

Young and experiencing violence in a close relationship

There are different kinds of violence in a close relationship. Sometimes a parent behaves violently towards a child. Sometimes it's a brother or sister. It can also be other relatives. It could be someone you are having a relationship with. Violence can be of a psychological, physical or sexual nature. Some examples are when someone:

- Insults you, calls you names and says you are a worthless and difficult person
- Pushes, hits or hurts you in some other way
- Controls and restricts you or forces you to do things you do not want to do
- Threatens to send you away or throw you out of the home or locks you into the home
- Forces you to do something of a sexual nature
- Forces you to follow certain rules in order to protect the family's reputation
- Uses violence against another family member

You are entitled to protection and support

It is common for a person experiencing violence to become anxious and unhappy. It is important you talk to someone who will listen and wants to help you. When someone under the age of 18 years is exposed to violence, it is never his/her fault. The responsibility always lies with the adults. The social welfare services can give you support and protection and help you with practical matters.

Examples of the help you can be given:

- Counselling
- Protection and temporary accommodation
- Counselling together with your family to make the handling of conflicts easier

Contact us so we can help you. You can remain anonymous and you do not need to say your name or where you live.

In an emergency, always call 112.

Contact:

- **Organisation:** Barn och ungdomsenhetens mottagningsgrupp
- **Telephone number:** 08-58169000
- **Homepage:** www.upplands-bro.se
- **Street address:** Furuhällsplan 1, Kungsängen

Children who experience violence in a close relationship

Some examples of exposure to violence are:

- Being subjected to violence (anything from blows, pushes, violence of a sexual nature, harassment and threats to emotional rejection)
- Seeing or hearing violence
- Seeing signs of violence (for example, bruises, broken objects, fear)
- Feeling the atmosphere in the home

Most children are aware of what is going on within the family even if other family members don't think they know. Children are quick to notice when someone close to them is unhappy or not feeling good but children do not always talk about their feelings. However, the way a child plays or behaves in general can reveal if he/she is unhappy or worried.

Reporting your concern to the authorities

Do you suspect that a child is unhappy or being badly treated? Report your concern to the social welfare services. The social welfare services will investigate the situation, provide counselling and take the necessary action.

Certain professionals are obligated by law to report their concern, for example, people who work in schools, healthcare professionals or the police.

Support and help for children who have experienced violence

Children and their family members can get help from the social welfare services. For example:

- Counselling
- Group sessions for children
- Support to adults in their role as parents so as to safeguard the child's interests
- Contact person or contact family
- Other measures in an emergency situation, for example, an emergency foster home

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