

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.

Here are the types of support you can receive:

Conversational support

Support in contacting other bodies such as the Municipality

Support in contacting other bodies such as the Police

Support in contacting other bodies such as healthcare services

Protection and temporary accommodation

Therapy groups

Conversational support online

Legal advice

Group activities for children

A helpline

A meeting place

Conversational support regarding sexuality and relationships

Contact us:

- **Organisation:** Kvinnojouren Karlskrona
- **E-mail address:** info@kvinnojourenkarlskrona.se
- **Telephone number:** 0455-18803
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