

**JAG
VILL
VETA**

I WANT TO KNOW

**ABOUT CRIME,
HELP AND SUPPORT**

www.jagvillveta.se

THERE ARE MANY CHILDREN IN SWEDEN WHO COME INTO CONTACT WITH CRIME.

There are many children in Sweden who come into contact with crime. This may happen, for example, in the home, at school, in leisure time, or on the Internet. Common crimes committed against children include hitting, pushing or threatening them or saying vicious things. Other crimes may be a person taking the child's things or preventing the child from telling someone about a crime, or an adult sexually abusing a child.

Sometimes it can be difficult to know whether what has happened is a crime or not, and in these instances it is a good idea to talk to an adult. Something that is not a crime can still be hard to deal with and make you feel bad.

If someone harms you, that person is doing something wrong, regardless of whether it is a crime or not, and all children always have the right to get help. This guide provides information on who to contact to get help and support.

Do you want to know more about different crimes that can affect children and how you can get help? Visit www.jagvillveta.se to find out more.

IT IS COMMON TO FEEL BAD

If you have come into contact with crime, it is common to feel upset, afraid or angry.

Coming into contact with crime can, for example:

- **cause headaches and stomachaches**
- **cause you to sleep badly**
- **give you nightmares**
- **make it difficult for you to eat or cause you to eat a lot in one go (binge eating)**
- **cause pain in the body for no apparent reason**
- **make it hard to concentrate at school**
- **cause you to get into trouble.**

IT IS
COMMON
TO FEEL
BAD

TALK TO SOMEONE

**IF NO ONE LISTENS,
TRY AGAIN.**

If you have come into contact with crime, it can be difficult to tell someone what has happened. You should still try to talk to someone though. If you explain what happened, you may start to feel better.

Sometimes it can be a good idea to talk to someone in your family or a friend. If you do not want to talk to someone you are close to, you can talk to someone at your school. You can, for example, talk to a teacher you like, with a school welfare officer or a school nurse.

If no one listens, try again.

Some adults may not be very good at listening to and understanding children. If you have told someone but don't feel any better, it may help to tell a different person what happened.

Keep telling people until an adult understands what has happened.

YOU CAN CALL BRIS – WHO WANT TO HELP YOU

You can also call BRIS – an organisation that protects children's rights, and speak to an adult whose job it is to talk to children.

The telephone number for BRIS is 116 111.

A lot of children call BRIS when something has happened or when they are feeling unhappy.

If you do call them, you do not need to tell them your name or where you live. It is free to call BRIS and it is not possible to see from a phone bill that you have called them. If you do not want the telephone number for BRIS to appear on the list of numbers called on your phone, you can delete the number from the list.

**WHO HELPS AND
PROTECTS CHILDREN?**

There are a lot of authorities and agencies that help and protect children. You can always explain what has happened to you when talking to someone from one of these agencies. They must listen to you and help you if you say that someone has harmed you or made you feel bad in any way. You can, for example, talk to someone from social services, the child and adolescent psychiatry service, a children's house (barnahus) or the police.

SOCIAL SERVICES ARE AVAILABLE IN ALL MUNICIPALITIES

Every municipality in Sweden has a social services department and can ensure that you receive support and protection if you have seen or experienced violence. If social services learns that you have experi-

enced violence or are feeling unhappy, they must find out what kind of help you need.

THE CHILD AND ADOLESCENT PSYCHIATRY SERVICE (CAP) CAN HELP

There are different reasons why children come into contact with CAP. For example, it may be that you feel unhappy or have been the victim of a crime of some sort. The people who work in CAP are used to talking to children who are unhappy about something.

AT A CHILDREN'S HOUSE YOU CAN TELL SOMEONE WHAT HAS HAPPENED

Many larger cities have a children's house (barnahus). Children can visit these centres to tell the police and social services about someone who has harmed them. You can

also speak to a doctor at the centre if you need to.

THE POLICE INVESTIGATE CRIMES

If you have experienced a crime, it is a good idea to report it to the police. The police will then investigate what happened. If someone in your family has harmed you, the police will tell social services so that they too can help you.

WWW.JAG VILL VETA.SE

Visit www.jagvillveta.se to find out more about different crimes, help and support, and how it feels to have experienced a crime. This website also has stories and tips from other children in similar situations.

PEOPLE YOU CAN CALL OR E-MAIL:

NON-PROFIT ORGANISATIONS

Barnens Rätt I Samhället, BRIS (Children's Rights in Society)

BRIS children's helpline: 116 111
www.bris.se, www.barnperspektivet.se

Brottsofferjourernas Riksförbund, BOJ (Swedish Association for Victim Support)

Helpline: +46 (0)200-21 20 19
unga@boj.se, www.ungaboj.se

Rädda Barnen (Save the Children Sweden)

Tel.: +46 (0)8-698 90 00
info@rb.se
www.rb.se

Tjejjouren.se (Information about young women's empowerment centres)

AUTHORITIES AND OTHER BODIES

Barn- och elevombudet på Skolinspektionen, BEO (Child and School Student Representative at the Swedish Schools Inspectorate)

Tel.: +46 (0)8-586 080 00
beo@skolinspektionen.se
www.skolinspektionen.se

Polisen (Swedish Police)

Tel.: 114 14
In an emergency, call: 112
www.polisen.se

Ungdomsmottagningar (Youth Clinics)

Contact details for all local youth clinics are
available from www.umo.se

Social services

www.skl.se
Click on the Kommuner och landsting (Municipal-
ities, county councils and regions) tab for contact
details for social services in your municipality.



BROTTSOFFERMYNDIGHETEN
Box 470, SE-901 09 Umeå, Sweden
Tel.: +46 (0)90-70 82 00
registrator@brottsoffermyndigheten.se
www.brottsoffermyndigheten.se

Brottsoffermyndigheten (the Swedish Crime Victim Compensation and Support Authority) is an agency that works to help children and adults who have been the victims of crime or have experienced crime.

If you are under the age of 18, you can visit **www.jag-villveta.se** to find out about your rights, support services and what happens at a trial.