

Do you think this could be you?

Sometimes a child is subjected to violence by their parents, siblings or relatives. This can make them feel afraid and insecure.

Violence can mean, for example, that

- someone hits or punches you
- someone is nasty and says nasty things to make you upset
- someone touches your body even though you don't them to
- someone breaks items in the home.

Other violent behaviour is when one parent is unkind towards the other, or if a parent acts unkindly towards a sibling. Even if no one is unkind to you personally, just to each other, it can make things extremely difficult. It might give you a knot in your stomach or make you feel insecure and afraid.

Adults sometimes think that children don't understand what is happening in the home. But children often notice if someone isn't feeling OK or if someone is being unkind.

You are entitled to live your life free of violence

When someone is unkind, it's easy to think that it's one's own fault. But remember that it's never your fault if someone in your immediate or wider family hits you or is unkind.

You are entitled to receive support and help. This may mean having someone to talk to, meeting others who have experienced the same thing, or receiving help if the situation becomes dangerous.

Contact us:

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