

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.

