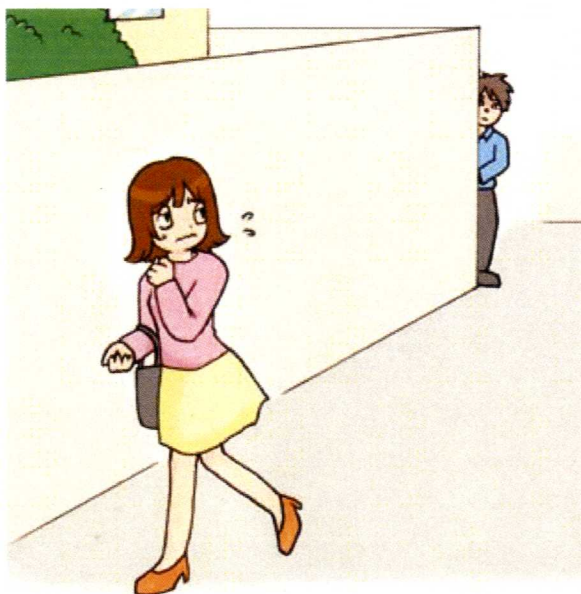
- Immediately contact the police on 110 to report the incident.

To avoid being mistaken for a molester in train (for men)

- Hold onto a strap to ensure your hands are not loose in a crowded train.
- Don't unnecessarily stare at a woman.
- Avoid a carriage crowded with women.
- Stay with your colleagues or friends.
- Don't go near women when you are drunk.

Stalking

Flatly say no to the stalker.



To avoid being involved

- Keep your personal information private.
 - Shred utility bills and other papers containing your personal information before discarding them.
 - Make the slot of your mailbox narrower and lock it so that your mail can not be easily removed by any third person.
- Avoid dating a man whom you don't know well, such as a man you may have met through an online dating service.
- If you have no intention to date or meet with a man, say "No" to him in a resolute and straightforward manner.
- Don't go along with any requests from your boyfriend which make you feel uncomfortable, such as a request to take nude photos.
- Double-lock doors and windows. Hang thick curtains on windows.



If you are involved

Clearly show to the stalker that his attention is unwanted.

- Send a content-certified mail to the stalker to communicate that his favor is unwelcome.
- Do not accept mail from the stalker. (If you receive an envelope from the stalker, don't open it. Instead, attach a paper saying "(受取拒否 Uketori kyohi) Acceptance rejected" on the envelope and send it back. For details, inquire at the post office.)
- Never take calls or emails from the stalker, nor any anonymous incoming calls.
- If necessary, change your telephone number and email address, and replace your key.

Keep records.

- Keep close records of when and where you were troubled by the stalker, and what he said and did to you.
- Tape telephone conversations with the stalker, and keep faxes, email messages and letters sent by him.
- Also keep taped conversations and photographs that may be used as evidence of the stalking.

Seek the help of others.

- Discuss the problem with your family or other persons even if it may seem minor.

Report it to the police.

- Ask the police to warn the stalker and assist you in other ways under the anti-stalking law, or file a lawsuit.



What to do afterwards

- Contact the police immediately if a stalker ignored the warning given to him under the anti-stalking law and didn't desist from stalking.
- If the stalker asks you to discuss the matter with him, don't meet him alone, but ask your parent, boss or other third person who can be trusted to accompany you.
- If any financial problem is involved, seek settlement through arbitration or a third person such as a lawyer.

Wire fraud ("It's me" scam, billing fraud*1, loan fraud*2) Don't respond to any demand for money of which you know nothing.

*1: Billing for services you have not used

*2: An attempt to defraud you of money by pretending to offer a loan



To avoid being involved

- Make it a habit to keep personal information such as your address, name, and date of birth private and disclose these details to others only with due care.
- Familiarize yourself with the technique of the "It's me" scam and discuss the matter with your family members.
- Be aware that usually, the urgent transfer of money is not required for out-of-court settlement of disputes stemming from criminal acts, traffic accidents, or negligence.
- Be aware that anyone can fall victim to billing fraud, as false bills are sent in large quantities randomly.



If you are involved

- Never meet a request to transfer money instantly, instead remaining calm and confirming the facts or discussing the matter with someone else.
- Ignore any billing for services that you have not used or for money that you have not borrowed.
- Ignore any request to call the sender of a false bill.
- Never contact malicious companies.
- Do not accept malicious telegrams.
- If a company claims that your debt has been assigned to them, ask them to show a notice of debt assignment. (Debt collection services require the permission of the Ministry of Justice.)



What to do afterwards

- Do not discard false bills.
- If false bills are repeatedly sent to you, report them to the police.
- If you are seriously troubled, contact a professional organization for advice.

Internet scam

Even people with good common sense can be deceived.



Before using an Internet service

- Never use dubious online services such as those offered by suspicious operators. When using online services, read through the terms of service in advance.
- Avoid purchasing expensive items or items that need inspection, via the Internet.
- Refer to the information offered by the operator of an auction site, including the feedback of auction bidders and sellers, and lists of problematic bank accounts.
- Avoid paying for purchases in advance, and select a safer means of payment, such as payment in person and payment on delivery.



To avoid being involved

- Ask the seller to provide his address, name, and telephone number (especially a fixed-line telephone number) before paying for the purchase. Also check whether the address and telephone number are real or not.
- If the offered price is significantly lower than the fixed price, or the seller offers large quantities of products that are hard to find in the market, ask the seller why this is possible.
- Exercise caution so that your personal information will not be disclosed to any third party or used for wrongful purposes. Don't send your credit card number or other information that is likely to be ill-used via the Internet.
- Print out the screen that contains the details of the concluded deal and any email messages concerning the deal and keep them together with your payment statement and any other evidence.



If you are involved

- Discuss your problem with the provider or server operators.
- Consult with the police or other professional organizations.
- If you have made payment by your credit card, report the incident to the credit card company.
- If the item you purchased online is not delivered to you, send a content-certified mail to the seller to remind him.